**St Columba’s Church, Selsdon**

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**6TH JUNE 2021**

**THE MOST HOLY BODY AND BLOOD OF THE LORD**

**(YEAR B)**

**THIS SUNDAY’S MASS READINGS**

**Entrance Antiphon:** He fed them with the finest wheat and satisfied them with honey from the rock.

**A reading from the Book of Exodus: 24:3-8**

**Responsorial Psalm PS 115:12-13. 15-18. Rv.13:** The cup of salvation I will raise; I will call on the Lord’s name.

**2nd Reading: A reading from the letter to the Hebrews: 9:11-15**

**Gospel Acclamation:** Alleluia, Alleluia! I am the living bread which has come down from heaven, says the Lord. Anyone who eats this bread will live for ever. Alleluia!

**Gospel: Mark 14:12-16. 22-26**

**Communion Antiphon:** Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.

**COVID PRECAUTIONS AT MASS: WHAT’S CHANGED**

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.

Holy Communion: the life blood of God is offered to his people

Animal blood sacrifice was very popular in the ancient world. People offered blood sacrifices to different gods.

So it is not surprising to find this practice in sacred scripture. In the bible blood is life: to offer blood is to offer the very essence of one’s life.

Our first reading this Sunday, Exodus 24, makes reference to this.

 “Moses presented the commandments to the people; the seal the of the covenant…

“Moses took the blood half into the basin and the other half he cast on the altar.

“Then Moses took the other half from the basin and cast it towards the people.”

This signifies an exchange of life, the life blood of God and the life blood of his people.

It is important to take note of this because it was to be replicated for ages to come.

This event relates to the liturgical life of Israel centred on the temple, on the sacrifice of animals.

Think of the covenant God made with David. Think of the temple built by Solomon, the slaughterhouse of animals, where blood was offered to the Lord.

‘The scapegoat…was released into the desert to die…’

The most important of the sacrifices offered was on the feast of Yom Kippur (the Day of Atonement).

On this one day of the year a high priest was allowed access to the holy of holies where the ark of the covenant was kept.

That was seen as the dwelling place of Yahweh, so sacred that no one could approach it other than on this day.

Into the holy of holies the high priest took a sacrificial goat, a scapegoat, symbolising the sins of the people. Then the scapegoat, symbolically bearing the sins of the faithful, was released into the desert to die.

Next, the high priest would slaughter another animal, sprinkling its blood around the holy of holies in the manner of Moses.

Leaving the holy of holies, passing through the curtain that separated it from the rest of the temple, the high priest would then sprinkle the people with sacrificial blood.

So we can see from this that Yom Kippur is celebrated as a blood sacrifice which symbolises the gift of life, expiation of sins through the pouring out of one’s life and also the pouring out of God’s own life.

With that in mind, let us turn to the second reading, Hebrews chapter 9.

“When Christ came as a high priest, he entered the sanctuary once for all, taking with him not the blood of goats and bull calves but his own blood having won an eternal redemption for us.”

This reminds us of the Day of Atonement (Yom Kippur).

Jesus being sacrificed on the cross was not just an ordinary Roman execution.

The author of Hebrews presents it as a great act of temple sacrifice. Jesus acting as our mediator, offering his own blood for the expiation of our sins, just like the blood of goats and calves was shed in sacrifice.

You will have heard and read how it was recorded in the New Testament account of the crucifixion that blood and water flowed from the side of Christ. Thus God’s blood was shed for us.

Remember the reference earlier to the high priest coming out of the holy of holies to sprinkle the people with sacrificial blood?

Now, instead of goats and calves, it is Christ himself who has been sacrificed and whose blood is sprinkled to save the whole world.

Which brings us to the Mass.

At the consecration, wearing the robe of the temple high priest, the celebrant – the priest – acting in the person of Christ, elevates the chalice containing the blood of Christ.

He thus offers to the Father the blood of his Son. It is offered as expiation for our sins.

Then, just as the high priest came out of the holy of holies to sprinkle the people with sacrificial blood, the priest celebrating Mass comes down from the altar to give you the blood of Christ to be consumed in Holy Communion.

It is the life blood of God being offered to his holy people.

The result: our salvation. Thus we are reconciled with God.

**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, Cora Litchfield, Sean Walsh, Judy Freegard, 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 5th  | St Boniface, Bishop, Martyr |
| Sun 6th  | The Most Holy Body and Blood of the Lord |
| Mon 7th  | Weekday of Ordinary Time |
| Tues 8th  | Weekday of Ordinary Time |
| Wed 9th  | Weekday of Ordinary Time or Saint Ephrem, Deacon, Doctor of the Church |
| Thurs 10th  | Weekday of Ordinary Time |
| Fri 11th  | Most Sacred Heart of Jesus |
| Sat 12th  | Immaculate Heart of Mary |
| Sun 13th  | 11th Sunday in Ordinary Time |

**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 6th  | 6.30pm | The O’Dowd Family |
| Sun 6th  | 8.00am | Roque & Ludovina Dias, wellbeing |
| Sun 6th  | 10.00am | Mary Browne, RIP |
| Sun 6th  | 6.30am | Pro Populo |
| Mon 7th  | 10.00am | George Lawrence, RIP |
| Tues 8th  | 10.00am | Imogen Fernando, RIP |
| Wed 9th  | 10.00am | Intention of the Alvarez Family |
| Thurs 10th  | 10.00am | Intention of the Alvarez Family |
| Fri 11th  | 10.00am | Vincent Carrasco, RIP |
| Sat 12th  | 6.30pm | Pro Populo |
| Sun 13th  | 8.00am | Intention of the Alvarez Family |
| Sun 13th  | 10.00am | Lucia & Vittoria & Rosa, RIP |
| Sun 13th  | 6.30pm | Vincent Dias, RIP |

***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.



***SHOP ONLINE AND HELP ST COLUMBA’S***

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.

**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.

**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)

**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)

**SOME DEFINITE SERVICE: PLANS?**

How could our parish benefit from *Some Definite Service*?

What is our response to our Archbishop John’s call to be an ‘evangelising and missionary archdiocese’?

No two parishes are the same and we have a rich and diverse range across Southwark archdiocese.

Archbishop John wants to recognise all the good work that is already being undertaken.

He asks that we reflect on the areas where growth is possible.

For more information, please visit the website aec.rcaos.org.uk/sds

**HAVE YOU LOST A LOVED ONE?**

‘Grief and Loss, Hope in Christ’ is the title of a weekend for those who have lost a loved one through death. The weekend provides a time to mourn and share with others. The venue: Aylesford Priory. Date: October 8-10. For more information phone 01622 717272 or email enquery@thefriars.org.uk

**THE OFFERTORY COLLECTION**

The Offertory collection for May 23 totalled £513.06 of which £288 was Gift Aided and £225.06 not.

The Offertory collection for May 30 totalled £747.05 of which £462.50 was Gift Aided and £264.55 not.

In addition £20 was received for Repository items.

Many thanks, everyone.

**MAJOR MARRIAGE PROBLEMS?**

Retrouvaille is a programme to support couples who have major difficulties in their marriage.

It brings a positive focus and new hope and helps nourish and grow your marriage – and you don’t even need to leave home, it comes to you!

Tens of thousands of couples headed for divorce have successfully saved their marriages by attending and using the tools provided.

The programme helps spouses uncover or re-awaken their love, trust and commitment. It helps them through difficult times, disillusionment and deep misery.

There is no group therapy or group work.

For confidential information about ‘Retrouvaille’ or to register for the next programme commencing with a Virtual weekend on July 1-4, call or text 07887 296983 or 07973 380443. Alternatively email retrouvailleukinfo@gmail.com - or visit the website [www.retrouvaille.org.uk](http://www.retrouvaille.org.uk)