**St Columba’s Church, Selsdon**

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**7 MARCH 2021**

**3RD SUNDAY OF LENT (YEAR B)**

**THIS SUNDAY’S MASS READINGS**

**Entrance Antiphon:** My eyes are always on the Lord, for he rescues my feet from the snare. Turn to me and have mercy on me, for I am alone and poor.

**1st Reading from the book of Exodus: 20:1-17**

**Responsorial Psalm PS 18:8-11. R Jn 6:68:** You, Lord, have the message of eternal life.

**2nd Reading: from the first letter of St Paul to the Corinthians: 1:22-25**

**Gospel Acclamation:** Praise to you, O Christ, king of eternal glory! I am the resurrection and the life, says the Lord, whoever believes in me will never die. Praise to you, O Christ, king of eternal glory!

**Gospel: John 2:13-25**

**Communion Antiphon:** For anyone who drinks it, says the Lord, the water I shall give will become in him a spring welling up to eternal life.

***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 TO START ON FRIDAY EVENING**

Starting Friday (the 12th) there will be 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>

Please note that the church will not be open.

**HOW WE CAN USE LENT TO REALIGN OUR LIVES WITH GOD’S VALUES**

*Fr Roy reflects on this Sunday’s readings*

The first reading from the book of Exodus this weekend tells us to go back to basics.

The foundation of a quality relationship with God is articulated in the Ten Commandments.

Lent is an opportunity for us to review our life, to consider whether we have lived up to the standards set by the Commandments.

God the father gave the Commandments in order to guide us in our journey through life.

Foremost is the command that we should have no other gods but Him.

This appears to be a simple enough reminder but applying it to our daily lives requires effort and dedication.

Experience tells us that more often than not we give priority to our own desires rather than the will of God.

Be honest: too often our selfish desires dominate our decisions to the extent that God is relegated to second place or, even worse, is our last priority.

An honest considering of our priorities will reveal how far our hearts have been alienated from the genuine love of God.

Don’t feel discouraged, however. Lent is an opportunity to renew our commitment to the Lord and realign our values with His.

Going back to the Commandments – objective standards set by God – will show us how.

Sadly, due to our stubbornness, we often adapt our interpretation of them to the extent that we disregard these objective truths.

Now is the time to surrender our wills to God and respect them for what they are: God’s will.

This all links in with this Sunday’s Gospel about cleansing the temple, which was of course the dwelling place of God.

For that reason, no other activity should have taken place there other than worshipping God.

Over the course of time many inappropriate activities had been tolerated, activities which desecrated the sanctity of the temple.

Jesus drove them out because that was not the way to behave in God’s house.

Let’s pause at this point and reflect on our own lives.

How do we behave in church?

Do we value our prayer life?

Do we give sufficient priority to the importance of spending time in silence with the Lord?

Or are we so busy with other activities that we fail to appreciate the presence of the Lord in the tabernacle?

Just consider this: Jesus gave a clear signal when He overturned the tables of people in the temple who had turned it into a market

place and replaced the centrality of the Lord in their lives with other gods.

Originally a temple was a quiet place where people could be alone with God.

Have our lives become a market place, full of noise and activity but with little time or thought given to God?

Lent is our opportunity to review our priorities and get rid of those activities which alienate us from the Lord.

Let’s get back to the simplicity of God’s house, a place where we can hear His voice speaking to us in silence.

***LOCAL COUNCIL TO CHECK OUR PRECAUTIONS 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 make sure to:

* Remember to bring and wear a face mask coveing 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, 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. 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 6th  | Weekday of Lent |
| Sun 7th  | 3rd Sunday of Lent |
| Mon 8th  | Weekday of Lent, St John of God, Religious  |
| Tues 9th  | Weekday of LentSt Frances of Rome, Religious |
| Wed 10th  | Weekday of Lent |
| Thurs 11th  | Weekday of Lent,  |
| Fri 12th  | Weekday of Lent |
| Sat 13th  | Weekday of Lent |
| Sun 14th  | 4th 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: 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 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.

**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

**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**

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)

***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, entitled ‘Building A Better Marriage’, provides 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. 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 | Dorothy Fuller, RIP |
| Sun 7th  | 8.00am | Angela’s Private Intention |
| Sun 7th  | 10.00am | Pro Populo |
| Sun 7th  | 6.30pm | Intention of the Alvarez Family |
| Mon 8th  | 10.00am | Julie Ballesteros, wellbeing |
| Mon 8th  | 12.30pm | Funeral Mass of Rukhsana Jahangir, RIP |
| Tues 9th  | 10.00am | Funeral Mass of Mrs Obiageli Linda Eucheria Udeagbala, RIP |
| Wed 10th d  | 10.00am | Angela’s Private Intention |
| Thurs 11th  | 10.00am | Intention of the Alvarez Family |
| Fri 12th  | 10.00am | Margarette Smith, RIP |
| 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 |

**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.



***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) **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.**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. It’s updated with new material every week.** **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.** **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 Abp John.

Visit their 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 **or telephone 01434 673 248.**

**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 if you would like to undertake this transformative course.

The Lord is waiting for YOU!

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

**So here we are, three weeks into Lent. Next weekend will be the half-way point. It’s only four weeks to Easter.**

**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.**

