



OUR LADY OF THE CRAYS RC CHURCH, CRAY VALLEY
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Parish Priest: Fr. Cyriacus Okafor
Deacon: Reverend Longinus Anyanjo
Parish Secretary: Dominica Winter

PRIMARY SCHOOLS

St. Philomena's
Tel: 01689 826550
Chelsfield Road, BR5 4AD
Head Teacher: Miss V Maher

St. Peter & St. Paul
Tel: 01689 828208
St Paul's Wood Hill, BR5 2SR
Head Teacher: Miss Everson

Our Lady's Pre-School - www.ourladypreschool.net
Manager: Anne-Marie Glancy Tel: 07983 660589

To hire the Parish Hall for any event please contact: 01372 457651

SUNDAY 9TH MARCH 2025
FIRST SUNDAY OF LENT (C)

If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved. (Romans 10:9-11)

It is really significant that Christ was put to the test straight after His baptism. One would readily think that the reception of this Sacrament and His forty-day fast would make Jesus impenetrable even to the advances of Satan and his allurements. Yet, the reverse was the case, and this shows the humanity of Christ and the inevitability of temptation in our journey of faith. In the Gospel, Christ was severely tempted on three counts: materialism, the quest for power and ostentatious display of divine powers; and He came out triumphant on all counts. Jesus' triumph over temptation clearly shows the distinction between Temptation and Sin. Actually, what the devil does primarily, is to tempt us, to present situations of sin and we in turn give consent to such situations. Hence, sin results when we wilfully give in to the allurements/attraction of the devil.

As we begin the First Sunday of Lent, let us be reminded of the need to put an end to the old world-order (our sinful ways). With our Lenten resolutions already made, let us be on guard against the ploy of the devil; who is bent on frustrating our promises to God. May we ask God for the grace to overcome the innumerable temptations that will come our way in this season, and may He enable us to live up to our Lenten resolutions.

Confiteor (I Confess)

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore, I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Kyrie, eleison.

Lord, have mercy	Lord, have mercy.	Kyrie, eleison	Kyrie, eleison.
Christ, have mercy	Christ, have mercy.	Christe, eleison	Christe, eleison.
Lord, have mercy	Lord, have mercy.	Kyrie, eleison	Kyrie, eleison.

LITURGY OF THE WORD

First Reading: A reading from the Book of Deuteronomy 26: 4-10

Moses spoke to the people: 'The priest shall take the basket from your hand and set it down before the altar of the Lord your God. And you shall make response before the Lord your God, "A wandering Aramean was my father. And he went down into Egypt and sojourned there, few in number, and there he became a nation, great, mighty, and populous. And the Egyptians treated us harshly and humiliated us and laid on us hard labour. Then we cried to the Lord, the God of our fathers, and the Lord heard our voice and saw our affliction, our toil, and our oppression. And the Lord brought us out of Egypt with a mighty hand and an outstretched arm, with great deeds of terror, with signs and wonders. And he brought us into this place and gave us this land, a land flowing with milk and honey. And behold, now I bring the first of the fruit of the ground, which you, O Lord, have given me." And you shall set it down before the Lord your God and worship before the Lord your God.'

The Word of the Lord. *Thanks be to God.*

Responsorial Psalm: Psalm 91: 1-2, 10-11, 12-13, 14-15

Response: Be with me, O Lord, in my distress.

He who dwells in the shelter of the Most High,
and abides in the shade of the Almighty,
says to the Lord, 'My refuge, my stronghold, my God in whom I trust!' **R**

Upon you no evil shall fall, no plague approach your tent.
For you has he commanded his angels to keep you all in your ways. **R**

They shall bear you upon their hands, lest you strike your foot against a stone.
On the lion and the viper you will tread,
and trample the young lion and the serpent. **R**

Since he clings to me in love, I will free him, protect him, for he knows my name.
When he calls on me, I will answer him; I will be with him in distress;
I will deliver him, and give him glory. **R**

Second Reading: A reading from the Letter of St. Paul to the Romans 10: 8-13

Brothers and Sisters: What does Scripture say? 'The word is near you, in your mouth and in your heart' (that is, the word of faith that we proclaim); because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved. For the Scripture says, 'Everyone who believes in him will not be put to shame.' For there is no distinction between Jew and Greek;

for the same Lord is Lord of all, bestowing his riches on all who call on him. For, 'everyone who calls on the name of the Lord will be saved.'

The Word of the Lord. *Thanks be to God.*

Gospel Acclamation

Glory and praise to you, O Christ.

One does not live by bread alone,
but by every word that comes forth from the mouth of God.

Glory and praise to you, O Christ.

THE GOSPEL: A reading from the Gospel according to Luke 4: 1-13

At that time: Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days, being tempted by the devil. And he ate nothing during those days. And when they were over, he was hungry.

The devil said to him, 'If you are the Son of God, command this stone to become bread.' And Jesus answered him, 'It is written, "Man shall not live by bread alone." '

And the devil took him up and showed him all the kingdoms of the world in a moment of time, and said to him, 'To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. If you, then, will worship me, it will all be yours.' And Jesus answered him, 'It is written, "You shall worship the Lord your God, and him only shall you serve." '

And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, 'If you are the Son of God, throw yourself down from here, for it is written, "He will command his angels concerning you, to guard you", and "On their hands they will bear you up, lest you strike your foot against a stone." ' And Jesus answered him, 'It is said, "You shall not put the Lord your God to the test." '

And when the devil had ended every temptation, he departed from him until an opportune time.

The Gospel of the Lord. *Praise to you, Lord Jesus Christ.*

The Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit (*all bow*) was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic, and apostolic Church. I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

THE LITURGY OF THE EUCHARIST

Pray brothers and sisters, that my sacrifice and yours may be acceptable to God, the Almighty Father.

May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

SANCTUS

English

Holy, Holy, Holy Lord God of hosts.

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

Latin

***Sanctus, Sanctus, Sanctus
Dóminus Deus Sábaoth***

Pleni sunt caeli et terra glória tua.

Hosána in excélsis.

***Benedíctus qui venit in nómine
Dómini.***

Hosána in excélsis.

We shall pray the **Preface I of Lent** and say **Eucharistic Prayer II**

The Mystery of Faith

Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.

English

Lamb of God, who takes away the sins of the world, have mercy on us.

Lamb of God, who takes away the sins of the world, have mercy on us.

Lamb of God, who takes away the sins of the world, grant us peace.

Latin

Agnus Dei, qui tolis peccata mundi, miserere nobis.

Agnus Dei, qui tolis peccata mundi, miserere nobis.

Agnus Dei, qui tolis peccata mundi, dona nobis pacem.

***O Sacrament most Holy, O Sacrament Divine,
All praise and all thanksgiving, be every moment thine (x 3)***

Hail Holy Queen: Hail, Holy Queen, Mother of Mercy. Hail our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, O most gracious Advocate, thine eyes of mercy towards us and after this our exile, show unto us the blessed fruit of thy womb, Jesus; O clement, O loving, O sweet Virgin Mary.

Priest: Pray for us, O Holy Mother of God;

People: That we may be made worthy of the promises of Christ.

Priest: Let us pray:

O God, whose only-begotten Son, by his life, death and resurrection has purchased for us the rewards of eternal life; grant, we beseech you, that by meditating on these mysteries of the most Holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

PARISH INFORMATION AND FAITH NEWS

CAFOD: Friday the 14th of March is CAFOD Family Fast Day. We are asked to pray, eat simply and make a donation to support local experts providing simple, effective solutions to the toughest problems facing people around the world. There will be an appeal at the end of each Mass this weekend. You can make your donation next weekend via the envelopes provided or by using the contactless devices.

Fr. Pat Moloney: The ashes of the late Fr. Pat Moloney, former parish priest, will be interred at Hill View Cemetery, Welling on Thursday the 13th of March at 11.30am. All are welcome to attend.

Lenten Prayer Requests: Lenten prayer request sheets are placed at the porch. Please take one for yourself and return the filled forms and place in the box situated by the font.

Lenten Alms Collection: During this Lenten period, Lenten Alms are collected throughout this season. You can put your Lenten alms in the box with the label 'Lenten Alms' placed near the font.

Lectio Divina: As part of our Lenten programme, we are inviting you to join us for Lectio Divina on Wednesdays from 6.30-7.20pm. The sessions will be followed by the evening Mass.

Bible Study: The next session of the Bible Study group will take place via Zoom on the 20th of March at 7.45pm. The theme will be 'Temptation', Bible Verse: Matthew 4 v 1-11. Zoom details – Meeting ID: 826 8917 5235, Passcode: 409515

Archdiocesan Jubilee Celebration Day: On Saturday the 7th of June 2025, we will gather as an Archdiocese at The Friars, Aylesford for a day of prayer, reflection, celebration and fun. If you are interested in joining a coach (chargeable) from our parish on the 7th of June, please add your name to the list in the porch. Alternatively, if anyone in the parish has a minibus they would be prepared to drive to Aylesford on this date, please contact the parish office.

Stations of the Cross: During this Lenten period, there will be Stations of the Cross every Friday at 7.30pm conducted by the different Groups in the Parish.

March 14 th	Outreach Group	April 4 th	Bible Study/Charismatics	
March 21 st	Knights of St. Columba/SVP	April 11 th	Legion of Mary	
March 28 th	Youth Group & Altar Servers	April 18 th GOOD FRIDAY	11am	Confirmation and Holy Communion Candidates
			7.30pm	Fr. Cyriacus

A Day With Jesus: We will be holding A Day With Jesus on Saturday the 5th of April to prepare us for Holy Week. Further details to follow.

March Birthdays: On the weekend of the 22nd & 23rd March we will be celebrating all our parishioners who were born in the month of March. If you were born in March and your name is not already on the list in the porch, please add it on.

Gift Aid Envelopes: If you are a member of our Gift Aid Scheme and you donate via envelopes, please collect your new box from the porch. If you donate via Standing Order, a small bunch of envelopes for special second collections is in the porch for you. Please note, if you are donating via envelope, please make sure you use the appropriate envelope. Donations made via a second collection envelope have to be forwarded to the Diocese, even if you intended them to be for the normal parish offertory collection.

Care Not Killing: Care Not Killing (CNK) has launched a petition calling on MPs to reject proposals for an assisted suicide law in England and Wales. Further details and petition sheets are in the church porch if you wish to sign.

Baptism: Any parents who wish to have their child Baptised in our parish will need to complete a preparation course entitled 'Pathways to Baptism'. The next course begins on Tuesday the 18th of March at 8pm via Zoom. For more information, please contact Reverend Longinus on longinusanyanjo@rcaos.org.uk

Supervision of Children: We ask that all parents and carers supervise young children while they are on church grounds, especially when they visit the toilets or are in the carpark. This is a busy parish and the best way to keep your child safe is by keeping them with you.

Sick List: There are a few names on the sick list (currently underlined) in this newsletter that are unknown to us. If family members of these people are in the parish, please contact the Parish Office.

St. Vincent de Paul Society: If there is anyone on the sick and housebound list that would like regular visits from the SVP, or if there are any families or individuals in need, please contact Gabriel Greenspan on 07958 369383. Confidentiality is assured in all cases.

LENTEN REFLECTION

Lent is really a time to focus on who we are, and so the Gospel today is very significant for us. Jesus spent six weeks in the desert, free from all distraction, in order to discover who He was. Thus, in this Season, we are called to intensify our prayer life, to give alms to the poor, the less privileged and our needy neighbours. The benefits arising from this work of mercy are summarised in the sermon of Pope Leo the Great: "It follows that, if a man shows love to those in any sort of misery, he himself is blessed, he possesses the virtue of charity, and he is at peace". These forty days should also be given over to fasting, which means, not simply a reduction in our food consumption, but the elimination of our evil habits. Let our fasting during this season have substitution effect, and this is summarised in the Lenten prayer by William Arthur Ward:

*Fast from fear; Feast on Faith.
Fast from despair; Feed on hope.
Fast from discontent; Feed on gratitude.
Fast from anger and worry; Feed on patience.
Fast from negative thinking; Feast on positive thinking
Fast from bitterness; Feed on love and forgiveness
Fast from words that wound; Feast on words that heal.*

Bank Details

For bank transfers to the Parish –
Account Name: RCAS Cray Valley
Account Number: 50533401
Sort Code: 60-16-03

Thank you for your generosity to your parish.

LIVE STREAMING

This parish routinely livestreams 11 AM Mass on Sundays between 10.30 AM and 12.30 PM on YouTube. You may appear on camera **only** if you approach the altar without prior notice to the recording team during this time. The camera is set to avoid capturing parishioners receiving Holy Communion. If you have any concerns, please speak to the Priest or Communications

Readings For The Week Ahead

	1st Reading	Psalm	Gospel
10/03/25	Leviticus 19:1-2,11-18	Ps 19:8,9,10,15	Matthew 25:31-46
11/03/25	Isaiah 55:10-11	Ps 34:4-5,6-7,16-17,18-19	Matthew 6:7-15
12/03/25	Jonah 3:1-10	Ps 51:3-4,12-13,18-19	Luke 11:29-32
13/03/25	Esther 4:17m,17o-17q,17x-17z	Ps 138:1-2a,2bc,3,7c-8	Matthew 7:7-12
14/03/25	Ezekiel 18:21-28	Ps 130:1-2,3-4,5-6b,6c-8	Matthew 5:20-26
15/03/25	Deuteronomy 26:16-19	Ps 119:1-2,4-5,7-8	Matthew 5:43-48

CHURCH MINISTRIES

	8th & 9th March	15th & 16th March
READERS 6PM	L Winter V Martis	A Dsouza D Fufeyin
READERS 9AM	A Joby M Francis	I Joby M Quintavalle
READERS 11AM	M Adepoju M McEveney	M Esong L Okafor
EUCCHARISTIC MINISTERS 6PM	D Winter	N Omo-Idahosa
EUCCHARISTIC MINISTERS 9AM	I Floyd	K Wingfield
EUCCHARISTIC MINISTERS 11AM	H Anseline, R Anseline, N Esong	M McEveney, E Williams, M Alademerin
CLEANING	Team 2 – Mary Quintavalle	Team 3 – Anne-Marie Glancy
LINEN	Funmi Obende	Theresa Akagbosu

PLEASE PRAY FOR THE SICK AND THE HOUSEBOUND

Please continue to pray for: Alison Hannah, Eleanor Smith, Monica Gallagher, Jeanette Miller-Spice, Mary Hayes, Helen Efemini, Sister Maureen Fay, Mary Mackay, Michael Thompson, Mary Brophy, Clara Soares, Jennifer Smith, Mary O'Lone, Eamon Murphy, Shelagh Murphy, File Marku all the Sick Clergy of the Diocese and the housebound of the Parish.



BOOK OF REMEMBRANCE – NAMES FOR MARCH We remember in our prayers: John Kent, Pearl Wood, Pasquale Cappucio, Lawrence Abu, Ekata Kuyan, Vincent Dunleavy, Martin Geraghty, Jeremiah Crowley, Roy Hawker, Roy Sinclair, Irene Rudd, Charles Wickenden, Edward Sabage, Mary Daly, Eleanor Sullivan, Mary Wakefield, Alexander Goslitski, Maria Fernandes, Augustine Juwah, Sheila McNally, Marilena Donovan, Alan Sparrowhawk,

Elsie Valins, Winifred Ferne, Michael Gray, Patrick King, Ronnie Byrne, Michael Walsh, Queenie Viliesid, Sunday-Lawrence Ksagmede, Elizabeth Duffy, Patrick McNally, Pauline Sheehan, George Clark, Esme Esterbrook, Margaret Forsythe, Carmela Said, Queenie Damerum, Michael Abu, Joana Ndango Anjorim, Frank Edmond, Rogers Knight, Jean MARRHANT, Margaret Murrice, Muriel Brenton, Mary Howard, Jerry McClelland, Gabriel Olushola Amire, Albert Manzi, Rosanna Barraclough and Mario Angeli.

DIARY FOR THE WEEK

<p>Sunday: Mar 9: First Sunday of Lent (C) 6pm Vigil Mass: Mary & Liam Brophy, WB 9am Mass: Maria Fernandes, RIP 11am Mass: Pro Populo <i>(11am Mass Livestreamed on YouTube)</i></p>	<p>Sat: Mar. 15: Vigil of Second Sunday of Lent (C) 5.15-5.45pm: Confessions 6pm Vigil Mass: Mary Brophy, SR and Patricia Danaher, WB</p>
<p>Mon: Mar 10: Feria 8.45am: Exposition of the Bl. Sacrament 9.30am: Raja & Romesh Perera, RIP</p> <hr/> <p>Tues: Mar 11: No Mass</p> <hr/> <p>Wed: Mar 12: Feria 6.45pm: Exposition of the Bl. Sacrament 7.30pm: Holy Souls</p> <hr/> <p>Thu: Mar 13: Feria 8.45am: Exposition of the Bl. Sacrament 9.30am Mass: Holy Souls</p> <hr/> <p>Fri: Mar 14: Feria 8.45am: Exposition of the Bl. Sacrament 9.30am: Derek Brown, RIP</p>	<p>Sun: Mar. 16: Second Sunday of Lent (C) 9am Mass: Deceased Members of Coelho & Pinto Family 11am Mass: Pro Populo <i>(11am Mass Livestreamed & available on YouTube)</i></p> <p>Note: SI means Special Intention SR means Speedy Recovery Bl means Blessed GB means God's Blessings GP means God's Protection WB means Well-Being TG means Thanksgiving PI means Private Intentions BT means Birthday Thanksgiving WA means Wedding Anniversary Pro Populo: People of the Parish Private Mass: Mass to be said by the Priest alone</p>

CONTACT & FOLLOW US

Website: <http://www.ourladyofthecrays.com/>

Live streamed & past masses, YouTube channel 'crays parish':

<https://www.youtube.com/@craysparish7800/streams>

SVP Emergency No: 07598 347602/ Email presidenta190213@svp.org.uk