

CATHOLIC CHURCH OF ST EDMUND OF CANTERBURY

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Sunday 1 February 2026 Yr A

The Retiring Collection this weekend is to support the work of the church to promote Racial Justice

MOMENTS OF CONSOLATION

Dear friends in Christ. Our world today is filled with so many activities, that it becomes very difficult to know and choose the right things. There are so many voices calling us in the world. Some of those voices are very loud, louder than the gentle voice of the master. We hear for instance from social media, voices of war, hate, greed, oppression, segregation, to mention but a few. All those voices make life either difficult, or for some, meaningless. At such moments, we need something to direct us and to support our spiritual life. One such pillar is Spiritual Consolation, which each one of us could hang on.

Spiritual consolation means finding comfort, peace, relief from distress through spiritual practices; offering an inner refuge from life's hardships. This can be found in prayer, meditation, nature, faith or religious teachings. Just at the right time, if we are wholeheartedly seeking God every day, we will find that we receive a moment of consolation. It may be an unexpected peace or joy, we may feel enlightened and encouraged, or we may just sense the presence of God in our lives. Whatever the case may be, remember the moments of consolation you receive. They will not accompany us every day, but they are given at certain moments to remind us God is with us. Remember those moments, especially when you struggle!

Reflect, today, upon the last moment you experienced some grace or consolation from God. What was He telling you through that experience? Ponder it, sit with it, be grateful for it and remember it. Let God speak to you through those experiences and never forget what He says, and you can say the short prayer below:

Lord, I thank You for loving me with a perfect love. I thank You for coming to me in the moments I need You the most. Help me to always savour those moments and to remember them when life is difficult. Jesus, I trust in You.

Fr Boniface Arapa

PANCAKES

On Sunday 15 February after the 9.30 Mass we will be serving pancakes in the Hall. There will be sprinkles and all sorts of goodies to add deliciousness to them so we hope to see lots of our younger parishioners coming over to enjoy them.

LAW SURGERY

The next law surgery is
Monday 2 February

Please come to the side door of the Hall at 6.00 pm and you will be seen in turn.

CONFIRMATION

This is open to all St Edmund's young people who are currently in Year 9 or above. Please register here: <https://stedmunds.churchsuite.com/events/aclyhb1c>

LENT AND ASH WEDNESDAY

Next week's newsletter will carry details of our Ash Wednesday services and the times of Stations of the Cross during Lent.



Being formed in the likeness of Christ, we strive to become a truly Christ centred community, through humble witness, love, compassion and communion.

ST MARY'S ALLOTMENT PROJECT – WAITROSE GREEN TOKENS

Waitrose Beckenham has selected St Mary's as one its community matters charities. The amount of money the school receives will depend on how many tokens it gets compared to the other two charities with first place receiving £1,500!

If you shop at Waitrose please consider voting for St Mary's and their allotment project.

- Collect your green token(s) at the checkout (they're in a pot at the self checkouts so help yourself!)
- Pop the green token in the St Mary's container as you exit the store

Our school allotment is one of the children's favourite places to learn. It's where they get their hands dirty, grow real food and discover that carrots don't come from a supermarket shelf. Children proudly harvest fruit and vegetables, taste what they've grown and learn the value of fresh, healthy food. We've even sold a small amount of produce, giving children a taste of how growing food can support others.

With funding from the Waitrose Green Coin Community Matters Project, we will buy seeds, plants, flowers, compost, child-sized tools and gloves, along with equipment to grow seedlings and pots. This will help us support children to grow, harvest and understand their own food. If we get first place then we'll also invest some money in our nature trail.

St Mary's PTA

MAUREEN CONNELLY RIP

Miss Connelly, a long time parishioner at St Edmunds died on 18 January aged 88. Her funeral service will be held in the chapel at Beckenham Crematorium on 19 February at 1.00 pm followed by burial in the cemetery at 2.00 pm. There will be a wake after this at the Elm Tree Pub.

Parishioners who remember Maureen are invited to attend.

Maureen was an active member of the parish and a member of the SVP and the CWL.

Further details are available from Deacon Seán.

A SAFE PLACE TO LAND

The Landings team offers a non-judgemental forum to help you to reconnect with the Catholic faith. Lay-led meetings are accepting, confidential and enriching for all who take part.

The next Programme begins in March. For more information contact Andrew at:

LandingsBeckenham@gmail.com

St Anthony's in Anerley are organising a parish pilgrimage to Rome from Monday 21 to Friday 25 Sept in conjunction with All Saints Travel and with Fr Joseph Edem as Spiritual Director. The cost is £1295 (sharing) to include return flights to Gatwick, airport transfers, half board accommodation in a hotel close to the Vatican, daily mass, a full programme of visits to the basilicas, the English College and the Vatican, and the services of a tour guide. If you are interested in joining this pilgrimage, please let James Finette know by emailing him at: jfinette@icloud.com. The pilgrimage can be booked directly with All Saints Travel at: www.allsaintstravel.co.uk/rm1139/

AMBASSADORS FOR CHRIST: A Catholic apologetics resource

The Archdiocese of Southwark has launched an exciting project to provide evidence-based answers to questions such as "Is Jesus God?" or "does prayer work?".

Ambassadors for Christ is designed to equip you with a deeper understanding, so you can confidently answer questions and be a joyful witness for the Lord Jesus and his Church. YouTube videos are posted each Monday, along with worksheets for parishes, schools, youth groups and families to use in faith formation. To engage in this exciting project, please visit: rcaos.org.uk/ambassadorsforchrist.

THE LIGHT OF CHRIST CATHOLIC CHARISMATIC PRAYER MEETING

Wednesday 4 February

7.45 pm Praise and Worship

8.00 pm Holy Mass

(Celebrant Fr Uduak Abara)

Followed by Lectio Divina

10.00 pm Evening concludes

ST EDMUND'S BEREAVEMENT SUPPORT

When someone we love dies, it's natural to want to talk, share memories and reflect on our loss. Family and friends may offer comfort, but sometimes those around us may not fully understand what we're going through.

The **St Edmund's Bereavement Support Group** is a kind, safe, and understanding space for those grieving. In a warm and welcoming environment, parishioners can meet others experiencing loss, share their feelings, and talk about practical challenges that can feel overwhelming. There is no pressure to speak – simply being among others can bring reassurance. For those who wish to share, there is always a listening ear. This supportive group is open to all, regardless of faith. We run three groups a year, meeting weekly for six weeks. A lovely quality of this group is the genuine friendship and mutual support that often grows among those who come together through shared loss.

If you would like to know more, please take a leaflet from the shelf near the Anniversary Book at the back of the Church, or email: beckenhamsq@rcaos.org.uk

300 CLUB

Isobel Blake-James who has run our 300 Club for the last three years is stepping down. We are so grateful to her for her efforts over this time and for making the club so much more prominent in the parish.

Isobel will be hard to replace, but if you are interested in taking on this role please send an email to Fr Steve at stephenwymer@rcaos.org.uk

ST BLAISE'S WELL, BROMLEY

Our annual walk to St Blaise's Well, Bromley, will be **this Sunday, 1st February**, and the Blessing of the Well, by the parish priest of St Joseph's, will take place at 2.30 pm.

Walkers should meet at 1.00 pm at the Mansion in Beckenham Place Park, but those seeking a shorter walk, avoiding Bromley Hill, may prefer to wait outside the Churchill Theatre at 2.10 pm. All should be appropriately clad and suitably shod. – Michael Elmer.

MEDITATION

Quiet Monday – 2nd Monday in the hall
from 5-6pm
(see notice board)

Christian Meditation – 3rd/4th/5th Monday in the hall from 5.30-6.20 pm except Bank Holidays

Please arrive promptly.

SUPPORT FOR MARRIAGES

Marriage and Family Life events organised for 2026 include:

Building a Better Marriage (BABM) a one-day event in different deaneries where couples can gain valuable insights into communication and the call of the Church to be married, helping husbands and wives to make their marriages better.

Sycamore Growing in Faith together (GIFT) for married and engaged couples is an ONLINE course, which has been developed in collaboration with the Southwark Marriage and Family Life team, consisting of four one hour-long sessions via Zoom

Rooted in Love – an online monthly meet up to hear a scripture reading and discuss ideas relevant to married Catholic couples / couples where one is RC

Details on noticeboard for dates and contact info.

MARRIAGE PREPARATION RESIDENTIAL WEEKEND COURSE 13 – 15 March 2026

The CHC's weekend marriage prep course is intended for couples who wish to engage more deeply with the Catholic vision for marriage. Structured around the elements of the marriage rite, couples will reflect deeply on foundational Scriptural texts to gain a deeper understanding of both the natural and Sacramental aspects of Matrimony. The weekend is framed by prayer, time for reflection personally and as a couple, group discussion and a social.

[https://christianheritagecentre.com/
events/marriage-preparation](https://christianheritagecentre.com/events/marriage-preparation)

MASSES

Sun 1 Feb	Fourth Sunday
6.00 pm VIGIL	Delisa and Crescenzo Panetta RIP
8.00 am	Intentions of the O'Keefe family
9.30 am	Michael Kearns and family
11.00 am	Margaret Paes RIP
5.30 pm	For the people
Mon 2 Feb	The Presentation of the Lord
	CANDLEMAS
10.00 am	Anne O'Shea RIP
	NO ADORATION
11.30 am	Requiem of Marie Benham
Tues 3 Feb	Feast of St Blaise
There will be blessing of throats at this Mass	
10.00 am	Joan, Peter & Michael Everett RIP
Wed 4 Feb	Feria
10.00 am	Keith Kench RIP (1st anniv)
8.00 pm	Charismatic Mass in Hall
Thurs 5 Feb	Saint Agatha
10.00 am	In thanksgiving, Andrew, Miriam and Mark
6.00 pm CLAVER	Adoration and Benediction
Fri 6 Feb	Saint Paul Miki & Companions
10.00 am	Ints of Jim Conner
Sat 7 Feb	Feria
10.00 am	Dolly & Herbert Browne RIP
6.00 pm VIGIL	Betty Stephens RIP
Sun 8 Feb	Fifth Sunday
8.00 am	For the people
9.30 am	Mary & Eileen RIP
11.00 am	Wellbeing of Chidolue & Nwosu
5.30 pm	Ints of the Pinkett Family

There is Rosary every Monday, Wednesday and Friday at 9.30 am and Adoration after morning Mass from Monday to Saturday, unless otherwise announced.

LOST PROPERTY

The box will be on the reading slope for another Sunday.

Thank you to those who have already retrieved their lost items.

After this weekend we will find new homes for anything remaining. Such as this abandoned puppy.



Please pray for the recently deceased: Sybille Clarke, Marie Benham, John O'Gorman, Bernadette N'Dormadingar, Gerard Mulhall, Jean Cookman, Aurelio Spinola, Andre Delalandre, Katie Ross, Teresa Cadogan.

Please pray for those whose anniversaries are at this time: Frank Dyer, James Doherty, Josephine Wesson, Patricia Edwards, Derek Ransley, Bridget Edwards, Dolly Lock, Patricia Jenkins, Mary Li, Gaynor Mullane, Mary Weeks, Richard Armstrong, Mary 'Kate' Morley, David Clifton Young, Aileen Dunning, Michael Greaves, Richard Armstrong, Susan Ringwood, Keith Kench, Amon D'Souza.

We pray for all who are in ill health, for their families and for their carers: Fr Ray Brennan, Terry Woollard, Wendy Adams, Elizabeth, Rosanna, Hans Halpin, Paul M Williams, Norma Powell, Joan Morris, Paul Hixson, Mary-Jo McCarthy, Jacqueline Djasrabe, Margaret Brocklehurst, Leyla Pattison, Janice McIntosh, James Creedon, Sarah-Marie Kench, Duncan, Grace, Nora Haugh, Linda Magness, Charles, Joyce Edwins, Chris Elgar, Rose Elgar, Maureen Pinkett, Catherine McLaughlin, Albie Houghton, Sean Lacey, Peter Antony Jones.

DIARY

February

- 1st Walk to St Blaise's Well (see page 3)
- 2nd Requiem of Marie Benham at 11.30 am
- 5th Claver Convent Adoration & Benediction at 6.00 pm
- 9th Requiem of Bernadette N'Dormadingar at noon
- 11th Funeral Service for Mrs Joan Cookman at 11.30 am

RECONCILIATION

Christ entrusted the Church with a profound gift of healing through the Sacrament of Penance and Reconciliation. This sacrament restores our relationship with God and the Church, strengthens our conscience, and reminds us that 'In him we live and move and have our being' (Acts 17:28).

It invites us not only to receive mercy but to share it, echoing St Francis of Assisi's wisdom that 'It is in pardoning that we are pardoned.' We encourage our parishioners to make use of this important sacrament, which is an encounter with God's loving mercy.

Confessions are every Saturday from 10.30 – 11.00 am and 5.00 – 5.55 pm, and usually during Adoration