**St Columba’s Church, Selsdon**

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**14 MARCH 2021**

**4TH SUNDAY OF LENT (YEAR B)**

**THIS SUNDAY’S MASS READINGS**

**Entrance Antiphon:** Rejoice, Jerusalem, and all who love her. Be joyful, all who were in mourning; exult and be satisfied at her consoling breast.

**1st Reading from the second book of Chronicles: 36:14-16. 19-23**

**Responsorial Psalm PS 136:1-6. Rv.6:** O let my tongue cleave to my mouth if I remember you not!

**2nd Reading: from the first letter of St Paul to the Ephesians: 2:4-10**

**Gospel Acclamation:** Glory and praise to you, O Christ! God loved the world so much that he gave his only Son; everyone who believes in him has eternal life. Glory and praise to you, O Christ!

**Gospel: John 3:14-21**

**Communion Antiphon:** The Lord annointed my eyes: I went, I washed, I saw and I believed in God.

***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 may then need to contact anyone else who was at the same Mass.

**STATIONS OF THE CROSS ONLINE AT 7PM EVERY FRIDAY EVENING**

Note that on Friday evening there are Stations of the Cross online every week during Lent from St Columba’s.

They can be accessed at 7pm every Friday via YouTube using the same link as for daily Mass:

<https://www.youtube.com/channel/UCYVyZ2Xpfs0NiuU3bxAjsCQ/live>

All are welcome.

Please note that the church will not be open.

**WHY WE MUST LIVE OUR LIFE ACCORDING TO GOD’S PLAN**

*Fr Roy reflects on Sunday’s Gospel*

Our Gospel this fourth Sunday of Lent is about the thought-provoking conversation of Jesus with Nicodemus.

Nicodemus was a learned and well-known Jewish official. (It is generally accepted that this was not the only encounter between Jesus and Nicodemus.)

The account of their meeting describes how he visited Jesus at night to avoid upsetting his fellow Jews.

For John the Evangelist, ‘night’ signifies the darkness that envelops a person.

This story is fascinating because despite Nicodemus’s familiarity with sacred scripture he does not seem fully to understand it.

Curiosity is what led him to Jesus. He recognised that only someone with divine approval could perform the miracles that Jesus performed.

This curiosity must have helped him build a healthy relationship with Jesus and their profound conversation is central to today’s gospel.

Nicodemus knew sacred scripture well but recognised something more profound in the person of Jesus.

Hence his approaching Jesus with a longing for the genuine message of scripture.

Jesus’s response appears to be too deep for Nicodemus to grasp: “Unless a man is born from above he cannot see the kingdom of God.”

Nicodemus interprets this literally as meaning that he should go back into his mother’s womb.

Jesus clarifies that being born from above means allowing the spirit of God completely to dominate and empower us to surrender our lives to the will of God.

Surrendering completely to God’s spirit enables us to live according to God’s plan as revealed in the Gospel.

Embracing the life of Christ involves adopting the lifestyle Jesus demonstrated.

It comprises not just an external observance of God’s laws but an inner submission to His will.

It is the complete surrender of one’s life to the will of God.

The divinity of Jesus uniquely demonstrates God’s plan: we need to understand our life in the context of Jesus’s divine life.

Rather than living our lives by earthly standards we must aim for Jesus’s standards.

That’s because Jesus is indeed “the way, the truth and the life”.

During their meeting, Jesus reminds Nicodemus of the incident in the book of Deuteronomy where the stubborn Jewish people rebelled against God.

Yahweh punishes them by sending a plague of poisonous snakes.

Moses then appeals to God to spare the Jewish people.

He relents, showing his mercy by ordering Moses to wrap a bronze snake around a pole – anyone who looks up at the snake on the pole is then cured.

In fact, everyone was healed.

Jesus recalls this as proof that God is mightier than any devil.

Yahweh is capable of redeeming us from our sinfulness.

All we have to do is to look up to Jesus as our saviour and everyone will be cured.

The crucifix reminds us of that cure: Jesus hanging on the cross brings us salvation from the devil.

The cross remains to this day a constant reminder of our salvation; a reminder that our saviour offered his life so that we would be reconciled with God.

God’s love for us, manifested on the cross, is a testament to God’s infinite forgiveness.

He has already forgiven us all our sins.

All we have to do is commit our life to him; demonstrating our efforts to follow him by the way we live.

***DON’T FORGET WHEN COMING TO ST COLUMBA’S…***

We know we must take precautions when coming to Mass. They are set by the Government – and the local council is checking that we comply. So make sure to:

* Remember to bring and wear a face mask covering 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.
* Meet Track-and-Trace requirements by providing 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, send an email to selsdon@rcaos.org.uk
* Use hand sanitizer, provided, both when entering and leaving the church.
* Leave where they are the chairs which have replaced our benches and are at 1m intervals to ensure the necessary social distancing.
* Bring your own Mass or prayer book – there are no shared items:. That applies to readers as well.
* Keep silent when receiving Holy Communion.
* 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. That also includes any chair you may have used, for example the one in front as support when kneeling during Mass.
* Leave the church straight after Holy Communion and don’t congregate outside to socialise.

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| **LITURGICAL CALENDAR OF THE WEEK** | |
| Sat 13th | Weekday of Lent |
| Sun 14th | 4th Sunday of Lent |
| Mon 15th | Weekday of Lent |
| Tues 16th | Weekday of Lent |
| Wed 17th | Weekday of Lent,  St Patrick, Bishop |
| Thurs 18th | Weekday of Lent,  St Cyril of Jerusalem, Bishop, Doctor of the Church |
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| Fri 19th | St Joseph, Spouse of the Blessed Virgin Mary |
| Sat 20th | Weekday of Lent |
| Sun 21st | 5th Sunday of Lent |

**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 need at this time including: Kevin Staunton, Alice Barclay, Rob Adams, Thelma Benn, Julie Ballesteros, Cora Litchfield, Sean Walsh, Judy Freegard, Imogen Fernando, Joan Charman, 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 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.

**EMPTY THAT 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 boxes.

The money we put in them goes to help finance the 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.

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](mailto:edmuta@googlemail.com)

**PATHWAYS TO CHRIST'S PASSION**  
**You are invited to a series of webinars exploring the accounts of the Passion and Resurrection of Jesus.**   
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.

One sessioin has already taken place. The remaining webinar dates, running from 7.45-9.15pm, are as follows:

1. **March 17: The Passion and Resurrection of Jesus according to John**
2. **March 24 The Passion and Resurrection of Jesus according to the writings of Paul**

Click here for details and to book tickets:

[***www.eventbrite.co.uk/e/pathways-to-christs-passion-synoptic-gospels-john-and-writings-of-paul-tickets-139850876737***](https://www.eventbrite.co.uk/e/pathways-to-christs-passion-synoptic-gospels-john-and-writings-of-paul-tickets-139850876737)

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| **MASS INTENTIONS FOR THE WEEK** | | |
| Sat 13th | 6.30pm | Pat Ryan, RIP, Anne Ryan, RIP, Marion & family |
| Sun 14th | 8.00am | Imogen Fernando, RIP |
| Sun 14th | 10.00am | Pro Populo |
| Sun 14th | 6.30pm | Private Intention |
| Mon 15th | 10.00am | Mrs Adeline Goodall, RIP |
| Tues 16th | 10.00am | Angela’s Private Intention |
| Wed 17th | 10.00am | Intention the Alvarez Family |
| Thurs 18th | 10.00am | Hayat Dayani, wellbeing |
| Fri 19th | 10.00am | Margarette Smith, RIP |
| Fri 19th | 12.00noon | Funeral Mass of Clare Pereira, RIP |
| Sat 20th | 6.30pm | Cecilia Roxas Gagalang, RIP |
| Sun 21st | 8.00am | David Chan Sing, RIP, Jeanie & Winston, wellbeing |
| Sun 21st | 10.00am | Pro Populo |
| Sun 21st | 6.30pm | Stanislaw Gonek, RIP |

**GOING INTO HOSPITAL? TELL US**

If you or a member of your family go into hospital, 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.

**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.



***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)  **THE MARRIAGE GAP**  **It wasn’t** so long ago that everybody got married if they had kids . Rich and poor alike. Today, marriage is still the norm among the better-off. But it's become the exception among the least well-off. A new report by the Marriage Foundation – already featured in the Sunday Express, Sun, Times, Mail, Star, BBC World Service, Radio 4 *You and Yours*, Church Times and the LadBible - explains what the ‘marriage gap’ is all about. Click on [Marriage Gap](https://marriagefoundation.us5.list-manage.com/track/click?u=7a9d31013953dc4d039e1d034&id=d8c9e4500c&e=e4670e1b0c) to find out why it matters.  **WHAT DO YOU THINK OF IT SO FAR…?**  **Our newsletter, that is.**  **Your comments, thoughts, suggestions, ideas and contributions would be most welcome.**  **They will also enable us to know whether this newsletter is considered helpful and useful – or not. Email Deacon Philip – the deadline for each weekend’s newsletter is the Wednesday before.**  **IT’S MISSION POSSIBLE**  *MISSION MADE POSSIBLE* is a preparatory course in intentional discipleship and evangelisation.  If you would like to deepen your relationship with Jesus Christ and bring others into that relationship too, then this course is for you.  All you need to participate is a tablet, laptop or desktop PC and the ability to open a Zoom link. There will be a number of small groups – only six people – to keep it personal and manageable. The course duration seven weeks, one Zoom session per week.  Email Julia on [julia.beacroft@prcdtr.org.uk](mailto:julia.beacroft@prcdtr.org.uk) if you would like to undertake this transformative course.    **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/> 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) |  |  |

**FAITH COMPANION: TASTE AND SEE**

The *Faith Companion* is an online magazine likely to be of interest to parishioners and recommended by our own Abp John.

Visit its website and you will also find details of Christian Gifts online including the *Faith Companion* candle, rosaries, journals and a skin care range made by Benedictine monks.

A free copy of the magazine is obtainable to “taste and see” by visiting the website at <http://www.thefaithcompanion.co.uk>. Please do consider supporting their work for the Church.

**A ONE-DAY ONLINE LENTEN RETREAT**

**There a one-day Lenten retreat entitled ‘From Praise to Lamentation: a Journey with the Psalms’.**

**It is described as ‘An opportunity to step aside and listen to God in scripture as we journey towards Easter.’**

**The date is March 20, from 10.30am till 3.30pm.**

**Hosting the retreat is the Minsteracres Retreat Centre in Co. Durham.**

**A donation of £10 per person is suggested.**

**More details from** [info@minsteracres.org](mailto:info@minsteracres.org) **or telephone 01434 673 248.**

**STOP PRESS: HOT NEWS**

**There will be an online meeting via Zoom of St Columba’s parish council at 7.30pm on Monday March 22.**

**All parish council representatives are invited so as to discuss plans for returning to normal once lockdown ends and the Covid situation eases.**

**If there are particular issues you would like to be raised at the meeting, please let Fr Roy or Deacon Philip know.**

**Contact parish secretary Gill Tomei for more details and the Zoom link.**

**LENT: HOW ARE YOU GETTING ON?**

**How are you getting on with your Lenten resolutions?**

**Whatever you have chosen to do or not to do, you could do worse than simply remember and try to put into practice the little list of things to give up from Pope Francis.**

**Here they are:**

**Give up hurtful words and say kind words instead.**

**Give up sadness and be filled with gratitude.**

**Give up aggression and be patient.**

**Give up worrying and trust in God.**

**Give up complaining and contemplate simplicity.**

**Give up stress and be prayerful.**

**Give up bitterness and be joyful.**

**Give up selfishness and be compassionate.**

**Give up grudges and be reconciled.**

**Give up words and listen to God.**

