

NEWSLETTER

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Fr. Jack's mobile: 07909 140867 (text please)

Monday 14th – Sunday 20th September 2020

<i>Monday</i>	10:00am	Victims of Covid
<i>Tuesday</i>	10:00am	Fr Christopher Sexton R.I.P
<i>Wednesday</i>	7:00pm	Holy Souls
<i>Thursday</i>	10:00am	Fr Douglas Perkins R.I.P
<i>Friday</i>	7:00pm	Christian Unity
<i>Saturday</i>	6:00pm	Peace in the World
<i>Twenty-fifth Sunday in Ordinary Time</i>		
Sunday	8:30am	People of the Parish
	10:00am	Priest's Intention
	12 noon	Fr John Healy R.I.P

FR J.ACK.

Many of us have been hurt by the actions or words of another. Perhaps a parent, teacher or coach constantly criticised you growing up; a friend sabotaged a project, or your partner had an affair. Or maybe you've had a traumatic experience, such as being physically, emotionally or sexually abused by someone close to you.

These wounds can leave you with lasting feelings of anger and bitterness — *even revenge*. But if you don't forgive, you might be the one who pays most dearly. By embracing forgiveness, you can also embrace peace, hope, gratitude and joy.

Consider how forgiveness can lead you down the path of physical, emotional and spiritual well-being. The real beneficiary of forgiveness is myself.

The Mayo clinic lists the following as being the real benefits of forgiveness:

- Healthier relationships
- Improved mental health
- Less anxiety, stress and hostility
- Lower blood pressure
- Fewer symptoms of depression
- A stronger immune system
- Improved heart health
- Improved self-esteem.

Is it any wonder Jesus was so insistent on forgiveness. Let go and let God.

Even if you find it difficult to forgive, you can learn to be a bit more forgiving.

AT MASS

At Mass it is now a legal requirement to wear a face mask unless exempt..

Wearing a face covering at indoor gatherings can help to reduce transmission of the corona virus.

Currently the safe number of people attending a Mass in our church is 50. This may be more when you consider a bubble/family..

If on arrival you find the church is full please consider an alternative time or a weekday Mass instead. The Sunday obligation remains suspended.

On entering and leaving the church please use the hand sanitiser provided.

'Track and trace' regulations require us to record the names and contact details of those attending, so where possible, please write your name plus address/email/phone number on a piece of paper in advance.

We could do with a few more volunteers to steward one mass a week.

PARISH FINANCE

Please consider doing a standing order, it will make all our lives much easier. "You know it makes sense."

See me if you have any problem.

Pay bank	National Westminster
Branch	Peckham Branch
Sort Code	60-16-16
Account Number	0984 6557
Account name	St James Catholic Church

FIRST HOLY COMMUNION.

After a long wait we will do Holy Communion soon.

On Saturday 3rd October, there will be three masses at 10am, 12 noon and 2pm.

Finer details will be published on the group WhatsApp.