**St Columba’s Church, Selsdon**

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**30TH MAY 2021**

**THE MOST HOLY TRINITY**

**(YEAR B)**

**THIS SUNDAY’S MASS READINGS**

**Entrance Antiphon:** Blest be God the Father, and the Only Begotten Son of God, and also the Holy Spirit, for he has shown us his merciful love.

**A reading from the Book of Deuteronomy: 4:32-34. 39-40**

**Responsorial Psalm PS 32:4-6. 9. 18-20. 22. Rv.12:** Happy the people the Lord has chosen as his own.

**2nd Reading: A reading from the letter of St Paul to the Romans: 8:14-17**

**Gospel Acclamation:** Alleluia, Alleluia! Glory be to the Father, and to the Son, and to the Holy Spirit, the God who is, who was, and who is to come. Alleluia!

**Gospel: Matthew: 28:16-20**

**Communion Antiphon:** Since you are children of God, God has sent into your hearts the Spirit of his Son, the Spirit who cries out: Abba, Father.

**CHANGES TO PRECAUTIONS**

**AGAINST COVID AT MASS**

In line with the Government’s Covid road map to normalisation, our Archbishop, John Wilson, has relaxed some of the restrictions placed on the celebration of Mass.

We can now once again have the Prayer of the Faithful (Bidding Prayers).

Holy Communion can be distributed with the usual invitation by the minister and response by the communicant: ‘Body of Christ – Amen’.

Holy Communion will still, however, continue to be given in the hand only and after Mass ends.

Exposition and adoration of the Blessed Sacrament this week will be at 10.30-11.30am on ***Thursday*** (June 3) not Tuesday morning.

EXPLORING THE MYSTERY THAT IS THE TRINITY

*A reflection for this Sunday by Fr Roy*

After concluding the Easter Season, we reflect on the mystery of the Trinity.

The Father, the Son and the Holy Spirit, three persons in one God.

Let us turn our attention to the creed that we profess. “I believe in one God the Father almighty maker of heaven and earth, of all things visible and invisible.” This means that we attribute to the Father the act of creation.

However, it does not mean that Jesus and the Holy Spirit have nothing to do with creation. The book of Genesis reminds us of that important moment in the sacred scripture when the Father said “let us make man according to our image.”

It is clear that the Father was not on his own because he said the plural form, meaning the Son and the Holy Spirit are definitely present.

In other words, the Father created all things through the Word in the Holy Spirit.

The Holy Trinity are certainly present in the act of creation.

*‘Jesus was not only active in the first century but back before creation…’*

Then, the creed proceeds with “I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God.

“Light from Light true God from true God……

“He will come again in glory to judge the living and the dead and his kingdom will have no end.”

The second part of the creed is the litany of the redemptive action that the Son did on behalf of mankind.

Born of the Father before all ages, Jesus was not only active in the first century but back before creation, Jesus is consubstantial with the Father and the Holy Spirit.

The redemptive actions of Jesus are proofs to us of the unending effort of the Blessed Trinity to save us from sin.

His death on the cross is the ultimate gauge of the infinite love of God.

The love of God to mankind transcends the boundaries and limits of death as proven by the resurrection of Jesus.

The third section of the creed narrates to us the nature of the Holy Spirit.

“I believe in the Holy Spirit, the Lord the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the Holy Spirit.”

The Holy Spirit was promised to us by the Son and the Father.

The Church subsists because of the action of the Holy Spirit which comes from the Father and the Son.

The Catholic Church survives and will continue to exist because the Holy Spirit guides the Church towards its genuine goal which is the heavenly kingdom of the Father and the Son and the Holy Spirit.

The final section of the creed deals with the four marks of the true Church, One, Holy, Catholic and Apostolic.

These characters are strongly existing in our Church because of the Blessed Trinity and our fidelity to the tradition that we inherited from the apostles.

This is the faith that we were brought up and this will continue the faith that we bring to the end of time.

**REMEMBER THE SICK AND NEEDY**

Please pray for all those who are sick or in need at this time including: Howard Francis, Douglas & Yvonne Bruce, Colin Furk, Vera De Souza, Mike Bond, Alice Barclay, Thelma Benn, Julie Ballesteros, Cora Litchfield, Sean Walsh, Judy Freegard, Imogen Fernando, 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 and sick residents at the four residential homes usually, in better times, visited by the parish St Vincent de Paul group.

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| **LITURGICAL CALENDAR OF THE WEEK** |
| Sat 29th  | Weekday of Ordinary Time or St Paul VI, Pope |
| Sun 30th  | The Most Holy Trinity |
| Mon 31st  | The Visitation of the Blessed Virgin Mary |
| Tues 1st  | St Justin, Martyr  |
| Wed 2nd  | Weekday of Ordinary Time or Ss Marcellinus and Peter, Martyrs |
| Thurs 3rd  | Ss Charles Lwanga and Companions, Martyrs |
| Fri 4th  | Weekday of Ordinary Time |
| Sat 5th  | St Boniface, Bishop, Martyr |
| Sun 6th  | The Most Holy Body and Blood of the Lord |

**SOME DEFINITE SERVICE**

Our Archbishop John is calling the Archdiocese of Southwark to be an ‘evangelising and missionary archdiocese.’

What does that mean?

As part of an answer to this call the Agency for Evangelisation and Catechesis (AEC) is developing a missionary volunteer network consisting of prayer, people and parish plans – *Some Definite Service.* What might be your particular part to play in this, some definite service?

For more information, visit: aec.rcaos.org.uk/sds

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| **MASS INTENTIONS FOR THE WEEK** |
| Sat 29th  | 6.30pm | Pro populo |
| Sun 30th  | 8.00am | Cora Litchfield, wellbeing |
| Sun 30th  | 10.00am | Cosimira Ramos, wellbeing |
| Sun 30th  | 6.30am | Dani Gonek, wellbeing |
| Mon 31st  | 10.00am | Colin Hadley, RIP |
| Tues 1st  | 10.00am | Intention of the Alvarez Family |
| Wed 2nd  | 10.00am | Sheila Wheaton, wellbeing |
| Thurs 3rd  | 10.00am | Margaret Olele, wellbeing |
| Fri 4th  | 10.00am | Mr & Mrs Ligory, RIP |
| Sat 5th  | 6.30pm | The O’Dowd Family |
| Sun 6th  | 8.00am | Roque & Ludovina Dias, wellbeing |
| Sun 6th  | 10.00am | Mary Browne, RIP |
| Sun 6th  | 6.30pm | Pro Populo |

***STEPS TO PROTECT YOURSELF WHEN COMING TO CHURCH…***

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 every time you come to church make sure to:

* Remember to bring and wear a face mask covering the nose as well as the mouth. There are some available in church if you forget.
* 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 every time you come to church of your name and contact details 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.
* Take a paper marker (during the week, not at the weekend) and leave it on your seat so that the stewards know where to sanitize.
* Leave where they are the chairs which have replaced some of 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.
* Leave the church straight after Holy Communion and don’t congregate outside to socialise.

**WANT TO GO TO CONFESSION?**

Well you can – and at the same time be confident that you are safe from Covid. Simply give Fr Roy a ring and make an appointment. He will hear your confession in private in the hall.

***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. That’s when the track’n’trace forms which everyone attending Mass has to complete (unless they send an email) come into play

**FIRST COMMUNION & CONFIRMATION**

First Communions will take place on Sunday June 27 at noon.

A dozen children are now being prepared for their first Holy Communion (and Sacrament of Reconciliation). Please keep them all in your prayers.

**CONFIRMATIONS** Young people (age 13-14) wishing to receive the Sacrament of Confirmation are advised to write a short letter to Fr Roy asking to be confirmed. Instruction is planned to start in June – the date will be announced shortly. Watch this space.

**LIFE IN THE SPIRIT**

A series of Life in the Spirit seminars is being organised for personal and diocesan renewal over coming weeks.

Each attendee will be invited to grow in their love of the Lord, welcome the Spirit into their lives afresh and pray for the renewal of our diocese.

Taking place on Tuesday evenings from 8-9.30pm, the seminars will feature a talk from a gifted speaker and small group sharing.

Details are as follows.

June 1, speaker: Kathryn Murrell

To book for the seminars please click on this link:
[Book here](https://rcsouthwark.us11.list-manage.com/track/click?u=a40ab1a35eac7236d856fe882&id=89b6876049&e=087693309e)



***SHOP ONLINE AND HELP ST C’S TOO***

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 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. Then, in future, every 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) **DEAR HUSBAND & WIFE…**You are invited to give each other a gift by spending July 10 online between 9am and 1pm exploring and improving your relationship. The event, entitled ‘Building A Better Marriage’, will provide you with valuable insights into your communication skills and the call of the Church to the married. There is no group sharing. This is not marriage counselling but a chance to make average-to-good marriages a bit better – whether you married five years ago or 50. Booking is essential: telephone 07983 524 727 or email mflkent@rcaos.org.uk Recent online ‘Building a Better Marriage’ courses attracted the following comments from couples: ‘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.’**ANNUAL MARRIAGE MASS**Are you celebrating your 1st, 10th, 25th, 40th, 50th, 60th or any later wedding anniversary this year? Or did you last year? If so, Archbishop John invites you to join him in celebrating a Mass for married couples at 3pm on Saturday October 9 at St George’s Cathedral. You need to book in advance and by doing so you will then receive a personal written invitation from Archbishop John. To book or for more details email mflsw@rcaos.org.uk**SO WHAT’S YOUR VERDICT?****On 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.** **HOW DID COVID AFFECT YOU?**Our diocesanAgency for Evangelisation and Catechesis has partnered with other dioceses to produce and promote a survey which aims to find out about the experiences of Catholics over the period of the Coronavirus pandemic. This research will help us to understand what has been happening during this time when churches have been closed and/or only opened for limited periods and Catholics have had to practice their faith ‘at a distance’. To complete the survey, select our Archdiocese from the drop-down menu so that we can hear about what God has been doing and what He wants to say to us about the future of the Church in this part of England and Wales. This important survey should take about 10 minutes to complete and the deadline for submissions for Southwark is July 4. Click on this link:<https://forms.rcaos.org.uk/covid-19-survey-form/> |  |  |

**GOT YOUR GIFT AID ENVELOPES?**

**There are still plenty waiting to be collected…**

**All members of the Gift Aid scheme are invited this weekend to collect their boxes of envelopes for the coming year.**

**The boxes, with your names on, can be collected at the entrance to the sacristy in the Sacred Heart chapel after all Masses. Don’t forget to take yours…**

**THINK YOU HAVE A VOCATION?**

The Beda College in Rome is running a discernment weekend for men between the ages of 30 and 55 from September 3-5.

It takes place at St Beuno’s Spirituality Centre in North Wales.

The weekend is a first step for those who may be exploring the possibility of priestly vocation in later life.

Information and registration forms are at: <https://www.pathwaystogod.org/courses-events-retreats/discernment-weekend-older-men-1>

**PLEASE DON’T FORGET…**

Keeping everyone safe when they come to Mass at St Columba’s is essential.

Using the defogger, a piece of machinery we now have for sanitizing the benches after Sunday Mass, is part of that.

It’s much easier and quicker for the stewards to use this electrically-operated spray than cleaning and drying by hand as they did before.

At Mass, remember to leave plenty of space between you in the bench.

There should be no more than three people – unless you are a family or in a bubble – ideally one person at each end, one in the middle.

During the week, take a marker paper when arriving and leave it on the seat so that it’s obvious which part of the bench needs manual cleaning.

Do please be prepared to lend a hand helping the stewards clean the benches after weekday Masses.

**RENATE FILM COMPETITION**

RENATE stands for Religious in Europe Networking Against Trafficking and Exploitation.

It is inviting 16-24-year-olds in European countries to join its mission to tackle human trafficking by entering a film competition.

RENATE encourages young people to get involved by producing a short film individually or as part of a team, up to four minutes long, around the slogan ‘Slavery - Human Trafficking - Near YOU!', and some or all of the following tags: #StopTheDemand, #BreakTheChains, #EndTheCycleTOGETHER.

The deadline date of entry is mid-August 2021.

For more information visit this website:

[www.renateevents.net/film-competition](http://www.renateevents.net/film-competition)

**KNOW OF ANYONE IN NEED?**

Are you aware of any parishioners living alone or in need? If so, as well as phoning them yourself occasionally to see if they need anything, let Fr Roy or Deacon Philip know of their situation.

That way, we can work together to support and help them at this difficult time.

**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.

Make sure also to let Fr Roy or Deacon Philip know beforehand if possible of your admission or that of a family member into hospital. We can then keep you in our prayers.

**GOING BACK TO MASS AGAIN**

**The bishops of England and Wales have produced a reflection entitled ‘The Day of the Lord’ linked to returning to Mass after the pandemic.**

**Its purpose is to pay tribute to all in the Catholic community ‘who have shown such courage, generosity and understanding in the face of adversity this past year’.**

**Click on this link to access the reflection: **

**THE LONDON JESUIT CENTRE**

Here are details of forthcoming events at the London Jesuit Centre:

June 19: 2-4pm ‘An Opportunity for Prayer’ - a retreat

June 21: Brian Purfield’s ‘Introduction to the Bible – morning and evening classes on offer.

More details from: [www.londonjesuitcentre.org](https://londonjesuitcentre.us4.list-manage.com/track/click?u=ba5b3aa1bbd112142962fd5fd&id=fe4386ac1c&e=c39c69b4e0)

**ST PHILOMENA’S OPEN EVENING**

An open evening for entry to year 7 in September 2022 will take place at St Philomena’s Catholic High School for Girls on July 6.

There will be sessions at 3.30pm, 4.30pm, 5.30pm and 6.30pm.

One parent and one year 5 student per family only will be able to attend because of Covid restrictions.

Advance booking via the school website is essential: [www.stphils.org.uk](http://www.stphils.org.uk)

**PENTECOST CHALLENGE**

So far, more than £65,000 has been raised by Friends of the Holy Land through their Pentecost Challenge.

People have been walking, running, cycling and swimming to raise money for the people of the Holy Land, with particular emphasis on children and young people at their schools and universities.

June 30 is the closing date for the Challenge so there is still time to help.

Visit this website to donate or find out more: <https://www.friendsoftheholyland.org.uk/pentecost>