

**4. WHY WE MAY RECEIVE OUR LORD IN HOLY COMMUNION ‘SIDE BY SIDE’ ALONG THE ALTAR STEP AND AT THE COMMUNION RAIL / KNEELER:**

- 1) So that those who wish to Receive Our Lord in Holy Communion **kneeling**, may do so. The General Instruction in the Roman Missal says the following:  
“160. The Priest then takes the paten or ciborium and approaches the communicants, who usually come up in procession. [...] In the dioceses of England and Wales Holy Communion is to be received standing, though individual members of the faithful may choose to receive Communion while kneeling. However, when they communicate standing, it is recommended that the faithful bow in reverence before receiving the Sacrament.

161. If Communion is given only under the species of bread, the Priest raises the host slightly and shows it to each, saying, **The Body of Christ**. The communicant replies, **Amen**, and receives the Sacrament either on the tongue or, where this is allowed, in the hand, the choice lying with the communicant. As soon as the communicant receives the host, he or she consumes the whole of it.”

And so, you have, according to your ability, a greater choice:  
**TO KNEEL, OR TO STAND,**  
**to receive the Sacrament either ‘ON THE TONGUE’,**  
**or ‘IN THE HAND’, as is allowed in England and Wales.**  
**If you choose to kneel, you have something to support you.**  
**If you choose to kneel, you are giving a greater gesture of reverence.**  
**If you are standing, it is recommended that you bow in reverence before receiving Our Lord in Holy Communion.**

**PLEASE CONSUME THE SACRAMENT, FACING THE ALTAR,**  
**BEFORE TURNING TO RETURN TO YOUR PLACE.**

- 2) It is also easier to bring Our Lord to those who are ready, settled and waiting to receive Him, and Families can be, kneeling or standing, together, rather than coming forward ‘one by one’ in a line.
- 3) The practice of ‘**BLESSINGS**’ for Non-Communicants is not addressed by the General Instruction and the practice offering any ‘Blessings’ in the Presence of the Most Holy Sacrament was not permitted in any Liturgical Rites, and so your Priest has reverted to the traditional ‘Blessing’ with the Most Holy Sacrament, a ‘Benediction’ with the Most Holy Sacrament.

This is an encouragement to go ‘back to the future’ and with our bodies, in so far as we are able, and to proclaim our belief in the ‘Real Presence’ of Our Lord Jesus in Holy Communion.

Thank you for your love and reverence for  
Our Lord Jesus, Our Eucharistic Love.

“O COME, LET US ADORE HIM! ... CHRIST THE LORD!!”

**A DAY WITH MARY**

is hosting an  
**INTERNATIONAL SYMPOSIUM**  
**from Wednesday 29th July**  
**to Friday 31st July 2026**  
at St Mary's Catholic Church,  
West Croydon  
Further information is available  
at [www adaywithmary.org/  
symposium](http://www adaywithmary.org/symposium)

**FROM THE DIOCESAN NEWSLETTER:**

**WAF - WORLD APOSTOLATE OF**  
**FATIMA SYMPOSIUM:**  
Fatima & First Saturdays Devotion.  
Join Sr Angela de Fátima Coelho  
and Fr Lawrence Lew OP at Belmont Ab-  
bey (21 Nov) or London (22 Nov)  
for Mass, Rosary, and talks on  
the Fatima message. Free; register via:  
[worldfatima-  
englandwales.org.uk](http://worldfatima-<br/>englandwales.org.uk).

**COULD YOU BECOME A GOVERNOR?**

Governors work together as a team to ensure a good standard of education is being achieved across the schools within the Archdiocese. You do not need to be a parent or work in the education sector, and it is an opportunity to develop the skills you have and to improve the futures of children today. Register your interest by visiting  
[rcaoseducation.org.uk/could-  
you-be-a-governor](http://rcaoseducation.org.uk/could-<br/>you-be-a-governor).

**SOUTHWARK CATHOLIC**  
**YOUTH SERVICE.**

The Southwark Catholic Youth Service has [a number of upcoming activities](#) for youth and young adults.  
For regular updates on forthcoming events, sign up for its network at  
[tinyurl.com/scysnetwork](http://tinyurl.com/scysnetwork).  
For queries on youth activities, email [youth@rcaos.org.uk](mailto:youth@rcaos.org.uk)

5.

**ST THOMAS MORE CHURCH,**  
**LONG LANE, BEXLEYHEATH**  
Celebrates 90 years of Parish Life with:

**ST THOMAS MORE RELIC EXHIBITION**  
From 1st to 30th June 2026 (please book a visit)

**LIFE IN THE SPIRIT SEMINARS**

on Wednesdays and Saturdays  
from 7:30pm to 9:00pm  
From 03/06/26 to 01/07/26

**SUNDAY 12TH JULY 2026 10:00AM**  
**SOLEMN MASS OF THANKSGIVING.**

followed by Blessing  
and Inauguration of  
**THE MARIAN GROTTTO,**  
thereafter Celebration Lunch  
and Entertainment in the Church Hall.  
Please see Posters in the Reception Area  
for further and contact details.

**SOUTHWARK YOUTH SERVICES**

**SATURDAY 11th July:**

Senior Youth Day 11:00am - 5:30pm  
For youngsters aged 10-14.  
Venue: St John Fisher School, Chatham,  
Kent, City way, Rochester, ME1 2FA  
Charge of **£5 per Child. Lunch included.**  
Please email: [youth@rcaos.org.uk](mailto:youth@rcaos.org.uk)  
for more details.

There is a coach going from St Anselm's,  
Dartford, at 10:00am with a limited  
number of seats.

Email: [dartford@rcaos.org.uk](mailto:dartford@rcaos.org.uk)  
to book a seat on the coach after booking a  
place for the trip. Further details available  
on Hand Bills and the Notice board  
in the Church Reception Area. Link for  
booking: [https://form.jotform.com/  
251393822250352](https://form.jotform.com/251393822250352), or:  
[https://rcaos.org.uk/mission/  
southwark-catholic-youth-service/  
event-booking/](https://rcaos.org.uk/mission/<br/>southwark-catholic-youth-service/<br/>event-booking/)

This is an excellent day of good input on The  
Faith, with sports and creative activities. A  
chance to make new friends. It ends with Holy  
Mass for Sunday in the late afternoon.

6. Here is an invitation for those adults who are **NOT YET: BAPTISED**, or perhaps **CONFIRMED**, or have not yet **Received Our Lord for the First time in HOLY COMMUNION**, or begun to meet our Lord in the Sacrament of **CONFESSION**, who are adults, that is 18 years old and above:

**THE RITE OF CHRISTIAN INITIATION OF ADULTS:**

*also known as: RCIA,  
a. k. a: JOURNEY IN FAITH*

RCIA is for any Adult who wishes to become a Catholic, or complete their Initiation as Catholics, through the Sacraments of:

- 1) BAPTISM/ Christening,
- 2) CONFIRMATION and Reception of the Most Holy Eucharist/
- 3) HOLY COMMUNION, And, of course, Penance, Pardon and Peace,
- 4) CONFESSION.

*Please give your name to Fr David as soon as possible.*

**A VERY IMPORTANT DATE FOR YOUR DIARIES:**  
**SATURDAY 5TH SEPTEMBER 2026**  
**MARCH FOR LIFE U. K.**  
**Around Westminster:**  
**GREAT NEWS:**  
**14 BISHOPS WILL ATTEND this year including our own Archbishop John Wilson and Bishop Paul Hendricks.**  
**PLEASE COME AND JOIN THEM!!**  
**PLEASE SEE THE MARCH FOR LIFE U. K. WEBSITE**

**The Sacrament of CONFIRMATION:**

*By which we are more perfectly bound to the Church and enriched with a special strength of the Holy Spirit.*

The Fruits of this Sacrament are:

- An increase and deepening of Baptismal Grace.
- A deepening of one's roots in the Divine Filiation (as a CHILD of GOD), which makes one cry, "Abba, Father!"
- A firming of one's unity with Christ.
- An increase of the Gifts of the Holy Spirit.
- A strengthening of one's bond with the Church and a closer association with her mission.
- A special strength of the Holy Spirit to spread and defend the Faith by word and action as a true witness of Christ, to confess the Name of Christ boldly, and to never be ashamed of the Cross.
- The imprinting, as in Baptism, of a spiritual mark or indelible character, one can receive this Sacrament only once in one's life.

**ADVANCE NOTICE:**

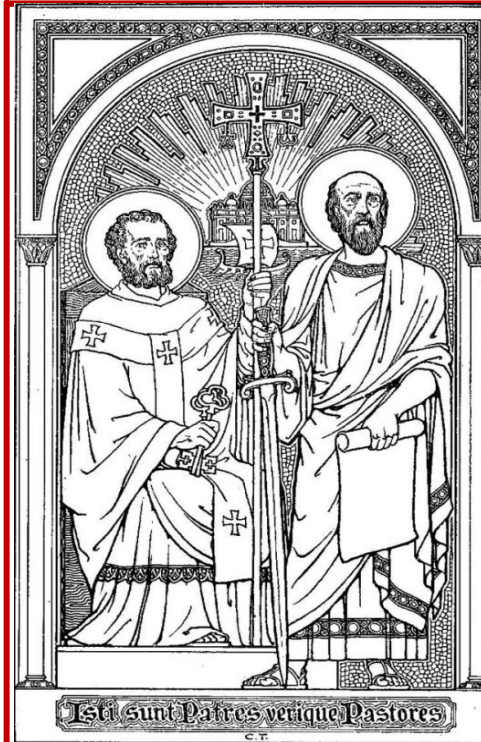
**CANON VICTOR DARLINGTON** will be coming to our Parish to confer the Sacrament of Confirmation on our young people aged 12 years and above, and in School Year 8 and above, in Autumn next year 2027. With the Gift of the Holy Spirit we are enabled and empowered to be Soldiers of Christ and speak for the Faith and work for Christ in whatever circumstance they find themselves in.

**It should go without saying that candidates MUST BE ATTENDING HOLY MASS EVERY WEEKEND, even now, unless prevented by some serious reason. Weekly Holy Mass is the most important Christian action that we do.**

3. **+ J. M. J. + JESUS, + MARY, and + JOSEPH +**  
**Newsletter Supplement: 28th June Anno Domini 2026**  
**THE (transferred) SOLEMNITY OF ST PETER AND ST PAUL**  
**Vigil Mass pages: 167 - 170, Mass during the Day: 170 - 173**  
**in the Parish Mass Book**

*(Music in Parish Mass Book begins page 205,  
Gloria: page 208, Preface Dialogue page 15,  
Holy, holy /Sanctus page 16,*

*Mystery of Faith: "WE PROCLAIM YOUR DEATH, ..." page 17,*



**St Peter**

(Simon Peter +64)  
was the brother of St Andrew and a Galilean fisherman. He was called by the Lord and, despite his obvious human weaknesses, eventually chosen as leader of the Twelve, the 'rock' on which the

Church was built. After Pentecost, he became particularly associated with Antioch and then Rome. He was crucified under the Roman Emperor Nero and buried on the Vatican Hill.

**St Paul**

(Saul to Paul +64/67)  
was a tentmaker from Tarsus (then capital of the Roman Province of Cilicia, now in Turkey), a Pharisee and a Roman citizen. He was initially a persecutor of the Christians, but was converted by the Lord on his way to Damascus, in Syria. He became the Apostle to the Gentiles, preaching the Gospel to the uncircumcised, reaching Greece, Italy, Malta, and possibly even Spain. He was beheaded along the Via Ostiense (the Ostian Road) outside the City of Rome at the Three Fountains (Tre Fontane) and buried outside the Portuense Gate, on the site where the basilica bearing his name now stands.