

6. As we prepare in this LENT for EASTER, the greatest Season of the Church's Calendar and Liturgy some of us have been planning and pondering. Please, do we have some folk and families who would be willing to help 'MEET AND GREET' our Parishioners and visitors before Holy Mass each Saturday and Sunday, to help with the Books and Newsletters and any information that a new potential parishioner, or an occasional visitor, might need? WELCOME. WORSHIP. WITNESS.

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 I warmly invite you to join me on this year's SOUTHWARK DIOCESAN PILGRIMAGE TO LOURDES: 21 to 28 August 2026

A pilgrimage is a great opportunity to refresh and renew our relationship with the Lord Jesus, with the help of Our Lady's prayers. I have also found it a blessing to be able to accompany and to be inspired by other pilgrims, some of whom are sick, elderly or disabled.

Last year, Deacon John Fogarty and I did a short presentation in parishes, which we would be happy to repeat in your parish, if it can be arranged.

Details for booking travel and accommodation can be found at

<https://www.tangney-tours.com/diocese-pilgrimages/diocese-ca/>

We also ask pilgrims to complete a form with details, including medical requirements (if any) at <https://www.catholicassociation.co.uk/join2026>

www.catholicassociation.co.uk/join2026

For more information, please contact Canon Edward Perera

(edwardperera@rcaos.org.uk) or Deacon John Fogarty

(johnfogarty@rcaos.org.uk) or myself, Bishop Paul Hendricks

(paulhendricks@rcaos.org.uk)

PRAY THE ROMERO ROSARY AT ST GEORGE'S CATHEDRAL.

Join Archbishop John Wilson and the Cathedral clergy in praying the rosary every Friday at 5pm throughout Lent.

This is a beautiful opportunity to draw closer to the Lord Jesus in prayer. Archbishop John will personally lead the devotion at the National Shrine of St Oscar Romero at

St George's Cathedral (SE1 6HR) on Friday 27th March.

On all other Fridays during Lent, the Cathedral clergy will lead the Rosary, followed by the Stations of the Cross at 6pm.

Let the rosary connect you to the Lord Jesus this Lenten season.

Find out more at:

rcaos.org.uk/romerorosary

Please, let Housebound folk know, and pray together, as Families with the Cathedral.

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3. + J. M. J. + is + JESUS, + MARY, and + JOSEPH + Newsletter Supplement: 1st March Anno Domini 2026 THE THIRD SUNDAY OF LENT (A) Pages 158 –161 in the Parish Mass Book (Music in Parish Mass Book begins page 320, Preface Dialogue page 15, Holy, holy /Sanctus page 16, Mystery of Faith: "SAVE US ..." page 29, Lamb of God/Agnus Dei page 57 & 78)

FROM THE WAY OF THE CROSS:

AT EACH STATION:

BEFORE THE HOLY CROSS:

V/: "We adore You, O Christ, and we praise (bless) You.

R/: Because by Your Holy Cross You have redeemed the world!"

ACT OF CONTRITION:

I love You Jesus, my Love above all things. I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always, then do with me what You will.

Amen.

St Alphonsus de Liguori

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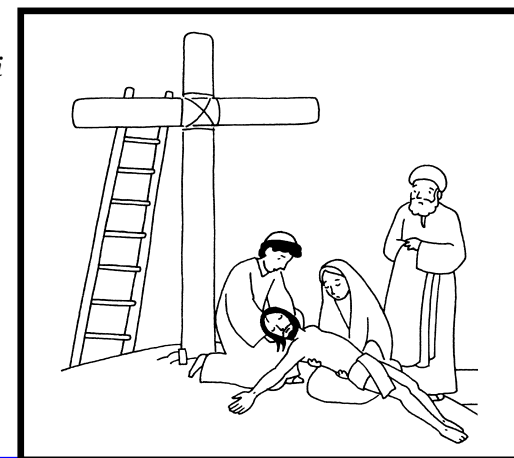
THE JESUS PRAYER:

Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.

ACTS OF CONTRITION:

O my God, because You are so good, I am very sorry that I have sinned against You, and, with the help of Your grace, I will not sin again. **Amen.**

O my God, I am sorry and beg pardon for all my sins, and detest them above all things, because they deserve Thy dreadful punishments, because they have crucified my loving Saviour Jesus Christ, and most of all because they offend Thine infinite goodness; and I firmly resolve, by the help of Thy grace, never to offend Thee again, and carefully to avoid the occasions of sin. **Amen.**



4. THE DIVINE MERCY:

Pray in the Passion of Jesus:

3 o'clock prayer

You expired, Jesus, but the source of life gushed forth for souls and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty yourself out upon us. O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us,

I TRUST IN YOU.

THE CHAPLET OF DIVINE MERCY

The Chaplet can be conveniently said using rosary beads as follows:

1. Opening Prayers:

Our Father ...
Hail Mary ...
Apostles' Creed ...

2. and the using the 5 decade beads, say: On, "Our Father beads" -

"Eternal Father, I offer You the Body and Blood, Soul and Divinity of your dearly beloved Son our Lord Jesus Christ in atonement for our sins and those of the whole world".

On, "Hail Mary beads" -

"For the sake of His sorrowful Passion, have mercy on us and on the whole world".

3. Concluding Prayer:

Say *three times*:

"Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and the whole world".

... JESUS, I TRUST IN YOU ...

PRAY IN THE PASSION OF JESUS:

WAY OF THE CROSS :

- 1: Jesus is condemned to death.
- 2: Jesus takes up His cross.
- 3: Jesus falls for the first time.
- 4: Jesus meets His Blessed Mother.
- 5: Simon of Cyrene helps Jesus to carry His cross.
- 6: Veronica wipes the face of Jesus.
- 7: Jesus falls for the second time.
- 8: Jesus consoles the women of Jerusalem.
- 9: Jesus falls for the third time.
- 10: Jesus is stripped of His garments.
- 11: Jesus is nailed to the Cross.
- 12: Jesus dies on the Cross
- 13: Jesus is taken down from the Cross and laid in the arms of His Sorrowful Mother: "The Pieta".
- 14: Jesus is laid in the Tomb / Sepulchre.



THE TEN COMMANDMENTS:

1. I am the Lord your God: You shall not have strange gods before me.
2. You shall not take the Name of God in vain.
3. Remember to keep the Sabbath day holy.
4. Honour your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness.
9. You shall not covet your neighbour's wife.
10. You shall not covet your neighbour's goods.

THE PRECEPTS (COMMANDMENTS) OF THE CHURCH & EASTER DUTIES:

from the Catechism of the Catholic Church Nos: 2041 - 2043

The first precept: (You shall attend Mass on Sundays and on Holy Days of Obligation and rest from servile labour')

The second precept: ('You shall confess your sins at least once a year')

The third precept: ('You shall receive the Sacrament of the Eucharist at least during the Easter season')

The fourth precept: ('You shall observe the days of fasting and abstinence established by the Church')

The fifth precept: (You shall help to provide for the needs of the Church') means that the faithful are obliged to assist with the material need of the Church, each according to their ability."

REGULAR CONFESSION TIMES IN SOME LOCAL CHURCHES:

St John Fisher, Thanet Rd, Bexley: Saturdays at 5:30pm and at call.

St John Vianney, Heathfield Rd, Bexleyheath: Saturdays after 10:00am Mass and at call.

St Thomas More, Bostall Park Bexleyheath: Saturdays 10-11am, and on request.

St Anselm's, West Hill, Dartford: Fridays 10:30-10:45am & 6:30-7:00pm; Saturdays 10:30-11:00am, and during all Sunday Masses except when a priest is on holiday.

Our Lady of the Angels, Carlton Rd, Erith: Saturdays 11:00am - 12:00pm, 4:45-5:15pm, and at call.

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The Seven Spiritual Works of Mercy:

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the afflicted.
5. Forgive offences.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

The Seven Corporal Works of Mercy:

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

"TRULY, I SAY TO YOU, AS YOU DID IT TO ONE OF THE LEAST OF THESE MY BROTHERS AND SISTERS YOU DID IT TO ME."

Matthew 25: 40