

CHURCHES TOGETHER
IN CRAYFORD - LENT LUNCHESES:

Wednesday 8th March
 at St. Paulinus back hall,
Saturday 18th March
 at St Mary's Church Hall, and
Friday 24th March
 at Crayford Baptist Church.
All lunches starting at 12.30pm.

Please come for a frugal Lunch of
 Soup, Bread and Cheese, and
 Christian friendship and fellowship.

STOP PRESS:

First Friday 3rd March 9:15am Holy Mass the
 Children from Years 3 & 4 from St Joseph's
 School will be taking an active part.

THE REQUIEM MASS FOR
MAUREEN SAUNDERS will be on
Thursday 23rd March at 10:30am
 followed by Committal at
 Eltham Crematorium at 12:15pm

Diocesan Lenten Retreat
Archdiocese of Southwark
Lenten Retreat, 2023:

"RENEWED IN HOPE":

Make some space to develop your relationship with God this Lent. Sign up for the Diocesan Lenten Retreat

"RENEWED IN HOPE".

Every week you will receive an email with links to a 20 minute video in which Archbishop John will introduce the theme and the reading, Chris Chapman will deliver the retreat programme and a witness will speak of the relevance in their daily life. You will also receive materials to use in your own prayer and reflection. All you have to have to do is sign up here

<http://eepurl.com/hVT7Dv>

set aside what space you can for reflection and join us in being Renewed in Hope!

GROWING IN FAITH TOGETHER -

This new ONLINE course, has been developed collaboration with the **Southwark Marriage and Family Life team, the Agency for Evangelisation and Catechesis and Sycamore**. It is a programme about the Catholic faith by Fr Stephen Wang. Growing in Faith Together consists of four one hour-long sessions via Zoom and is a wonderful opportunity for: **married couples** to enrich their friendship and love; **engaged couples** who have **completed their marriage preparation course** and want to continue exploring their faith together.

The Lenten course runs on **Tuesday evenings from 8-9pm beginning 28th Feb 2023 and continuing on 7th, 14th, 21st and 28th Mar and 4th Apr.**

To register go to:

Growing in Faith Together
Agency for Evangelisation and
Catechesis (rcaos.org.uk)

GUARDIAN ANGEL PRAYER:

Angel of God, my guardian dear,
 to whom God's love commits me here,
 ever this day (or night) be at my side,
 to light, to guard, to rule and guide.

HOLY MICHAEL, THE ARCHANGEL,



defend us in
 the day battle. Be our
 safeguard against the
 wickedness and snares
 of the devil. May God
 rebuke him, we humbly
 pray; and do thou, O
 Prince of

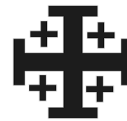
the heavenly host, by the power of
 God thrust down to hell Satan and
 all the evil spirits who wander
 through the world seeking the ruin
 of souls. Amen.

+ JESUS, + MARY AND + JOSEPH +

26th February 2023

THE FIRST SUNDAY OF LENT (A)

IN OUR CHURCH BUILDING'S YEAR OF JUBILEE: 7 X 7 YEARS
ST MARY OF THE CRAYS, CRAYFORD:
SUPPLEMENT TO THE WEEKLY NEWSLETTER



PLEASE USE THE PARISH MASS BOOKS, HYMN BOOKS & MASS CARDS

THE READINGS, ETC., FOR THE FIRST SUNDAY OF LENT:
from PAGE 151 and following.

LENT HAS BEGUN:

"Ash" Wednesday
22nd February 2023

Consider and resolve TO DO ONE IN
EACH OF the following areas:

GIVE UP:

Cut out all snacks, desserts
 / puddings, milk in tea or coffee,
 chocolate, sweets, sugar,
 sweetener, alcohol, Wasting time
 on: E-Devices, tablets, 'phones
 etc., T.V., Films, Video Games,
 Sports;

FAST:

twice a week on Wednesdays and
 Fridays by eating less, or simply
 consuming Bread and Water;

and ABSTAIN:

from Meat and meat
 products, at least on
 Wednesdays and Fridays;

LISTEN TO

uplifting Music
 and Talks that raise
 the mind and heart to God;

READ:

the Holy Bible,
 the Catechism of
 the Catholic Church,
 the lives of the Saints;

PRAY DAILY (AND WHILE
WALKING / EXERCISING)

the Holy Rosary - as a Family,
 or the Divine Mercy Chaplet,
 or make the Way /
 Stations of the Cross;

PRAY DAILY:

Vocal Prayer:
 Daily Rosary

/ Divine Mercy Chaplet,
 Attend an extra Holy Mass
 during the week,

Mental Prayer / Meditation

/ Silent Prayer:

for at least 20 minutes everyday
 reflecting upon a Crucifix /
 Holy Picture / Reading from
 the Gospels / one of the
 Mysteries of the Holy Rosary ...

THE SACRAMENTS:

ATTEND HOLY MASS

on Sundays,
 and on at least one
 other day every week;

Prepare with a daily Examen /
 review of life to, and celebrate,
PARDON AND PEACE /
CONFESSION
 every month ...

BASICS OF THE CHRISTIAN LIFE (LENTEN DECREES - Part I)

A Brief Introduction

"Doing your own thing" is a phrase which sums up the philosophy of our age. For the Catholic **"doing your own thing"** is the response of a person who does not accept that Jesus Christ is the Way, the Truth and the Life; the response of a person who does not believe that Jesus Christ is truly present in His Church, both sacramentally and, above all, authoritatively.

The Catholic believes that the teaching authority of Christ Himself is heard in His Church. When we listen to the Church we listen to the voice of the Lord. The Catholic Church down the centuries has guarded the revelation given to her by Jesus Christ. Not only that, in addition she has given the individual Catholic basic guidelines for the living of the Christian life. These guidelines mark out for every individual Catholic the *minimum* requirements for leading a Christian life. They are invitations to grow in love of Jesus Christ. They are the sure foundations for such growth.

The Sacrament of Baptism

Preparation for the Sacrament of Baptism is of paramount importance. For adults, the means given to us by the Church is the *Rite of Christian Initiation of Adults* (R.C.I.A.). For

children, parents are asked to prepare themselves well in order to make the serious promises which they are asked to make during the Rite of Baptism of their child. Parishes help parents often asking them to attend a brief Preparation Course to help them make those promises sincerely. **Parents should have their children baptised within the first few weeks of life.** If, sadly, there is a danger of death situation, the child should be baptised immediately, even if there is no time for preparation.

The Sacrament of Reconciliation (Confession)

All Catholics who have reached the age of discretion (normally about seven years of age) are bound to confess all their grave (mortal) sins, and as soon as possible. In the case of mortal sin, there is an obligation (if the sin has not been confessed as soon as possible after it has been committed) to confess that sin during the period between Ash Wednesday and Trinity Sunday. There is no obligation to confess non-grave (venial) sins, but the Church urges us to do so on a regular basis in order to receive the grace of the Sacrament so as to grow in the love of Jesus Christ. In the case of children, they have to make their confession before receiving their first Holy Communion.

The Sacrament of Confirmation

All who have been baptised are bound to receive the Sacrament of Confirmation. In the case of those coming into Full Communion with the Catholic Church, the sacrament is usually celebrated at the time of Reception. In the case of children, the normal age for reception of the Sacrament is not before the child's twelfth birthday. Catholics are required to be confirmed before their marriage.

First Holy Communion

It is the primary duty of parents and guardians and of the priest to ensure that children who have reached the age of reason (about seven years of age) are properly prepared for the reception of the Sacrament as soon as possible. Parishes arrange a period of preparation, both for children and their parents. During the course of preparation numerous liturgies, in addition to the classes, take place so as **to enable the child to grow in the love of Jesus Christ whose Body he or she will receive for the first time.** It is the duty of the priest to see that children who have not reached the age of reason or who are insufficiently disposed do not come to Holy Communion. It is also the duty of the priest to ensure that special care is given to those children with learning difficulties.

Receiving Holy Communion

Anyone who is conscious of grave (mortal) sin may not receive Holy Communion without first having been to Confession. Catholics who are in an irregular marital or extra-marital relationship may not receive the Sacrament, but they are urged to approach the priest for a blessing. With the exception of the elderly and the sick and those who care for them, **all Catholics must abstain from all food and drink (with the exception of water) for at least one hour before receiving Holy Communion.** A person who has received Holy Communion may receive it again on the same day, provided that, on the subsequent occasion, there has been attendance at the whole of a Mass. In the case of Holy Viaticum (when the Sacrament is given in danger of death), the obligation to be present at the whole of a Mass ceases.

These Lenten Decrees were put together by Bishop John Jukes OFM Conv., Auxiliary Bishop of the Archdiocese of Southwark 1980 - 1998, died in 2011.

**"Remember,
you are dust,
and to dust
you shall
return!"**

