

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 £1,424. Mass attendance 774.

12th January (Saturday Vigil)	The Baptism of The Lord 6pm Joan Hansford RIP (A Hansford)
Sunday 13th January	9.15am People of the Parish 11am Lewis Meacher RIP (Lawrence Murray)
Monday 14th January	Feria 9.30am Peggie & Mai Linehan
Tuesday 15th January	Feria 9.30am James Mulroy RIP (A Bunnage)
Wednesday 16th January Please note change of time	Feria 9.45am Requiem Mass for Michael Rafferty RIP 11am Eucharist Adoration
Thursday 17th January	Saint Anthony 9.30am Souls of Purgatory (A Fernandes)
Friday 18th January	Feria 9.30am Fr David Camilleri
19th January (Saturday Vigil)	Second Sunday 6pm Noah Mark Rotheron RIP (Rotheron Family)
Sunday 20th January	9.15am People of the Parish 11am Joan Hansford RIP (A Hansford) Eamon & Marie O'Keeffe & Family (O'Keeffe Family)

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.

Fr David writes...

Shame is an emotion that hinders us to live fully. Shame touches the core of our being. Whilst guilt denotes that we have done something wrong, shame has the connotation that we are “wrong”. A lot of us suffer with low self-esteem because of shame. It destroys our creativity and limits our achievements. Mainly shame derives from the messages we get as children. The first five years of life as we know are pivotal for the construction of our identity and personality. Our psyche is developed. A child who feels secure because of his firm attachment to his main carers will grow up feeling a healthy sense of self. If a child is nurtured and made to feel loved, they grow up feeling that he or she is worthy to be loved. Whilst on the other hand, a child who grows up feeling abandoned or neglected will feel the opposite. That is – he or she is not wanted and that they are damaged. This would affect in the future their own personal relationships, social interactions and professions. If our parents have been raised up in toxic shame, the probability will be that they will project it on us. Shame is a way of being. In order to eliminate this cycle within the generations, it needs three generations to do so. On the other hand once we have good enough parenting, the child will learn his or her boundaries, feels guilty if he or she does something wrong but in regard to shame, the inner core of our being is not tainted with self-doubt and sometimes also with self-loathing.

In the gospel of Luke today we encounter the narrative of Christ's baptism. We need to remember that John was so important that some people in the first century thought that he was the Messiah. One of the reasons for this was because like many people Jesus went to John for baptism. We have heard how after his baptism Jesus is at prayer. The opening of the heavens is a signal for the descent of the Spirit. A voice from heaven says, “You are my beloved Son, with you I am well pleased”. Just imagine the effect of this message from his Father in heaven did to Jesus. The father affirms the son. The son has no doubt that he is loved and his father delights in him. It is no wonder that Jesus after his baptism is ready to start his ministry.

There is a direct link between self-knowledge, self-esteem and the discernment of our profession and lifestyle. With a wounded self, we tend to try to build up our own self through the roles that we choose in society. A wounded person over-compensates sometimes by striving to achieve roles of power in the community. This can be dangerous because power in damaged individuals can lead to atrocities and bad policies. They only want to fill the void that they feel within themselves. They cannot make use of power for the benefit of others who are under their authority. Real healthy authority comes from people who know who they are, love truly themselves and see their role in life to empower others, to facilitate growth and life in others. People with a healthy self-esteem flourish in their roles.

Discernment involves a time of prayer before especially major decisions in our lives. Discernment is a process of seeing what God wants of us in specific times in our lives. It is not always easy. Actually it is difficult to know what God wants of us. In the most difficult transitions of my life, I always tried to discern which path to take, with a spiritual director. I never took big decisions impulsively. I don't think we can afford to do so if we value time and life. In discernment we are helped to analyse as much as we can where God is leading us to. This is a process and it does take time to clarify itself for us. I feel sometimes that our eyes are closed in these moments. We feel stressed and anxious. I know that sometimes we do not have the luxury of time. However big decisions demand of us serious attention and allow the process to take its own time. One needs to pray and believe what Julian of Norwich used to say that eventually “All will be Well”. Today I wish to pray for all those amongst us who are in transition and need to take serious decisions in their lives which sometimes effect also others who are dependent on them. It is not an easy time. I cannot start imagining the sleepless nights and the tossing over during the night. May you find people who can help you discern the path to take. May your vision not be cluttered by a dysfunctional sense of self. But rather be empowered by a great sense of being loved. May you hear what Jesus heard on that day of his baptism “This is my son/daughter the beloved, my favour rests on you”. Help us Lord to receive it and believe it in our innermost being.

“Drop-In” Evening Surgeries – The next drop in surgery with Fr David will be on **Tuesday 22nd January 2019 between 5pm-7pm**. No appointment needed.

Second Collection –This week's second collection is for the parish maintenance fund.

Holy Baptism

This weekend we welcome Leo Barron and his parents Thomas and Jamie, also Christopher Featherstone and his parents James and Renate.

Help Sofia (Twinkle Toes) raise money for Great Ormond Street Hospital...

Sofia Cotta, Stuart & his daughter Zoe will be kick starting their new year (13th Jan) with a cool 20km 'winter walk' across the streets & bridges of London, along with 2000 others to raise money for GOSH. Zoe (now 14yrs old) has been an in & out patient of GOSH since she was born with a rare condition called Goldenhar, and so very keen now that she's able, to give something back. Please help us support them on this chilly experience! Sponsorship form for their Team: "Twinkle Toes" will be at the back of church or online <https://www.justgiving.com/fundraising/twinkietoes>

Church Cleaners Required

As a New Year's resolution have you considered volunteering as a church cleaner? We are short of cleaners at present. Cleaners are rostered every few weeks: the more cleaners we have the fewer times you are needed. Please email the parish office if you can help.

Evangelisation Pillar

Journey in Faith

Journey in Faith continues on Sunday 13th January at 2pm in the Community Centre.

Readers Meeting – Please note change of date

On **Tuesday 5th February** at 8pm in the church there will be a meeting for all existing Readers and anyone interested in becoming a Reader.

Eucharistic Ministers

On 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.

Confirmation 2019

The fourth preparation session is on Monday 21st January from 7.00pm-8.30pm.

First Holy Communion 2019

The second preparation session is on Saturday 19th January from 4.30pm to 5.45pm

A DATE FOR YOUR 2019 DIARY

From **10th to 16th March** next year we are holding another **Week of Accompanied Prayer**. Previously, such Weeks have been really appreciated.

Details of the Week will be published in the New Year, but in the meantime you are invited to **note the Week in your 2019 diary**.

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.

First Friday of the Month. A time of silent meditation in an evocative atmosphere created by soft background music and candles. From 7.30pm till 9.00pm. The **next will be on Friday 1st February**. ***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.

Social Pillar

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.

Monday Craft Club

The next Craft club will be on Monday 14th January 2019.

Dad and Me

The next Dad and Me will be on Saturday 19th January, 10am to 11.30am

Firm Believers

St James' Inter-Church Fun Fitness class is open to all ages, abilities and fitness levels. Tuesday nights in our Community Centre led by Jo Gallier, a local fitness instructor. Term time only, at 7pm for 45 minutes with the option of a cuppa and a chat afterwards! Classes are a mixture of aerobics, pilates with some core and stretch working, and dance. Improves all aspects of fitness, flexibility, muscle strength, toning and general well-being. It's just £5 a time, no need to book, just turn up! All welcome.

Liturgy Pillar

Children's Liturgy

Please note that when there is a Church Parade Mass (13th January, 10th February, 10th March and 14th April) there will not be Children's Liturgy.

Music Workshop

We invite all music lovers to our next workshop which is being held in the Community Centre on 26th January, led by Meg Shepherd. Please put this date in your diaries.

Faith in Action 2019 – Coming Soon!

Are you a young person aged between 9-18yrs? Read on to find out how you can take up the 'Faith in Action' challenge for 2019 and also register now online!

'Faith in Action' is a national award scheme from CYMFED which challenges young people of faith to make a difference in the world through service and spiritual reflection. There are four levels of the award - Pin, Bronze, Silver, Gold and each one recognises and celebrates the good work and positive contribution made by young people in their parishes, schools and communities. In November 2018, we were delighted to celebrate the hard work and achievements of all young people who participated in Faith in Action last year and received awards from Archbishop Peter Smith at the Faith in Action ceremony.

All young people in Bromley Deanery aged 9-18 years are invited to take part in the Faith in Action Award Scheme, which will launch for its' third year on **Sunday 27th January from 2-4pm at St Joseph's Church, Plaistow Lane, Bromley**. So, if you are a young person who reads at Mass, sings or plays an instrument in the choir, altar servers, helps or volunteers in your school or community in any way, then come along to register! Alternatively, you may want to become involved but are not sure how to begin – come along to meet the team and learn more about the range of exciting opportunities open to you. Take a look at our 'Faith in Action Bromley Deanery' videos on YouTube, Facebook @bromleydeanery, see our website: <http://www.bromleydeanery.org/?p=526> or email susan.longhurst@bromleydeanery.org. You can also register now online, just visit the link: <https://goo.gl/forms/8r6R1Nba127YFODS2>

CYM Careers Fair – 9th February 2019

Following the success of our first CYM Careers Fair in April this year, we are planning to hold a second careers event on **Saturday 9th February 2019 from 11.30-2.30pm** here in the Community centre. Come and take part in 'mock interviews', receive one-to-one careers advice from industry professionals,

find out about the range of opportunities relating to modern day apprenticeships, peer ministry and GAP year opportunities and receive practical tips to help craft the perfect CV. **Register now for tickets:** <https://www.eventbrite.co.uk/e/cym-careers-fair-for-young-people-tickets-53537929388>

Justice & Peace

Foodbank requests

The Foodbank requirements have changed a bit and they would like us to use this list until further notice: vegetarian food tinned or dried (macaroni cheese, ratatouille, vegetable curry, etc.), tinned potatoes, cooking sauces, small bags of rice, custard, jam, rice pudding, sweets, children's toothbrushes, shaving foam/gel, nappies size 6, and washing-up liquid. Thank you. Justice & Peace Group.

CAFOD Lent Family Fast

The Justice and Peace group would like to invite you to a workshop briefing for this year's Lent Family Fast Day. On Saturday 26 January CAFOD are giving us an opportunity to hear a first-hand account of their work in Bangladesh. This is the country that will be focused on during Lent. Family Fast day in Lent is on Friday 15th March. The workshop will be in the Community Centre from 10:30-13:30. For more details and to book your place please email either Nick Babb (nick.babb@stjamespettswood.org) or the CAFOD Southwark office (southwark@cafod.org.uk or 0208 466 9901). Please visit CAFOD's FFD website - <https://cafod.org.uk/Fast-Day>

Pastoral Pillar

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. This is a time for guests with dementia and their carers to come for refreshments and a chat in a comfortable and safe environment and if they wish, join in with activities such as quizzes, games and music. 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.**

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.

Finance Pillar

Fundraising by shopping online

Several parishioners over the last few years have helped the parish by raising donations through **easyfundraising.org.uk**. Recently we reached the milestone of £3,000, for which we thank everyone who has made purchases that way. Over 3,400 retailers including Amazon, eBay, M&S, John Lewis, Argos, Booking.com, tour operators, now make donations on every purchase (from 0.5% to 5% of cost). The top supporter parishioner has raised £388 (all transactions are completely anonymous), so why not embrace the idea and help St James'? To get started, follow the item on the left menu bar of the parish website. Once you've registered, you have the option to install an automatic donation reminder in your browser to make sure no purchase misses its reward.

Any questions, please contact roger.wright@stjamespettswood.org. Thank you.

Alpha course at Holy Innocents', Orpington

Over ten weeks and a weekend away, Alpha explores the meaning of life and the basic truths of our Christian faith. Everyone is welcome. One lifelong Catholic said of Alpha, "my life has not been the same since. I have a peace and joy which words cannot really express." Another described it as "the

most invigorating, incredible experience". Why not come and find out why? Starts Friday 25 January at 7.30 pm at Holy Innocents' Orpington. More details from Stephen Walsh (07778 612050; sjwalsh123@btinternet.com).

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 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.

Please scroll down to see this week's rotas.

Rotas for this week: *Thank you for helping*

Weekend 19th January

Cleaning the Church

A Haylock, A Crosland, G MacManus, K Evans

**Wednesday Coffee
23rd Jan**

Sheila Barradell, Madeleine Howell

20th January 2019

Mass	Saturday 6pm (Vigil)	Sunday 9.15am	Sunday 11am
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Welcomers	K Drabowicz	D&C Hairs	L McDonald S May
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Readers	D Woolston I Stewart	C Hairs R Lim	D Ducat M Ingledew
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Ministers of Holy Communion	J Bajorek H Rotheron M Cahill C Cahill C Wakefield	T Blythe A Delamain D Hairs B Cotta W David	A Bunnage P Murray V Terry N Longhurst R Mwansa
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Bar			P Cosgrave R Monaghan
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Coffee		L Lynch S Barradell	T Troy J Cosgrave
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Altar Servers	Francis Peter	Josh	
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Tellers	L Lynch, M Ardron
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