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Holy Cross Catholic Church

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5th Sunday in Ordinary Time
8 / 9 Feb 2025



Dear Parishioners,

This Sunday's readings paint a powerful picture of what it means to be a disciple. Isaiah, in his vision of God's holiness, is overwhelmed by his own unworthiness. Yet, through God's purifying touch, he is transformed and responds to the call to serve.

Similarly, the disciples in the Gospel, despite toiling all night and catching nothing, trust in Jesus' words and cast their nets again. Their obedience leads to an abundant catch, symbolizing the countless souls they will bring to Christ.

These readings challenge us to reflect on our own discipleship. We may feel inadequate, like Isaiah, or discouraged, like the fishermen. But God's grace empowers us, just as it did for them. We are all called to be missionary disciples, sharing the Good News of Jesus Christ with those around us. This doesn't require grand gestures or heroic feats. It starts with small acts of love,

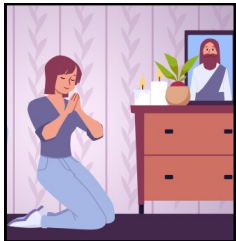
kindness, and witness in our daily lives.

Let us be inspired by Isaiah's courage and the disciples' trust. Let us say "Here I am!" to the Lord, offering our lives as instruments of his love and grace.

How to spiritually prepare for the Holy Mass?

7 Steps to Deepen Your Encounter with God during the Mass.

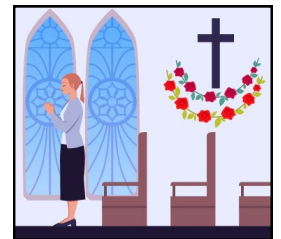
The Mass is the source and summit of our Christian life. It's where we encounter Christ in the Eucharist and unite ourselves with his sacrifice. To help you prepare for this sacred celebration, here are seven steps, inspired by the teachings of the Catholic Church:



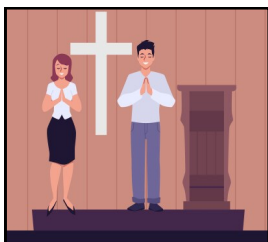
1. **Quiet Reflection:** Before heading to church, take a few moments for quiet prayer or meditation. Centre yourself and prepare your heart to meet the Lord. Perhaps read the daily readings or spend time in Adoration.

2. **Arrive Early:** Arriving a few minutes early allows you to find a seat, gather your thoughts, and prepare for the celebration. Use this time to quiet your mind and enter into a prayerful state.

3. **Examine Your Conscience:** Reflect on your thoughts, words, and actions. Ask God's forgiveness for any ways you have fallen short. You might consider using an examination of conscience guide.



4. **Make a Spiritual Communion:** If you cannot receive the Eucharist, unite yourself spiritually with Christ through prayer and desire. Express your longing to receive him and invite him into your heart.



5. **Offer Your Intentions:** Bring your prayers and concerns to the altar in prayer. Offer your participation in the Mass for a specific intention, such as a loved one in need or a particular challenge you are facing.

6. **Minimize Distractions:** Put away your phone and other distractions. Be fully present to the mystery unfolding before you. Engage all your senses in the liturgy: listen to the readings and prayers, observe the gestures and symbols, and sing with your whole heart.

7. **Open Your Heart:** Come to Mass with an open heart, ready to receive God's grace and encounter his love. Allow the Holy Spirit to work within you and transform you.

Deepen Your Faith:

Send your faith-related questions to Fr. Antony at [antonymegalan@rcaos.org.uk]. Selected responses will be shared in our parish newsletter as space allows!



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 shall be visiting - Aylesford, Faversham, Canterbury and Ramsgate. If you would like to join us please email your name/s to catfordsupport@rcaos.org.uk. Cost £20 per adult £10 per child. Fr Antony welcomes anyone who would like assistance with the cost so please don't let that put you off. At Aylesford we will see the Shrine of Our Lady of Mount Carmel and Saint Simon Stock. In Faversham, Saints Crispin and Crispinian are very special, as is Saint Jude, the patron saint of hopeless cases! Upon visiting Canterbury we shall celebrate Mass, and learn about 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 983

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: Jeremiah 17:5-8 **Psalm:** 1:1-4, 6
2nd Reading: 1 Corinthians 15:12, 16-20 **Gospel:** Luke 6:17, 20-26-11

IMPORTANT DAYS REMEMBER

- 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
- 29 May - The Ascension of the Lord
- 2-5 June - **Pilgrimage to Fatima**
- 08 June - International Day [Pentecost]
- 15 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.

Supporting Older People

Developing Friendship & Belonging



Hartley Hall
Saturday 29th March
11am to 3pm. Lunch will be provided!

You are most welcome to join members of the Caritas team from the Archdiocese of Southwark who have organised a very interesting day with local speakers as well as presentations from local Catholic and ecumenical projects supporting the needs of older people.

Please do come along if you are a **Eucharistic Minister of Holy Communion**, member of the **SVP**, even someone simply visiting friends in local care homes or supporting a member of your own family. For more information please phone **07521 425 400**

MASS TIMES & INTENTIONS

Sat 8th - Fri 14th Feb 2025

SAT	4:00pm 6:30pm	Norma Lucille Jones R.I.P. UCM INTENTION: Joseph Ananthampillai - Wellbeing
SUN	9:00am 11:30am	Mark Sanderson – Birthday Thanksgiving Special Intentions & Wellbeing - The Ibe & Okoro Families
MON	9:15am	David and Nancy Mendes R.I.P.
TUE	9:15am	Thierry Christian Gnanakumar R.I.P.
WED	9:15am	Rachael Pereira Wibberley - Healing
THU	9:15am	Tom Kilcoyne R.I.P.
FRI	6:00pm 7:00pm	Confessions & Adoration of the Blessed Sacrament Special Intentions & Wellbeing - The Ibe & Okoro Families

Coffee Mornings: our next Coffee Morning on Sunday, February 9th, 2025, 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.



R.I.P.

Funeral at Holy Cross
Mr Andrew Wartanowicz
 Thursday 13th Feb. 2025 at 12:00pm

Mass Offering - Loose Cash Collection
THANK YOU

26th Jan - £534
 2nd Feb - £717

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

Childrens Choir - will be singing at the 9:00am Mass this coming Sunday, 9th February. Please come and support them.

PARISH CONTACTS

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

Josepha 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