

6.  
**DATES FOR YOUR DIARIES PLEASE:**

Sunday 19th November at 3:00pm  
**REMEMBRANCE SERVICE**  
in St Mary of the Crays.

**Sunday 3rd December**  
**First Sunday of Advent.**

Saturday 9th December **12PM-3PM**  
**CHRISTMAS AFTERNOON TEA**

Saturday 16th December  
Churches Together in Crayford  
**ADVENT PILGRIMAGE**  
between the three Churches 4:00pm

**SUNDAY 17TH DECEMBER:**  
**AROUND 3PM**  
Parish **CHRISTMAS RAFFLE DRAW**  
will be held in the **SOCIAL CLUB**

**Also:**  
**SUNDAY 17TH DECEMBER**  
**AT 4:00PM**  
**PARISH CAROL SERVICE IN**  
**CHURCH**

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**HOLY MASSES**  
**23rd, 24th & 25th December:**

**THE FOURTH SUNDAY OF ADVENT**  
**Saturday 23rd December**

**6:30pm**  
**and**

**8:30am and**  
**10:30am on**

**Sunday 24th December**

**CHRISTMAS EVE:**

**Sunday 24th December**  
**5:00pm Christmas Vigil Mass;**

**12 midnight: Midnight Mass**

**CHRISTMAS DAY:**

**Monday 25th December**  
**8:30am and**  
**10:30am**

**HOMES FOR UKRAINE**  
**MATCHING SERVICE**

**CARITAS SOCIAL ACTION NETWORK,**  
in partnership with  
**ST JOHN OF GOD**  
**HOSPITALLER SERVICES,**  
an international Catholic charity with  
many services for the vulnerable  
in the UK and Ireland, are matching  
Ukrainian people displaced by the  
brutal war with people in the Catholic  
community willing to host them in  
their homes for six months.  
If you have room in your home and in  
your heart to consider welcoming a  
stranger displaced by war, then  
we'd love to hear from you.

Please visit:  
<https://sjog-homesforukraine.uk/>

**HOLY MICHAEL, THE ARCHANGEL**  
defend us in the day of battle.

Be our safeguard against  
the wickedness and snares  
of the devil.

May God rebuke him,  
we humbly pray, and do thou,  
Prince of the Heavenly Hosts,  
by the Power of God  
thrust down to hell  
Satan and all the wicked spirits  
who wander through the World  
for the ruin of souls. Amen.

**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.  
Amen

3. **+ J. M. J. +**  
**Sunday 19th November 2023**  
**NOVEMBER SUPPLEMENT TO**  
**ST MARY OF THE CRAYS**  
**NEWSLETTER**

**THE ANGELUS:**

V: "The Angel of the Lord  
declared unto Mary;

R: **And she conceived  
by the Holy Spirit.**

ALL: *Hail Mary, full of grace,  
the Lord is with thee.  
Blessed art thou among women,  
and blessed is the fruit of thy  
womb, JESUS.*

***Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour  
of our death. Amen.***

V: Behold the handmaid of the Lord;

R: **Be it done unto me,  
according to thy word.**

ALL: *Hail Mary, ...*

*(Please, if you can,  
try and kneel for  
this next verse...)*

V: **AND THE WORD WAS MADE FLESH;**

R: **AND DWELT AMONGST US.**

ALL: *Hail Mary, ...*

Let us pray:

**Pour forth, we beseech You,  
O Lord, Your grace into our hearts;  
that we, to whom the Incarnation  
of Christ, Your Son, was made  
known by the message of an angel,**

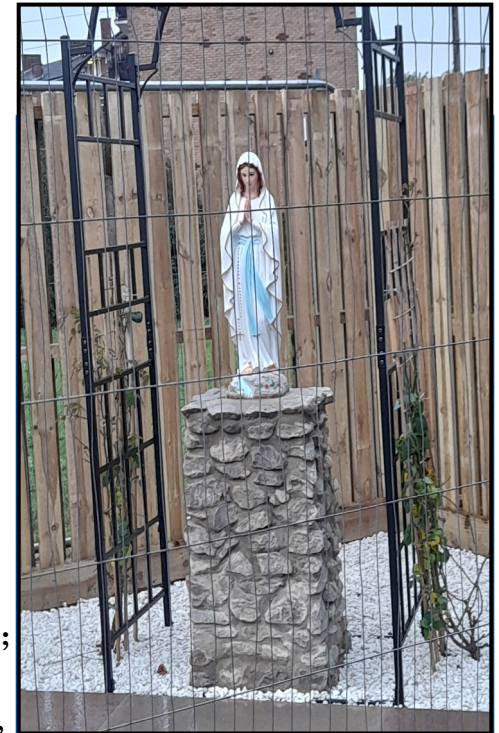
**may by His Passion and + Cross  
be brought to the glory  
of His Resurrection.**

**Through the same Christ our Lord.  
Amen.**

**AVE MARIA, GRATIA PLENA;  
DOMINUS TECCUM.**

Traditionally **THE ANGELUS**  
is said **THREE TIMES a Day:**  
at **6.00 in the morning,**  
at **12 noon / midday** and  
at **6.00 in the evening.**

By praying **the Angelus** three times a  
day we recall, throughout the day, the  
Incarnation when God's Son, Jesus,  
came to live with us and became one with  
us. We are also reciting words from the  
Holy Scriptures, from the Bible, the  
Word of God.



**"I am  
the Immaculate  
Conception".**

**The "Lourdes Grotto"  
at St Mary of the Crays,  
Crayford.**

### A Short Road to Perfection

from Blessed John Henry Newman 27<sup>th</sup> September 1856

{285} It is the saying of holy men that, if we wish to be perfect, we have nothing more to do than to perform the ordinary duties of the day well. A short road to perfection - short, not because easy, but because pertinent and intelligible. There are no short ways to perfection, but there are sure ones.

I think this is an instruction which may be of great practical use to persons like ourselves. It is easy to have vague ideas what perfection is, which serve well enough to talk about, when we do not intend to aim at it; but as soon as a person really desires and sets about seeking it himself, he is dissatisfied with anything but what is tangible and clear, and constitutes some sort of direction towards the practice of it.

We must bear in mind what is meant by perfection. It does not mean any extraordinary service, anything out of the way, or especially heroic - not all have the opportunity of heroic acts, of sufferings - but it means what the word perfection ordinarily means. By perfect we mean that which has no flaw in it, that which is complete, that which is consistent, that which is sound - we mean the opposite to imperfect. As we know well what *im*perfection in {286} religious service means, we know by the contrast what is meant by perfection.

He, then, is perfect who does the work of the day perfectly, and we need not go beyond this to seek for perfection. You need not go out of the *round* of the day.

I insist on this because I think it will simplify our views, and fix our exertions on a definite aim. If you ask me what you are to do in order to be perfect, I say, first -

**Do not lie in bed beyond the due time of rising;**

**give your first thoughts to God** (*Sign of the Cross & Morning Offering*);

**make a good visit to the Blessed Sacrament** (*visit Our Lord Jesus, hidden in the Tabernacle in Church*);

**say the Angelus devoutly** (*6:00am, 12 noon, and 6:00pm*);

**eat and drink to God's glory;** (*i.e.: say 'grace' before and after any and all*

**say the Rosary well** (*pray for peace*); \eating/drinking)

**be recollected** (*keep calm: "JESUS, I TRUST IN YOU!"*);

**keep out bad thoughts** (*& negative, 'stinking' thinking about others or oneself*);

**make your evening meditation well** (*at least 15 minutes?*);

**examine yourself** (*your conscience/review your day*) **daily;**

**go to bed in good time** (*with evening prayers and night prayers*),

and

- **YOU ARE ALREADY PERFECT.**

### 5: CARDINAL NEWMAN'S PRAYER

May He support us all the day long,  
till the shades lengthen  
and the evening comes,  
and the busy world is hushed,  
and the fever of life is over,  
and our work is done.  
Then in His mercy  
may He give us a safe lodging  
and a holy rest  
and peace at the last.

Oh my Lord and Saviour,  
support me in that hour  
in the strong arms of  
YOUR SACRAMENTS,  
and by the fresh fragrance of  
Your consolations.

Let the absolving words  
be said over me,  
and the holy oil sign and seal me,  
and Your own Body be my food,  
and Your Blood my sprinkling;  
and let my sweet Mother, MARY,  
breathe on me,  
and MY ANGEL whisper peace to me,  
and MY GLORIOUS SAINTS  
smile upon me;  
that in them all,  
and through them all,  
I may receive the gift of  
perseverance,  
and die,  
as I desire to live,  
in Your faith,  
in Your Church,  
in Your service,  
and in Your love.  
AMEN.

### Hymn for the Holy Souls in Purgatory

(Tunes:: "Lord Jesus think on me,"  
or, "To Christ the Prince of Peace")

1 Remember those, O Lord,  
Who in Your peace have died,  
yet may not gain  
love's high reward  
till love is purified.

2 With You they faced  
death's night,  
sealed with Your victory sign,  
soon may the splendour  
of Your light  
on them forever shine.

3 Sweet is their pain, yet deep,  
till perfect love is born;  
their lone night watch  
they gladly keep  
before Your radiant morn.

4 Your love is their great joy;  
Your will their one desire;  
as finest gold without alloy  
refine them in love's fire.

5 For them we humbly pray:  
perfect them in Your love.  
O may we share eternal day  
with them in heaven above.

6 Eternal rest, give them, O Lord,  
and let perpetual light  
shine on them now and evermore,  
within Your Day so bright.

(From the Morning Prayer:  
The Office for the Dead)