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Holy Cross Catholic Church

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3rd Sunday in Ordinary Time (Year C)
25/26 Jan 2025



Dear Parishioners,

In today's Gospel reading, according to St Luke's Gospel, Jesus returns to his hometown of Nazareth and proclaims his mission in the synagogue: "The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor...to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free." This is the Nazareth Manifesto, a bold declaration of Jesus' purpose to bring new life to those in need.

But this mission isn't just for Jesus; it's for all of us. We, the Church, are called to be his hands and feet in the world today. We are to be bearers of good news to those who are struggling, to offer comfort to the broken-hearted, and to work for justice and equality for all.

This means looking around our parish and community with compassionate eyes. Who are the "poor" among us? Perhaps it's the elderly widow struggling with loneliness, the family facing financial hardship, or the young person battling addiction. How can we bring them "good news" – a listening ear, a helping hand, a word of encouragement?

Just as Jesus brought new life to those he encountered, we too have the power to make a difference in the lives of others. Let us be inspired by the Nazareth Manifesto, not just to hear the words, but to live them out, bringing hope and healing to our community and beyond.

Gestures During the Holy Mass

Have you ever noticed the many gestures we make during Mass? These actions are more than just habit; they're a sacred language, expressing our inner disposition and uniting us with the Body of Christ. The General Instruction of the Roman Missal (GIRM), which guides the celebration of Mass, highlights their importance.



1. **Sign of the Cross:** We begin Mass by signing ourselves with the cross, invoking the Trinity and recalling our baptism. This gesture marks us as belonging to Christ.
2. **Standing:** Standing is a posture of respect and active participation. We stand to hear the Gospel, signifying our readiness to respond to God's Word.
3. **Bowing:** Bowing our heads signifies reverence and submission. We bow at the name of Jesus, recognising his divinity.
4. **Striking our breast:** During the Confiteor, we strike our breast as a sign of repentance, acknowledging our sinfulness. This act echoes the tax collector in the Gospel who said, "God, be merciful to me a sinner!" (Luke 18:13).
5. **Kneeling:** Kneeling expresses adoration and humility. While the GIRM allows for some variation, kneeling during the Consecration is a common practice to express profound reverence for the Real Presence of Christ in the Eucharist.
6. **Holding our hands open:** Extending our hands during the Our Father reflects an ancient posture of prayer, symbolising openness to receiving God's gifts and our willingness to do his will.



These gestures, though seemingly small, enrich our participation in the Mass. They connect us with the rich tradition of the Church and help us to encounter Christ more fully. As the Catechism of the Catholic Church states, "Bodily gestures are inseparable from spiritual attitudes" (CCC 1176).

Coach Pilgrimage to Diocesan Holy Places

Did you know that over 100 saints are from our diocese alone. We are organising pilgrimages to visit some of these holy places; the first trip will be on Saturday 22nd February 2025.

And we will be visiting Aylesford, Rochester, Faversham, Canterbury and Ramsgate. If you would like to attend, please email your name/s to catfordsupport@rcaos.org.uk.

At Aylesford we will see the Shrine of our Lady of Mount Carmel and Saint Simon Stock. Rochester has always been associated with the early Saints: - Paulinus, Ithamar and William of Perth and of course John Fisher, and in Faversham, Saints Crispin and Crispinian are very special, as is Saint Jude, the patron saint of hopeless cases! Upon visiting Canterbury, we learn there are quite a number of well-known saints, including Saint Augustine, Saint Thomas Beckett, St Anselm, St Mildred... the list goes on. Finally, in Ramsgate we will see the Shrine of St Augustine of Canterbury, which is where he first landed on English soil from Rome in the year 597, and his apostolic mission began.

Red Missal Book ... page 975

I confess... : page 525 **Gloria:** page 531
Creed(s): pages 543 - 545 **Our Father...**635

Prayer Time at Holy Cross

Holy Mass: Mon to Thurs - 9.15am; Fri - 7pm; Sat - 6.30pm; Sun - 9am & 11.30am
 Rosary – Mon, Tue, Thu @ 9.45am;
 Divine Mercy Chaplet – Wed @ 9.45am and Fri 7.30pm
 Adoration of the Blessed Sacrament & Confessions: Fri 6.00pm

Night Prayer at 9pm

[Zoom]
 Meeting ID: 7578777461;
 Passcode: 20212021

Next Sunday - Bible Readings

1st Reading: Malachi 3:1-4 **Psalm:** 24:7-10
2nd Reading: Hebrews 2:14-18 **Gospel:** Luke 2:22-40

IMPORTANT DAYS REMEMBER

01 February - Baptism Preparation Course
 22 Feb - **Coach Pilgrimage** to Diocesan Holy Places
 23 Feb - **Seeds of the Word** [Retreat for parents who baptised their children in the past 7 years]
 25 Feb - St Mary's Council Meeting
 04 March - St Joseph's Council Meeting
 05 March - **Ash Wednesday**
 09 March - Lenten Retreat: **Bishop Pat Lynch**
 11 March - St Paul's Council Meeting
 13 March - Lenten Retreat: The Desert Experience
 17 March - St Patrick's Day Celebration
 20 March - Lenten Retreat: **Bishop Paul Mason**
 27 March - Lenten Retreat: The Paschal Mystery
 29 March - Baptism Preparation
 03 April - Lenten Retreat: The Beatitudes: A Pathway to Holiness
 10 April - Lenten Retreat: Discipleship: Following Jesus in the World Today
 13 April - **Palm Sunday**
 14 April - **Lenten Confessions**
 20 April - **Easter**
 04 May - **Confirmation Celebration**
 10 May - **Holy Communion Celebration**
 17 May - Baptism Preparation
 25 May - **Archbishop John Wilson's** Mass
 29th May - The Ascension of the Lord
 (Dates to be confirmed) - **Pilgrimage to Fatima**
 08 June - International Day [Pentecost]
 15th June - The Most Holy Trinity
 21 June - Readers and EMHC Retreat

Seeds of the Word

[Continuing formation for the parents who baptised their children]

Families who have **baptised** their children in the past seven years are invited to attend the **9am Mass on Sunday, February 23rd**. Your children will receive special prayers and blessings, followed by spiritual reflection and refreshments in Hartley Hall. This is a wonderful opportunity to sow the seeds of God's word into their hearts. We look forward to seeing you there.

Want to Baptise your child?

Parents who would like to baptise their children, please follow these steps:

1. Obtain an Application form from Fr. Antony. The Parish Surgery is open on Fridays at 3pm and again at 8pm.
2. Submit your completed application form to the Parish Office, along with proof of Catholicism of at least one parent and all Godparents. Evidence can be a copy Baptism Certificate, Marriage Certificate in a Catholic Church or Letter from a Priest.
3. Completion of an on-line Baptism Course, a link will be sent to you which will contain Baptism preparation videos. Followed by attendance of an in-person Baptism Course.
4. After the above requirements have been met, you will be asked to select a date for your child's Baptism.

THE NEXT IN-PERSON BAPTISM PREPARATION COURSE DATE IS:

Saturday 1st February 2025 at 10:00am in Hartley Hall
 The course dates for the remainder of 2025 are:
 29 March, 17 May, 19 July, 20 Sep & 15 Nov

MASS TIMES & INTENTIONS

Sat 25th - Fri 31st Jan 2025

SAT	6:30pm	Brian Roshier R.I.P.
SUN	9:00am 11:30am	Bao Nguyen – Wellbeing & Thanksgiving Ibe & Okoro Families - Special Intentions & Wellbeing
MON	9:15am	William & Othilia Fernandes R.I.P.
TUE	9:15am	Edward, Lily & Clovis Colaco R.I.P.
WED	9:15am	Geoffrey, Greta & Walter Almeida R.I.P.
THU	9:15am	Ibe & Okoro Families - Special Intentions & Wellbeing
FRI	6:00pm 7:00pm	Confessions & Adoration of the Blessed Sacrament All Departed Souls

Please Pray for the Sick: Mary Rand, Pat Doyle, Albert Young, Sherine Sukhran, Vivianne Owens, Trish Keaveney, Myra Hannon, Lydia Joseph, Melanie Thomas, Florence Nosegbe, Ivor Lewis, Joe Green, Colin Maton, Katie Bourner, Aboa Claudine, Susan Murphy, Eileen Embury, Kitty Wilkinson, Theresa Butler, Jo Rocca Smith, Ann Whittington, Elfrida Wacholz, Pat Gallagher, Leonie Nwawudu, Abosede Elizabeth Goba, Meesh Gemmill, Elaine Williams, Titi Balogun, Baby Gwen Williams, Jessica O'Hara and Rachael Pereira Wibberley

ADMITTED TO HOSPITAL? - Contact Lewisham Hospital Catholic Chaplain directly on 020 8333 3299. In an emergency, please say to the staff that you would like to see a Catholic priest.

Coffee Mornings: our next Coffee Morning is on Sunday, January 26th, following the 9:00 AM Mass. We'd like to extend our sincere gratitude to everyone for their ongoing support for making these events possible.



Mass Offering - Loose Cash Collection THANK YOU

12th Jan - £542
 19th Jan - £543

Sunday Missal: All Sunday readings and Mass prayers can be found in the red-coloured Missal located in the porches. If you'd like to own your own copy of the Missal, why not visit the Repository at the rear of the church. The shop is open after every weekend Mass.

PARISH CONTACTS

Office: 020 8698 3672 (Tues & Thur from 10:00am)

Josephah Flahive: catford@rcaos.org.uk

Lisa O'Hara: catfordsupport@rcaos.org.uk

Holy Cross School: [Mary Collins: 020 8698 2675]

Holy Cross Book Shop: 020 3441 8240

Safeguarding: Pat Barber & Lisa O'Hara 07598 524024