

Welcome to our weekly newsletter. We hope you enjoy your time at St James' and we look forward to seeing you again next week.

Thank you for your offerings last week of £1,467. Mass attendance 759.	
2nd March (Saturday Vigil)	Eighth Sunday 6pm Maureen Clark RIP (J Clark)
Sunday 3rd March	9.15am People of the Parish 11am Mirrel Cucay (Riza Rowan)
Monday 4th March	Feria 9.30am Victor Clark RIP (J Clark)
Tuesday 5th March	Feria 9.30am Fr Barry Hughes
Wednesday 6th March Whole School Mass	Ash Wednesday 9.30am Teresa Adam RIP (CWL) 10.45am Eucharist Adoration 8.00pm People of the Parish
Thursday 7th March	Feria 9.30am David Hawkins RIP (Hawkins Family)
Friday 8th March	Feria 9.30am Bill O'Riordan
9th March (Saturday Vigil)	First Sunday of Lent 6pm Deceased Members of the Fenner Family
Sunday 10th March	9.15am People of the Parish 11am Anthony Olivelle RIP (M Olivelle) 6pm Stations of the Cross

Confessions are heard on Saturday, 5.00-5.45pm, or by appointment.

Morning Prayer takes place Monday – Friday at 9.10am. All are welcome to attend.

Pondering the Word (*Lectio Divina*) - A quiet reflective look at the following Sunday's Gospel. Mondays 11am-12 noon, except for Bank Holidays, here in the Church. All are welcome.

Rosary – Every day after Mass there is rosary. All are welcome.

Second Collection

This week's second collection is for the poor parishes. Next week's second collection is for the parish maintenance fund.

Fr David writes...

Psychological projection is a defence mechanism we subconsciously employ in order to cope with difficult feelings and emotions. It involves projecting undesirable feelings or emotions onto someone else rather than admitting to or dealing with the unwanted feelings. This, most of the time involves a lack of self-awareness. The psycho-analyst Freud believed projection to be a defence mechanism often used to avoid uncomfortable repressed feelings. Feelings that are projected may be controlling, jealousy, anger or sexual in nature. These are by no means the exhausted list of the types of feelings and emotions that fuels projection. In modern psychology, the feelings do not necessarily have to be repressed to constitute projection. Projection can be said to provide a level of protection against feelings a person does not wish to deal with within himself/herself. Whether at home, at work or in any other situation, we have all believed at some point, that our bosses, co-workers, mothers-in-law, extended family members and other people we have come in contact with "hate" or "dislike" us for no reason. While we are convinced that the words, intonations and brief looks given to us are reflections of hidden hatred, most of us fail to realise that believing someone hates us is often a result of projection. If we have a strong dislike for someone in the first place it is common for us to protect ourselves against this feeling by projecting it onto the other. A classic example of the defence mechanism in this case is when an individual says, "She hates me" instead of expressing what is actually felt, which is "I hate her". Another example of projection is when the anxiety and tension we feel around others reflects the way we perceive ourselves. When we are insecure for example, or have a low self-esteem, it is common to perceive the problem as beginning with other people and not ourselves. Another type of projection is, that what we react the most strongly against, says the most about what we place the most importance in.

In today's gospel, Jesus names as hypocrites those who notice faults in others but who are blind to their own shortcomings, thereby passing themselves off as something they are clearly not. In his teaching Jesus touches on an important subject in all personal relationships. He is speaking of projection and also saying that self-criticism is an essential part of genuine relations with other people. According to Jesus we need to know what makes us tick. Otherwise there is temptation that we project those things that we hate in ourselves onto others. To be critical of others, while at the same time lacking any sense lacking self-criticism ourselves, is a profitless pastime. To exact high standards from others, while readily finding excuses for our own mediocre performance, can only be a fruitless exercise. Our criticism of others may be true, but they could regard us as having no self-awareness. We become more credible in what we say and do when others detect that we are aware of our own shortcomings and that our criticism does not emerge from self-righteousness.

The Gospel today says, "Our words flow out of what fills one's heart". Which leads us to the question, what is fuelling our heart when we criticise others? When we find ourselves criticising others, we need to put on brakes and say to ourselves, "What is fuelling these feelings towards this particular person? What is in me that I cannot accept?" The way we offer criticism depends on our heart condition. When people perceive that what we are saying is coming not from malice or ego or hidden agendas, they will feel safe and receive the criticism. They realise that what is being said to them is coming from a good place. To offer criticism one needs first to work on safety and trust in the relationship. A person does not need to feel threatened by our criticism. So to offer constructive criticism, one needs a process in doing it. The recipients of the criticism would trust that you have thought through what you are telling them and that what you are saying is to help them.

In the language of the Gospel, criticism must come from the store of goodness in our heart. If that goodness is absent, we would be better keeping silent. The concluding bit of wisdom in the Gospel is based on lived experience also. Just as a good tree does not produce bad fruit, so it is with people. "By their fruits you shall know them" is another way to sum this up. If a person is performing good works, it is likely that he/she is a good person. On the other hand if a person performs only selfish acts, that too is a window into their soul. Here the basis on one's fundamental goodness is not whether they believe in Jesus or even God. It's not whether they go to church or synagogue. Instead a person's heart is ultimately known by their words and actions. As we are about to start the blessed period of Lent this week, let us try to have more time to be more reflective as human beings and let us see what is fuelling our emotions, feelings, words and actions in a genuine effort for authenticity. Let us yearn to be more honest with ourselves and judge and condemn less others. This process starts from us. We need to

learn how to love ourselves as we truly are, in a healthy way. If we do so, we do not need to make use of a defence mechanism like projection. God bless you all.

“Drop-In” Evening Surgeries – The next drop in surgery with Fr David will be on **Tuesday 5th March between 5pm-7pm**. No appointment needed.

New Candle Holders

We have new candle stands in our Lady’s chapel. Whilst the old candle stands have served us so well and for so long, we have heard the concerns of some parents and decided to change them. The old stands have found a good home in a church in Bond Street. Heartfelt gratitude to the family who has donated the money for the new stands.

Safeguarding at St James’

We invite all groups to attend a safeguarding session which is being held in the Community Centre on 3rd April, 7.15pm to 10.00pm, led by Helen Sheppard, the Diocesan safeguarding Co-ordinator.

Lenten Programme

Sunday 10th March

Week of Accompanied Prayer Launch at URC Church on Willetts Way at 2.30pm followed by Stations of the Cross at 6pm here at St James’

Stations of the Cross

Every Sunday in Lent at 4pm.

Tuesday 19th March

Film – Pope Francis: A man of his word at 8pm in the Community Centre

Tuesday 2nd April

Lenten Reconciliation service at 8pm

Tuesday 9th April

Reflection on Henri Nouwen: The Mystic by Michael Ford at 8pm in the Community Centre.

Tuesday 16th April

Film- Mary Magdalene at 8pm in the Community Centre.

Finance Pillar

200 Club

Firstly, thank you so much for joining the 200 Club which has proved to be a great success in the past year with over £7000 being raised for Church funds.

The new year starts on 1st April with the first draw taking place on the 2nd Sunday of each month. As many of you paid by cheque last year and assuming you wish to continue paying this way, I shall be grateful if you will send a cheque for £60 payable to St James’ 200 Club for the attention of Ken Evans at the Parish Office – 281A Crescent Drive, Petts Wood. BR5 1AY.

If, however you wish to pay by standing order at £5 per month (payable on the 1st of the month) please [email Ken](#). I do hope you will continue to support this excellent fund-raising initiative and thank you again for your generous support.

Evangelisation Pillar

First Holy Communion 2019

The sixth preparation session is on Saturday 9th March from 4.30pm to 5.45pm.

Eucharist Adoration – Be Still in the Presence of the Lord. Your time set aside in your hectic life – wasting time in silence with God. Takes place for an hour **each Wednesday** shortly after the Morning Mass and the Wednesday Café starting at 10.45am and finishing with Benediction at 11.45am and on the

first Friday of the month from 7.30pm till 9.00pm. **The next will be this Friday 1st March. All are welcome for all or part of this time of Adoration ending with Benediction.**

Pilgrimage/Cultural tour to Oberammergau & Salzburg – 25th May to 30th May 2020

We are organising a pilgrimage/ culture tour to Oberammergau for May 2020. This is the famous Passion play that is performed every 10 years. We need to establish the level of interest and potential numbers so please contact the parish office if you are interested.

Week of Accompanied Prayer

Sunday 10th March to Saturday 16th March 2019.

All those who are participants in our Week of Accompanied Prayer are reminded that the all-important Opening Session is next Sunday, 10th March, 2.30 to 3.30 pm at Christ Church URC, Tudor Way BR5 1AY. There we will pray together, you will meet your Prayer Companion, have your meeting time confirmed and receive some suggestions for your first prayer time.

For all parishioners who are NOT themselves Participants, you can still support the Week. Here are three suggestions:

1. Since St James' will be open every day Monday to Friday of the Week from 7.30 in the morning to 9.00 at night, could you pop in occasionally, for a time of quiet personal prayer? And please remember Participants and Guides in your private prayer at home, uniting yourself with this special Week.
2. Could you sign up as a Welcomer for the WAP? It would be very helpful and much appreciated if you could please offer half an hour - the rota is in the lobby at the back of the church. The Welcomer's role is simply to be in the area at the back of the church to greet Participants and offer a light refreshment, which will be on-hand. Our aim is to have two people per slot.
3. Or maybe bake a few cakes or cookies to leave in the Welcoming area?

Social Pillar

The St James' Social Club is responsible for the running and licensing of the bar in the Community Centre. The AGM will be held on Sunday 7 April 2019 at 12:30 pm after the 11:00 am Mass in the Community Centre. The items on the agenda will be as follows:

- 1 Minutes of the last AGM held on 22 April 2018
- 2 Election of the Committee for 2019/2020
- 3 Financial Report
- 4 Any other business.

All are welcome to attend.

Parent and Toddler Group

The St James' parent and toddler group has reopened on Friday afternoons between 1.30pm-3.00pm.

£2.50 per family.

Film Night

Our next film will be shown on Saturday, 9 March, at 7.30pm in the Community Centre.

Please note that because of licensing conditions, we are no longer permitted to advertise the title of films being shown. Look for notices in church or the printed copy of Briefly.

Liturgy Pillar

Eucharistic Ministers

This Monday, 4th March at 8pm in the church there will be a meeting for all existing Eucharistic Ministers, and anyone interested in becoming a Eucharistic Minister.

Children's Liturgy

Please note that when there is a Church Parade Mass (10th March and 14th April) there will not be Children's Liturgy.

Easter Choir

After the success of the music at Christmas, we are asking for parishioners to come and join the choir to sing at the Easter services this year. We will be rehearsing every Thursday until Easter, starting on February 28th at 7:30-9pm in the church, and then every Thursday until the Triduum.

Welcomers Meeting

On Monday 1st April at 7.30pm in the church there will be a meeting for all Welcomers, and anyone interested in becoming a welcomer.

The Guild of Church Flower Arrangers

are holding a Demonstration of Flower Arranging at Crofton Baptist Church (near Crofton School). All parishioners welcome. Monday 4th March 2019 at 7.30 for 8pm. Entrance fee £5. Any queries contact A Murray.

Pastoral Pillar

Bereavement Retreat, Aylesford Priory, 22-24 March

A Time for Mourning: A Retreat / Workshop for those suffering from the pain of loss will be held from 22 - 24 March at Aylesford Priory. This workshop aims to offer a time for quiet, prayer, talking & acceptance. It will be led by Elizabeth Partridge & Fr Francis Kensley.

For more information contact Elizabeth Partridge on 01303 670880 or email:

mfilbereavement@rcaos.org.uk

Flyers/ Booking Forms are in the porch.

St James The Great 'Memory Café'

Here at St James' we run a Dementia Café on the first two Tuesdays of each month from 2pm to 3.30pm in the Community Centre. If you would like to know more, please contact:

pastoral.care@stjamespettswood.org

or telephone the Parish Office: 01689 827100. **We look forward to welcoming you.**

Please note there will be no Memory Cafe on Tuesday the 12th of March only.

Helplines and Counselling Services.

A list of helplines and counselling services is available on our website, and in the church porch, for anyone who might need this.

Justice & Peace

Foodbank – new list

UHT milk and fruit juices, squash, vegetarian food (tinned or dried – macaroni cheese, ratatouille, vegetable curry, etc.), cooking sauces, custard, jam, chocolate spread, peanut butter, washing-up liquid, and razors. Finally, thank you very much, but we are **fully stocked with pasta, cereal and soup**

Lent Carbon Fast

As Christians, we are called to care – to care about and to care for Creation. We are invited to live more simply, reduce our ecological footprint and live in deeper harmony with all life on God's earth.

Our Justice and Peace Group have been working with 3rd Petts Wood Cubs to help our Parish to carry out some simple actions which could change the way we live and help us to think about our environment.

On 2nd/3rd March the Cubs will be selling our Carbon Fast Lent calendar for £1. Any profits will be shared between our Parish Mission in the Philippines and purchase trees for the Woodland Trust. Please support this Lent initiative if you can.

A Message from Zosia Bajorek

To help support Young Dementia UK on the 17th March Zosia raising money for this wonderful charity. If anyone is willing to donate, please read my story here: <https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?pagelid=1010901> . Or donate on the sponsorship sheet at the back of the church.

All Saints Festival Choir & Orchestra perform

Stabat Mater - Schubert

Mass in G - Schubert

Saturday 23 March 2019 at 7.30pm

The Parish Church of All Saints, Bark Hart Road, Orpington BR6 0QD

Bookings & enquiries 01689 823857

www.allsaintsfestivalchoir.co.uk

Polite Reminders

Parking

- The Parish disabled parking spaces are for Blue Badge holders only.
- Please be aware of our neighbours in the surrounding roads, please do not block driveways, pavements or double-park your car.

In Church

Please refrain from eating and drinking while you are in church.

Seeing a Chaplain if You Are Admitted to Hospital

- **Protecting personal information** (data protection) is really important when you become an inpatient in hospital.
- **So please specifically ask hospital staff to pass on your details** to the hospital's Roman Catholic chaplain as soon as you are admitted if you would like a Chaplain to visit you.
- **Fr David would always be very happy** to visit you too, so please ask a relative or friend to let him know about your admission. You, or they, can email Fr David on: father.david@stjamespettswood.org, or phone the parish office on 01689 827100.

Rotas for this week: *Thank you for helping*

Weekend 9th March

Cleaning the Church

Eucharistic Ministers

**Wednesday Coffee
13th March**

S Barradell, M Howell

10th March 2019

Mass

Saturday 6pm (Vigil)

Sunday 9.15am

Sunday 11am

Welcomers

A Huntington

F Mace
Lou
M Howell

Uniformed Groups

Readers

L Rusmini
A Prifti

C Hairs
H Denham

Uniformed Groups

**Ministers of Holy
Communion**

P Crosland
C Cosgrave
P Cosgrave
J Gribben
P Cantopher

W David
T Forde
M Howell
S Cotta
A Ward

P May
S Ingle
R Del Guercio
N Longhurst
T Troy

Bar

F Simon
B Fleeman

Coffee

G & D Brookes

C D'Arcy
T Lowe

Altar Servers

Tellers

K Evans, T Rafter, M Shea