



HOLY FAMILY NEWSLETTER

AD MAJOREM DEI GLORIAM
(For the Greater Glory of God)

Monsignor Malachy Keegan
 The Presbytery,
 115 Limpsfield Road,
 Sanderstead,
 CR2 9LF

Admin Assistance (Parish Room)
 Wed: 10.15am - 12.15pm

Fr Malachy (Parish Room)
 (Meetings by appointment)
 Sat: 9.00am - 12.00Midday

22nd March 2026

Telephone

Parish: 020 8657 1728

Website

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Pastoral Assistant: Lorenza Bellavia
Administrative Assistant: Maggie Bowes

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 Angela Osmond
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The Church is open all day, every day
 for private prayer

FIFTH SUNDAY OF LENT

Saturday	21st March	5.00pm Vigil holy Mass	In Memory of Hermano Pedro (P)
Sunday	22nd March	9.00am 11.00am	People of the Parish Mary Rajendiam (Patricia Connor)
Tuesday	24th March	6.00pm	Michael Connor (Patricia Connor)
Wednesday	25th March	9.30am	Rochain Rajendiam (Patricia Connor)
Thursday	26th March	9.30am	Michael Connor (Patricia Connor)
Friday	27th March	9.30am	For the people who live and work in HMP Wandsworth

HOLY WEEK

PALM SUNDAY

Saturday	28th March	5.00pm Vigil holy Mass	Private Intention (Maggie Bailey)
Sunday	29th March	9.00am 11.00am	Well-being of Phil (Anne Tuffill) People of the Parish

SACRAMENT OF RECONCILIATION

SATURDAY; 4.00pm - 4.30pm

MORNING PRAYER AND EXPOSITION OF THE BLESSED SACRAMENT

WEDNESDAY, THURSDAY, FRIDAY; 9.00AM

EVENING PRAYER AND EXPOSITION OF THE BLESSED SACRAMENT

TUESDAY; 5.30PM (Prayer book: Week 1 of the psalter)

THOUGHT FOR THE WEEK

“Celebrate Mass as if it were your first Mass, your only Mass and your last Mass” (St Theresa of Calcutta)

Here is the reason why, in our parish, we never celebrate holy Mass quickly or without due reverence and respect.

BROTHERS AND SISTERS WHO ARE UNWELL

Please pray for, Jill O'Donnell, Manuel Rodrigues, David Palmer and everyone who is in any kind of distress. May the good Lord give them peace and patience in their moments of need "May the gifts of illness and old age bring our sisters and brothers the gift of wisdom and help them to be closer to the Lord."

THANK YOU

To Monica, for buying a new vacuum cleaner for our parish and then using it to clean the whole church, by herself. Monica is a new member of our Catholic Faith Family here in Sanderstead and we welcome her, very warmly.

LENTEN FASTING AND THE NATURAL WORLD

The practice of fasting or doing something extra, in this time of Lent, can be ways of helping to address the damage of Climate Change:

Try a vegan or plant-based meal once a week! Explore tasty meat-free recipes. Industrial slaughtering of cows and pigs and chickens is also taking a toll on our planet. 'JBS Meat Production' supplies most of the meat for the UK Supermarkets. This Company alone produces around half of the carbon emissions of fossil-fuel giants like 'Shell' or 'BP' and is driving Forest deforestation in the Amazon, by buying meat from animals which have grazed on deforested land.

Fast from the digital world! Set boundaries for your use of digital devices. Limit Netflix, Amazon, Emails and Social Media for yourself and your whole family.

Grow your own Veg!: Herbs, Salad, Radish can be grown in pots

Save energy in your home: Draught-proof windows and doors; swop your bath for a quick shower; lights off when not needed.

Move your money: Could you divest from fossil-fuels and use a Bank that invests in Renewables?

Fast from Waste: Think about packaging for foods - can you buy your food loose? Strive to use all the food you buy before it deteriorates.

Carbon-Fasting: Instead of jumping in the car, why not walk or take public transport!

ECUMENICAL LENT MEETINGS

As last year, I have invited our friends from the other Christian Churches in our area, to join us for a three-part series of discussions during the holy Season of Lent which begins in the not too distant future!

We will meet in the Olde Forge Cafe at 12.00midday for one hour, on the 12th, 19th and 26th of March. We will be talking about the three great theological virtues of Faith, Hope and Charity. One of the leaders of each Christian Church in our area will give a 10/15-minute introduction and then pose a few questions to the group for discussion. On the 12th, Graham, our local Methodist Minister will lead on the theme of 'Faith.' I'll lead on the theme of 'Hope', on the 19th. We will be led by a third person on the theme of 'Charity' on the 26th.

Please pop these dates and time in your diary.

This Thursday, 26th March, we welcome Elaine, to our Cafe, at 12.00midday, for the third of our three Lenten Talks. Elaine will be speaking on the theme of 'Love.' Please come and support our efforts to build closer ties with our friends from other Christian communities.

SHORT MORNING OF RECOLLECTION FOR ALL EUCHARISTIC MINISTERS - 28th MARCH

May I invite all our present Extraordinary Ministers of the Eucharist who feel the Lord is calling them to this sacred ministry, to please join me for a time of prayer and reflection on Saturday 28th March from 10.30am until 12.00midday. We will begin in the church for 30 minutes of quiet personal prayer before the Blessed Sacrament; then we will move into our Cafe for reflection on the privileged gift of this most sacred of ministries, including conversations about logistics. This short time is an opportunity to prepare hearts and minds to renew a commitment to Eucharistic Ministry during holy Mass on Maundy Thursday.

LENTEN PENANCE SERVICE/OPPORTUNITY FOR INDIVIDUAL RECONCILIATION -31st MARCH

We will have a short Penance Service, followed by an opportunity for individual reconciliation with the Lord, on Tuesday 31st March at 6.00pm

HOLY COMMUNION UNDER BOTH KINDS/THE MINISTERIAL PRIESTHOOD/EUCHARISTIC MINISTRY/SIGN OF PEACE

During the holy Mass of Maundy Thursday, we celebrate the priceless gifts of the holy Mass and the Priesthood which the Lord has given to his Church. Also, members of our Community of Faith who have been blessed and privileged to be Eucharistic Ministers, will renew their commitment to this sacred ministry.

This is the best moment to begin again our normal practice of receiving Our Blessed Lord in the way he gave himself to us at the Last Supper, the very first holy Mass. Now that the Winter has officially ended and there is less risk of colds and flu', we will be able to receive Our Blessed Lord not just in the consecrated bread which has become the Body of Christ but also in the consecrated wine which has become the Blood of Christ.

Every holy Mass is a moment when the Lord's great saving love for us, is made manifest. This is his love which he gives to us and wishes us to share with everyone, without exception. We will begin again, during this beautiful holy Mass, to offer a real physical gesture of peace and love for each other.

DEALING WITH ANXIETY - 22/23 MAY AT THE LONDON JESUIT CENTRE

Anxiety and Worry often make life difficult for many people. I am leading this Workshop, from the evening of Friday 22nd May (6.30pm to 8.30pm) then continuing on Saturday 23rd May (11.00am TO 1.00pm). This Workshop will explain how Anxiety begins, how it can take hold of us and then spoil so much of our lives. I'll also offer some very good, tried and tested ways in which people can escape from Worry or at the very least reduce it and begin to live much happier lives, feeling and monk . The Workshop will take place at the London Jesuit Centre. If you would like to attend this Workshop, please book now on the London Jesuit Centre website.

DEALING WITH LONELINESS - 11TH JULY AT THE LONDON JESUIT CENTRE

Deep in the human heart is a longing to be connected to others, to love and to be loved. I am leading this Workshop from 10.00am until 2.00pm on Saturday 11th July . The Workshop will help us to understand the reasons why we sometimes feel lonely and what a devastating effect Loneliness can have on us. I'll suggest effective ways to ensure that your experience of Loneliness can actually become the means of finding deep, satisfying ways of being close to the Lord and to other people. The workshop will take place at the London Jesuit Centre. If you would like to attend this Workshop, please book now on the London Jesuit Centre website.

HOSTS, IN THE EVANGELISATION CAFE, THE OLDE FORGE

Thank you so much to all the wonderful people who act as Hosts in our Olde Forge Cafe. If you are not yet a Host, please speak with me. It would be great to increase the team of Hosts. All training to operate the Coffee Machine, will be given.

CHILDREN'S LITURGY OF THE WORD DURING 11.00am SUNDAY HOLY MASS

Dear Parents, please make sure that you and your children arrive early for Sunday holy Mass so that the children, at the beginning of holy Mass, may make their way into the sacristy with our Catechists, to begin their own special reflection on the Sunday Gospels.

INTERESTED IN FINDING OUT MORE ABOUT OUR CATHOLIC FAITH?

If you are not a Catholic or if you are already a Catholic but haven't yet received the Sacrament of Confirmation, please let me know

OLDE FORGE CAFE - FREE COFFEE AND CAKE FOR OUR VISITORS

Please do your best to bring members of your family, your friends, neighbours and colleagues who normally have little, if any contact with our Catholic parish, to the Olde Forge Cafe. Please remember that those you bring with you DO NOT give a donation for their coffee and cake. Only us, who are regular members of our parish, are asked to give a donation, each time, to cover the cost of the Coffee machine, coffee beans, heat, light etc. Dear Bakers and those who provide milk, please remember to take your expenses from the donations received.

BEQUEST, IN A WILL

It is wise to write a Will so that the resources you have when the time comes for you to leave this world, goes to the people and organisations you wish. May I suggest that you might consider leaving a Bequest in your will to our parish or to our diocese or to our priest as well as to other causes. A gift in your will can enable us to continue to help people to know the Lord Jesus and his saving love. What a wonderful legacy you would be leaving behind.

HOLY MASS INTENTION/STIPEND

An Intention for holy Mass is a specific prayer, often for a particular person or purpose, that a priest offers during the celebration of a holy Mass. It is the best way that we have to unite our lives, our hopes, our fears, our joys and our sorrows with the Lord Jesus. It is the best way possible, because every time holy Mass takes place, the Lord's Death and Resurrection also takes place.

A holy Mass Intention is a prayer asking that the Lord's victory over sin and death be applied to the Intention. The Intention can be for those who are still living in this world or for those who have left this world. Anyone, of course, may request a holy Mass - In Thanksgiving, for a Birthday, for someone who has died, on the occasion of a special Anniversary, for someone who is unwell or for any other intention that we believe the good Lord wishes to hear and possibly to give us. Every holy Mass is the making present of the Lord offering his saving love to everyone, so every holy Mass is for everyone! However, sometimes we have specific Intentions that we may wish to mention to the Lord.

A 'Stipend' or Offering for the holy Mass is not a fee! It is not 'the cost of a holy Mass'! The holy Mass is so sacred, so full of the Lord's presence and saving power that it is priceless! In fact, the Stipend is only a gesture of gratitude and care for the priest who celebrates the holy Mass for you. It is a way for supporting our priests who, although they do not receive salaries, still need personal funds to meet their own 'costs of living.' The Stipend suggested by the Archdiocese of Southwark Finance Committee is a minimum of £10 for each holy Mass. Of course, anyone who can't afford a Stipend should still request a holy Mass Intention and I'm sure every priest would always be more than happy to celebrate holy Mass for someone in that situation.

Here in our parish, please use the holy Mass Intention envelopes which you will find in the porch of the church. Please write the details of the Intention, a preferred date if required, enclose the Stipend, and let me have it directly or post it through the presbytery letterbox.

PLEASE CHECK THE ROTAS, PUBLISHED ON THE NEWSLETTER EACH WEEK

If you are a Eucharistic Minister, Lector, Host, Baker or if you have offered to deliver our Food Bank supplies to the Good Shepherd school in New Addington, please check the Newsletter each week to identify when it is your opportunity to exercise your ministry.

LECTORS FOR WEEKDAY HOLY MASSES, THIS WEEK

Tue: Giannina

Wed: Paul

Thu: Patricia

Fri: Lizzie

HOLY WEEK AND EASTER – DETAILS

Please find below the days and times of the holy Masses and Services for Holy Week and Easter. The days of Holy Week and Easter are the most important time in the whole year for those who know and love the Lord Jesus. Please try to arrange your schedules around these opportunities that the Lord gives us so that we can experience and feel the depth of his saving love.

HOLY WEEK

Palm Sunday: As a normal Sunday. At every holy Mass, palms will be blessed and distributed Monday 30th, Tuesday 31st March: Holy Mass at 9.30am each day, preceded by Morning Prayer and Exposition of the Blessed Sacrament at 9.00am

Tuesday 31st March: 6.00pm - Penance Service and an opportunity to celebrate the Sacrament of Reconciliation.

Wednesday 1st April: Holy Mass of the Chrism, in the Cathedral at 11.30am. Please let me know if you would like to travel with me and join me for this holy Mass during which the sacred oils used in the Sacraments are blessed and all the priests present renew their priestly promises.

Thursday 2nd April: Maundy Thursday - Holy Mass of the Lord's Supper at 8.30pm, followed by 'watching' at the Altar of Repose until Midnight

Friday 3rd April: Good Friday: Solemn Liturgy of Good Friday at 3.00pm, including Veneration of the Cross and Holy Communion.

Stations of the Cross at 6.00pm

EASTER

Saturday 4th April: Easter Vigil and the first holy Mass of Easter Sunday at 8.00pm

Sunday 5th April: Second holy Mass of Easter Sunday at 9.00am

Third holy Mass of Easter Sunday at 11.00am

ROTAS FOR APRIL

EUCCHARISTIC MINISTERS

2 (Maundy Thursday): 8.30pm Lorenza, Patricia, Maggie
3 (Good Friday): 3.00pm Ross
4 (Easter Sunday Vigil): 8.00pm David, Marian, Angela
5 (Easter Sunday): 9.00am Phil, Margaret, Simone
11.00am Mary, Carolyn, Lisa(H)
11/12: 5pm Jim; 9am Gabrielle; 11am Lesley, Paul Donovan, Linda(H)
18/19: 5pm Regina; 9am Patrick; 11am Paul Mould, Lizzie, Patricia(H)
25/26: 5pm Maggie; 9am Lorenza; 11am Ross, David, Marian(H)

LECTORS

2 (Maundy Thursday): 8.30pm Paul
3 (Good Friday): 3.00pm Jim; Passion Reading: Gerry(N), Mutsa(C)
4 (Easter Sunday Vigil): 8.00pm Lizzie(1), David (3)), Patricia (5), Lorenza (7/Epistle)
5 (Easter Sunday): 9am Phil
11am Mutsa
11/12: 5pm Maggie; 9am Mike; 11am Lisa
18/19: 5pm Collette; 9am Gerry; 11am Jim
25/26: 5pm Patricia; 9am Richard; 11am Paul

HOSTS

5 (Easter Sunday): Regina, Patrick
7: Lorenza, Maggie
11: Collette, Patricia
12: Lizzie, Paul
14: Colette, David
18: Phil, Mary
19: Marian, Jim
21: Linda, Lesley
25: Ros, Gabrielle
26: Emmanuala; Giannina

BAKERS

4: Sophie
11: Helen
18: Anderson
25: Bridget

PARISH FOOD BANK

Our rota for the delivery of food to the Good Shepherd school in New Addington begins this week. Please find the rota below. The dates indicated are Thursdays during the school term. Please collect the two hessian bags of fruit on Thursdays from the porch of the presbytery between the hours of 8.30am and 2.30pm. Please then bring the fruit to the school in New Addington. The fruit could even be collected and delivered on Friday mornings too, if necessary. The address of the school is:
23, Dunley Drive New Addington CR0 0RG.
The school is close to the Good Shepherd Catholic Church.

16th April: Gerry Murphy
23rd: Tony Charlton
30th: Chris Finnin