**St Columba’s Church, Selsdon**

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**7 FEBRUARY 2021**

**5TH SUNDAY IN ORDINARY TIME (YEAR B)**

**THIS SUNDAY’S MASS READINGS**

**Entrance Antiphon:** O come, let us worship God and bow low before the God who made us, for he is the Lord our God.

**1st Reading from the book of Job: 7:1-4. 6-7**

**Responsorial Psalm Ps 146:1-6. Rv3:** Praise the Lord who heals the broken-hearted.

**2nd Reading: from the first letter of St Paul to the Corinthians: 9:16-19. 22-23**

**Gospel Acclamation:** Alleluia, alleluia! I am the light of the world, says the Lord, anyone who follows me will have the light of life. Alleluia!

**Gospel: Mark 1:29-39**

**Communion Antiphon:** Let them thank the Lord for his mercy, his wonders for the children of men, for he satisfies the thirsty soul, and the hungry he fills with good things.

***ST COLUMBA’S IS STILL OPEN FOR DAILY MASS***

St Columba’s is still open for daily Mass – for times see ‘Mass Intentions for the Week’ below.

We continue to follow Government guidelines to ensure a safe environment at Mass. See ‘Precautions When Coming to Church’ below.

Note that there is no longer Adoration on Tuesdays.

***IF YOU TEST POSITIVE FOR COVID…***

Should that happen and you have been to Mass at St Columba’s in the preceding week, let Fr Roy or Deacon Philip know.

For track’n’trace purposes, they will then need to contact anyone else who was at the same Mass.

**WHY WE MUST REACH OUT TO OTHERS WITH THE GOOD NEWS**

Evangelisation was central to the ministry of Jesus.

It was for that reason Jesus insisted on visiting as many places as he could so that as many people as possible would have the opportunity to hear the word of God.

Jesus was aware that he needed help to promote the mission entrusted to him by the father.

The disciples were necessary to promote and continue his mission.

It follows that all followers of Jesus were – are – expected to absorb the word of God and then share it with everyone else. That is evangelisation and it has been the mission of the Church since the beginning.

It transformed the Roman Empire into a Christian empire. It also produced countless martyrs and saints for the Church.

This missionary activity has changed over the centuries in order to adapt to changing times.

Some situations call for a radical approach to evangelisation.

Thus the missionaries who have laid down their lives to advance the spread of the Gospel. That has happened in many parts of the world down the centuries.

The point is, every Christian is called to spread the good news because it is integral to our baptismal promise – even in the face of the threat of martyrdom.

Evangelisation is essentially a communal work because the support of the community is necessary to sustain it.

Sadly we have to accept that evangelisation, the missionary activity of the parish of St Columba needs a lot of improvement.

We are facing a situation that is unfamiliar. So we need to reconfigure our missionary attitude.

Our Archbishop John has called for a renewal of our local church through evangelisation.

Everyone is aware of the challenging situation we face at this time.

It is not a time to be complacent about our faith but to recognise our obligation and right to spread the good news.

We are being reminded of the threat to our faith if we do nothing.

What does that mean in practice?

Answer: we must be proactive both in defending our faith and proclaiming it.

In the past we were happy to leave catechising to the Church as a whole.

But that kind of methodology does not work now; it does not meet people’s need to be evangelised.

The time we live in calls for a renewed commitment not just from the hierarchy, the bishops, the clergy but from every member of the Church, every member of this parish.

We must all recognise that spreading the good news, proclaiming the Gospel, requires the cooperation of all of us, everyone. And urgently.

This pandemic has opened our eyes not just to the importance of our faith but also to the need to deepen it.

That’s because the quality of our faith is at the core of our earthly lives.

In the end what matters is our relationship with God. But that relationship must be based on a community-wide effort where we all work together as a vibrant community to spread the faith.

So to conclude, I invite everyone – everyone – to consider these questions. How can we make our parish a vibrant community again? How can we help win back the hearts of our fellow Catholics who have lost their faith? How can we best enable our parish community to sustain its faith? And just as importantly, how can we best reach out to others to spread the good news?

***PRECAUTIONS WHEN COMING TO CHURCH***

For safety’s sake, don’t forget when coming to Mass that there are certain precautions we must all follow:

* Remember to bring and wear a face mask – that should cover the nose as well as the mouth
* Enter the church via the side door leading into the Sacred Heart chapel/confessional, observe the one-way system and leave via the centre back door.
* To meet Track-and-Trace requirements, provide a written note – and this applies every time you come to church – of your name and contact details (phone number or email or postal address) plus the date and, if relevant, Mass time. To save queuing and filling out a form, why not send an email to selsdon@rcaos.org.uk?
* Use hand sanitizer, provided, both when entering and leaving the church.
* Do not move the chairs which have replaced our benches and are at 1m intervals to ensure the necessary social distancing.
* Don’t expect to find Mass or prayer books or any other shared items: bring your own. That applies to readers as well.
* Remember that singing is not allowed.
* Don’t forget that Holy Communion is silent.
* Before leaving the church (i.e. before you come up to receive Holy Communion), turn your chair back to front so that the stewards know which ones to clean afterwards.
* Leave the church straight after Holy Communion and don’t congregate outside to socialise.

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| **LITURGICAL CALENDAR OF THE WEEK** |
| Sat 6th  | St Paul Miki and Companions, Martyrs |
| Sun 7th  | 5th Sunday in Ordinary Time |
| Mon 8th  | Weekday in Ordinary Time or Saint Jerome Emiliana; St Josephine Bakhita, Virgin |
| Tues 9th  | Weekday in Ordinary Time or St Teilo, Bishop |
| Wed 10th  | St Scholastica, Virgin  |
| Thurs 11th  | Weekday in Ordinary Time or Our Lady of Lourdes |
| Fri 12th  | Weekday in Ordinary Time |
| Sat 13th  | Weekday in Ordinary Time |
| Sun 14th  | 6th Sunday in Ordinary Time |

**DON’T REFUSE A COVID JAB**

**A series of films has been produced by the NHS to encourage and promote the uptake of Covid-19 vaccination across Black, Asian and minority ethnic communities as well as different faith groups. Presenters include a permanent deacon from St Joseph’s, Bromley. You can watch by clicking any of the links here:**

* YouTube: <https://www.youtube.com/playlist?list=PL1fo7mb0qmAvQANj-ByeV72ScnslGPk2M>
* Facebook: <https://fb.watch/3oZtBYzOUd/>
* Twitter: <https://twitter.com/NHSSELondonCCG/status/1356571921983426564>

**REMEMBER THE SICK AND NEEDY**

Please pray for all those in great need at this time including: Robert McMunn, Thelma Benn, Julie Ballesteros, Cora Litchfield, Sean Walsh, Lily Wei, Judy Freegard, Imogen Fernando, Joan Charman, Roger Fenton, Joan Cunningham, Solveya La Marina, Chris Jones, Maria Reece, Margaret Bolton, Eddie Aldridge, Ellis Warburton, Mary Marks, Jean-Claude Anthony, Ellen Everett, Maureen Coffey, James Patrick Guckian, Elizabeth Sensano, Stephen Beck and sick residents at the four residential homes usually, in better times, visited by the parish St Vincent de Paul group.

**YES, LENT WILL SOON BE HERE – START PREPARING NOW**

lent will shortly be upon us – Ash Wednesday is less than two weeks away.

So now is the time to prepare and start thinking about what you will do to mark this special time of the year.

As in previous years, Churches Together in Selsdon and Addington (CTSA) will be organizing Lent groups, providing the opportunity for people from different CTSA congregations to meet and discuss a Christian book.

This year, because of Covid-19, the Lent groups will meet on Zoom which means, of course, that you won’t need to leave your home in order to participate.

The subject of this year’s Lent groups course will be the book 'Bridging the Gaps' by Trevor Neill. To find out more and to sign up please click on this link: <https://forms.gle/8j4ppBKCWnhueQoB8>

**DO YOU HAVE A RED MISSIO BOX?**

A good number of parishioners have these collecting boxes from the Mill Hill Missionaries (MHM).

Some will know them better as APF (Association for the Propagation of the Faith) boxes.

The money we put in them goes to help finance the invaluable work carried out in the missions by the MHM.

Normally these boxes would be emptied at least once during the year by our parish Missio coordinator, Edmund Tame, and the money sent to the MHM to help finance their work.

But that hasn’t proved possible this past year because of Covid.

And yet the work of the Mill Hill Missionaries goes on and, because of the coronavirus, is needed even more now than ever.

Boxes not being emptied has meant a dramatic fall in income for the MHM.

So why not empty your own box, count up the money and send a cheque, or do a bank transfer online, to the MHM?

They certainly need the money….

You can get their contact details on the website [www.missio.org.uk](http://www.missio.org.uk)

If you do send your box money direct, please let Edmund know because he needs to keep a record: email him on edmuta@googlemail.com

***DEAR HUSBAND & WIFE…***

*Dear Husband and Wife, You are invited to give each other a gift by spending March 13 online between 10am and 1pm exploring and improving your relationship.*

*The event is entitled ‘Building A Better Marriage’. It will provide you with valuable insights into your communication skills and the call of the Church to the married.*

*Please note that there is no group sharing. This is not marriage counselling but a chance to make average-to-good marriages a bit better.*

*That applies whether you have been married five years or 50.*

*Recent ‘Building a Better Marriage’ sessions attracted the following comments from married couples who logged on:*

*‘The topics were chosen well and we could really relate to them…’*

*‘The personal stories you shared were very insightful and helped us to reflect on our own relationships more deeply…’*

*‘It was relaxed and you put us at ease, being friendly and personable...’*

*‘We thoroughly enjoyed attending the course.’*

*Booking is essential: telephone 07983 524 727 or email* *mflkent@rcaos.org.uk*

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| **MASS INTENTIONS FOR THE WEEK** |
| Sat 6th  | 6.30pm | Colin & Virginia Bruce, RIP |
| Sun 7th  | 8.00am | Sonny De Souza, RIP |
| Sun 7th  | 10.00am | Pro Populo |
| Sun 7th  | 6.30pm | Don Son Sing, RIP & Lorena & Family |
| Mon 8th  | 10.00am | Tim Baile, wellbeing |
| Tues 9th  | 10.00am | Funeral of John Davis, RIP |
| Wed 10th  | 10.00am | Geoff Turner, RIP |
| Thurs 11th  | 10.00am | Myrna Walsh, RIP |
| Fri 12th  | 10.00am | Judy Freegard |
| Sat 13th  |  6.30pm | Ellen Everitt, wellbeing |
| Sun 14th  |  8.00am | Tim Baile, wellbeing |
| Sun 14th  | 10.00am | Pro Populo |
| Sun 14th  | 6.30pm | Brigit Chacko, RIP |

**GOING INTO HOSPITAL? LET US KNOW**

If you or a member of your family go into hospital, whether diagnosed with Covid or anything else, ask the Ward Sister or Staff Nurse to notify the hospital’s Roman Catholic hospital chaplain direct.

That will make it much more likely that you have the opportunity of receiving Holy Communion (or any other sacraments) while in hospital. And don’t forget to let Fr Roy or Deacon Philip know beforehand of your admission into hospital. We can then keep you in our prayers.



***SHOPPING ONLINE? HELP ST C’S AT NO COST TO YOURSELF***

Thinking of buying something online? Anything? A new washing machine or any other white goods?

Or perhaps you need a new vacuum cleaner or intend ordering a book or dvd or, in fact, other items.

If you do it online you can help St Columba’s finances, depleted by the lockdown, at the same time and at no cost to yourself.

More and more parishioners are signing up for this scheme. It means that you can turn your everyday online shopping into free donations to our parish.

It’s simple. It’s straightforward. And it will cost you nothing.

All you have to do is to logon to the following website [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk), register (which is quick and easy) and then go shopping online at whichever retailer you choose. Each time you buy something – anything – a small donation is made to St Columba’s.

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| There are more than 4,000 retailers to choose from including lots of big names such as Argos, John Lewis, Amazon, M&S and Sainsbury’s. Have a look at this link to find out more: [https://www.easyfundraising.org.uk/causes/stcolumbasldn/?invite=ZTUSO0%26referral-campaign=c2s%26utm\_campaign=admin-trigger%26utm\_content=nst](http://t.e.easyfundraising.org.uk/r/?id=h2ef6bab4,257a256b,25302fff&utm_source=adobecampaign&utm_medium=email&utm_campaign=referral-2018&utm_content=trigger-supp-referee-raised-2018&origin=RTNS2&p1=stcolumbasldn&p2=ZTUSO0) **HOW IS YOUR MARRIAGE COPING WITH THE LATEST LOCKDOWN…?**There is so much uncertainty around – about health, income, employment, vulnerable family members, children, housing... People have different ways of seeing things and coping with change… The result is that managing fears can be a source of conflict and stress. It can be a difficult to talk, to listen, to support and to comfort when there is so much uncertainty. Being together all the time brings even more challenges. You just can’t cope. Would we be better apart, you may wonder to yourself.Retrouvaille is a programme designed to support couples. It brings a positive focus and new hope and helps nourish and grow your marriage - and you don’t need to leave home to participate because it comes to you!For confidential information about Retrouvaille or to register for the next programme, a virtual weekend commencing on February 25-28, call or text 07887 296983. Alternatively email retrouvailleukinfo@gmail.com or visit [www.retrouvaille.org.uk](http://www.retrouvaille.org.uk)**YOUR CHANCE TO JOIN A LENTEN RETREAT LED BY ABP JOHN**The Archdiocese of Southwark is offering a retreat experience for people and parishes during Lent, beginning on the first Sunday of Lent and ending in Holy Week. For each week of Lent, the Southwark Spirituality Commission will provide a video exploring themes connected with the Sunday Gospel.The input will be available in advance rather than live-streamed, so that it can be viewed at any time. The video will be accompanied by suggestions for prayer and reflection through the week. The retreat is open to individuals, who can make use of the weekly video and material for prayer and reflection.For more details and to register: <http://www.southwarkdsc.org.uk/followme>**VOICES FROM THE HOLY LAND**During Lent last year, Fr Richard Nesbitt found inspiration to write a series of 15 poems on the themes of Our Lord’s passion, death and resurrection as he faced the challenge of a closed church at Easter,  Through the Friends of the Holy Land charity, a number of people in the Holy Land were then approached to offer their reflections on the Scriptures for Holy Week, the poems and their own personal experiences. The result is **Holy Week Voices from the Holy Land**, a prayerful and timely resource, which contains: * Forewords by Cardinal Vincent Nichols and Archbishop Justin Welby of Canterbury
* 15 chapters each featuring a poem, Scripture, a reflection from a Holy Land ‘Voice’, a prayer and questions for meditation.
* Stations of the Cross during a Time of Pandemic, first prayed at Our Lady of Fátima in Lent 2020.
* An invitation to share the reader’s own poem or reflection on Simon of Cyrene.

Holy Week Voices from the Holy Land can be used for individual meditation. Parishioners may wish to purchase a physical copy directly from Friends of the Holy Land or obtain an electronic/digital version (also priced £7.99): click on: [(](https://rcsouthwark.us11.list-manage.com/track/click?u=a40ab1a35eac7236d856fe882&id=206196bab0&e=7d4ac57aff)[www.friendsoftheholyland.org.uk](https://rcsouthwark.us11.list-manage.com/track/click?u=a40ab1a35eac7236d856fe882&id=6262e7e53a&e=7d4ac57aff)[)](https://rcsouthwark.us11.list-manage.com/track/click?u=a40ab1a35eac7236d856fe882&id=2cce6fb326&e=7d4ac57aff).  The proceeds will go towards their work in helping our Christian brothers and sisters in that area, who have suffered a dramatic loss of livelihood due to the significant decline in pilgrimages to Bethlehem and the surrounding areas.**INVITATION TO 'GLOBAL HEALING'**In 2015, Pope Francis published his ground-breaking letter on the environment: Laudato Si’. Since then, millions of people worldwide have joined the global movement to address the environmental crisis our world is facing. This Lent the GCCM Laudato Si’ Animators in the UK are inviting everyone to come together for a series of reflective evenings with inspiring speakers, prayer and discussion, using the film-based resource “Global Healing”.These engaging documentaries will inform and challenge people to respond to Pope Francis’ call to Care for Our Common Home. These sessions are suitable for all who are concerned about what is happening to our world and who want to take action.**Dates:** six Thursdays from February 18 – March 25**Time:** 7.30–8.30pm**How to join?** To register please [click here](https://rcsouthwark.us11.list-manage.com/track/click?u=a40ab1a35eac7236d856fe882&id=609451b88e&e=087693309e) or visit [https://zoom.us/meeting/register/tJcvcOuuqzsvEtMBwz2hxBzhhvwy0hcgyoEb](https://rcsouthwark.us11.list-manage.com/track/click?u=a40ab1a35eac7236d856fe882&id=06fd7d685f&e=087693309e).  Alternatively **email** jane@catholicclimatemovement.global**TELL THE GOVERNMENT…**The Department of Health is holding a public consultation on whether to continue the practice of allowing abortion providers to send abortion pills to women so that they can perform their own abortion at home. As many pro-life people as possible need to complete the Department of Health’s questionnaire in order to help stop dangerous DIY abortions becoming permanent.The Society for the Protection of Unborn Children (SPUC) has prepared a briefing which gives a step by step guide to completing the consultation questionnaire. Please go to: <https://www.spuc.org.uk/Get-Involved/Campaigns/England-DIY-Abortion-Consultation>The consultation ends on 26 February.**KNOWING JESUS: AN ONLINE RETREAT** Walk with the Jesuits through Lent and Easter and really come to understand and love Jesus. This online retreat, pondering Gospel stories, will reflect on their meaning and see how startlingly relevant Jesus is to living a truly human life in the 21st Century.Sign up by clicking here: [https://www.onlineprayer.net/](https://rcsouthwark.us11.list-manage.com/track/click?u=a40ab1a35eac7236d856fe882&id=b850b7338b&e=087693309e) You can also sign up to receive daily emails during Lent and additional resources: [http://eepurl.com/hnIXAn](https://rcsouthwark.us11.list-manage.com/track/click?u=a40ab1a35eac7236d856fe882&id=3bb43464bf&e=087693309e)**JOHN DAVIS’ FUNERAL****The funeral of John Davis will take place at 10am on Tuesday (February 9), with a short service of cremation following immediately afterwards at Croydon Crematorium. Please keep John in your prayers, his family also. May he rest in peace.**  |  |  |
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**THE PATH TO A BETTER FUTURE**

**Date:** Monday February 8 **Time:** 7-8.30pm.

Almost four years ago a deanery group in our diocese answered the call of Pope Francis for every parish to welcome a refugee family. After a year-long application process a young Syrian refugee family were received in May 2018, with the approval and blessing of the Archdiocese of Southwark.
Participants in this free webinar will be able to reflect with author, Austen Ivereigh, and a panel of faith leaders as they discuss what Pope Francis' book teaches us about building a better future for refugees. There will also be an opportunity to meet and hear about two very different refugee journeys from a young mother, her family and sponsoring group.
**To join:** [Register on Eventbrite](https://rcsouthwark.us11.list-manage.com/track/click?u=a40ab1a35eac7236d856fe882&id=5f0da0abda&e=087693309e). They will send a ticket/link and tell you how to join the meeting.

**PATHWAYS TO CHRIST'S PASSION**
**You are invited to three webinars exploring the accounts of the Passion and Resurrection of Jesus hosted by Holy Innocents Parish, Orpington**
To prepare for Holy Week Fr Henry Wansbrough, a Benedictine monk based at Ampleforth Abbey, will lead participants through different narratives of the Passion and Resurrection of Jesus in order to gain a deeper understanding of these powerful events. The series offers an opportunity to increase personal insights into the historical context and profound theology expressed in these accounts, with a view to understanding what the Resurrection means for the mission of the Church and for our spirituality.

The three webinars, all running from 7.45-9.15pm are as follows:

**1. March 10: The Passion and Resurrection of Jesus according to the Synoptic Gospels**
**2. March 17: The Passion and Resurrection of Jesus according to John**

1. **March 24 The Passion and Resurrection of Jesus according to the writings of Paul**
* **To find out more or to join the webinars click here:** [visit Eventbrite](https://rcsouthwark.us11.list-manage.com/track/click?u=a40ab1a35eac7236d856fe882&id=81c68d3db5&e=087693309e)**.**

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| **FLIPPING FANTASTIC FUNDRAISER****On Pancake Day, February 16,** Missio is hoping to raise a few smiles and a few pounds during these difficult times by encouraging people to fundraise for the missions. Usually at this time of year, school supporters from across England and Wales get ready to hold fundraisers through Mission Together, Missio's children’s branch, in the form of pancake races and flipping contests.However, due to COVID-19 many of these events cannot take place and without these fundraising activities, Missio cannot raise funds or reach all the families around the world who need their help.Mission Together have come up with a way to take their fundraising effort online as well.  They are inviting everyone to join in their online ‘Flipping Fantastic Fundraiser’ in which everyone can take part: all you have to do is make a pancake and get sponsored to flip it as many times as possible. **How to get involved - click on:** [www.missio.org.uk/pancake](https://rcsouthwark.us11.list-manage.com/track/click?u=a40ab1a35eac7236d856fe882&id=f01e993632&e=087693309e)  |

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**WORLD DAY OF THE SICK**

It takes place this coming Thursday (February 11) and the theme for the 29th World Day of the Sick is: 'You have but one teacher and you are all brothers'. (Mt 23:8)

The theme calls for a trust-based relationship of personal encounter to guide care for the sick. Pope Francis not only calls for closeness between those suffering from illness and those that care for them but also highlights the fact that humanity cannot expect to be well in a world that is sick.

For example, the pandemic has shown that inequalities exist across the world: those in poor countries are unlikely to have swift access to COVID-19 vaccines or relief of poverty.

However, the outbreak of the coronavirus has also highlighted the generosity and kindness of healthcare professionals, priests, religious and volunteers. For greater insight click this link:

[Read Pope Francis' message for the 29th World Day of the Sick](https://rcsouthwark.us11.list-manage.com/track/click?u=a40ab1a35eac7236d856fe882&id=df907723bb&e=087693309e).

You can view a video featuring Pope Francis by clicking:
<https://www.youtube.com/embed/3YuHkkTGmIw>"

**WHAT DO YOU THINK OF IT SO FAR…?**

**Our newsletter, that is.**

**Your comments, thoughts, suggestions, ideas and contributions would be most welcome.**

**Email Deacon Philip – the deadline for each weekend’s newsletter is the Wednesday before.**