**St Columba’s Church, Selsdon**

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**21 FEBRUARY 2021**

**1ST SUNDAY OF LENT (YEAR B)**

**THIS SUNDAY’S MASS READINGS**

**Entrance Antiphon:** When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days.

**1st Reading from the book of Genesis: 9:8-15**

**Responsorial Psalm PS 24:4-9. R cfv.10:** Your ways, Lord are faithfulness and love for those who keep your covenant.

**2nd Reading: from the first letter of St Peter: 3:18-22**

**Gospel Acclamation:** Praise to you, O Christ, king of eternal glory! Man does not live on bread alone, but on every word that comes from the mouth of God. Praise to you, O Christ, king of eternal glory!

**Gospel: Mark 1:12-15**

**Communion Antiphon:** One does not live by bread alone, but by every word that comes forth from the mouth of 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 will then need to contact anyone else who was at the same Mass.

**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.**

**IT’S TIME TO DECIDE: WHAT TO DO FOR LENT…?**

*A reflection on this Sunday’s readings by Deacon Philip*

So here we are again at the start of Lent.

And once again we are faced with the perennial question: what am I going to do for Lent?

Or rather, as many people will phrase it: what am I going to give up for Lent?

That is the popular perception.

Many people see Lent simply as a time for giving up things.

You can guess all the usual suggestions: sweets, alcohol, chocolate, smoking.

But there are plenty of alternatives.

Takeaways was one suggestion I heard the other day.

A survey of users by the social media platform Twitter came up with a long list of things people were giving up for Lent.

They included, amusingly, Twitter itself.

Looking down the list, you get the impression that for many people improving physical health is key.

Changing your body is their focus.

But Lent isn’t about losing weight and becoming fitter.

Rather than changing our bodies we need to change our hearts and minds.

Its real purpose is to follow the example of Jesus as outlined in today’s Gospel.

Like Him we are called to enter the Lenten desert in spirit in order to face with Him the fight against the spirit of evil.

We need to understand that in order to live life to the full in freedom, we must overcome the test that this freedom entails, that is, temptation.

So how best can we do that during the next 40 days?

The Church’s stock response to that question does include giving up things – fasting.

But importantly it is a three-prong approach.

As well as fasting we are called to prayer and works of charity, good deeds.

So, if we’re going to give up anything this Lent, Pope Francis suggests that rather

 than sweets or alcohol or whatever, we give up indifference towards others.

In his annual Lenten message, the Pope says:

“Indifference to our neighbour and to God also represents a real temptation for us Christians.

“Each year during Lent we need to hear once more the voice of the prophets who cry out and trouble our conscience.”

Pope Francis then gets down to practicalities with a challenging top-ten list of things to give up.

I quote*:* Fast from hurting words … and say kind words instead.

Fast from sadness … and be filled with gratitude.

Fast from anger … and be filled with patience.

Fast from pessimism … and be filled with hope.

Fast from worries … and have trust in God.

Fast from complaints … and contemplate simplicity.

Fast from pressures … and be prayerful.

Fast from bitterness … and fill your hearts with joy.

Fast from selfishness … and be compassionate to others.

Fast from grudges … and be reconciled.

Finally, he concludes with the advice this Lent to fast from words … and be silent so you can spend some time listening to God.

***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 20th  | Weekday of Lent |
| Sun 21st  | 1st Sunday of Lent |
| Mon 22nd  | The Chair of St Peter, Apostle  |
| Tues 23rd  | St Polycarp, Bishop, Martyr  |
| Wed 24th  | Weekday of Lent |
| Thurs 25th  | Weekday of Lent |
| Fri 26th  | Weekday of Lent |
| Sat 27th  | Weekday of Lent |
| Sun 28th  | 2nd 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: Rob Adams, 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.

**LENT – YOU NEED TO ACT NOW**

Have you decided how you are going 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>

**TIME TO 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 (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 20th  | 6.30pm | Theresa Ponnampalam, RIP |
| Sun 21st  | 8.00am | Geoffrey Dodwell, RIP |
| Sun 21st  | 10.00am | Pro Populo |
| Sun 21st  | 6.30pm | Molly King, RIP, Joey King & Family |
| Mon 22nd  | 10.00am | Malcolm Bowen, wellbeing |
| Tues 23rd  | 10.00am | Private Intention |
| Wed 24th  | 10.00am | Angela’s Private Intention |
| Thurs 25th  | 10.00am | Francis Betchetti, RIP & Family |
| Fri 26th  | 10.00am | Intention of the Alvarez Family |
| Sat 27th  |  6.30pm | Stephen Oxley, RIP |
| Sun 28th  |  8.00am | Josephine Carpenter, RIP |
| Sun 28th  | 10.00am | John Moor, RIP |
| Sun 28th  | 6.30pm | Pro Populo |

**GOING INTO HOSPITAL? TELL US**

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.

**JOIN ABP JOHN’S LENTEN RETREAT**

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>



***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)**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.**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)**.**

**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.

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| 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. |

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**THE POPE'S PRAYER FOR FEBRUARY** Pray with Pope Francis for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded. For more details click on the following:[Read a reflection on this month's prayer intention:](https://rcsouthwark.us11.list-manage.com/track/click?u=a40ab1a35eac7236d856fe882&id=c94e386d37&e=087693309e) |

**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) |  |  |

**SITUATIONS VACANT**

**The London Jesuit Centre is a new venture offering retreats, events, courses and training in theology, spirituality and issues of social and environmental justice.**

**They are currently recruiting staff, with openings for a theology lead, social & environmental justice lead and two spirituality team members.**

**Further information is available on the** <https://londonjesuitcentre.org/> **website. Closing date for applications: February 26.**