



Dear parishioners,

1. During Lent, we are celebrating the **Stations of the Cross** every Friday evening at 6.00 pm and every Sunday evening at 5.15 pm. The Stations of the Cross were first introduced by St Francis of Assisi at the beginning of the 13th Century – having travelled to the Holy Land, he saw for himself the *via dolorosa* in Jerusalem along which Christ carried His Cross to Calvary. He was so moved by this, he wanted everyone to have the opportunity to share in the experience, even if they were unable to travel - and so he invented the Stations of the Cross in order to make this possible. When we pray the Stations, we remember the great love which led Jesus to suffer and die for us – and we ask that we be made more worthy of that love, through rejecting sin and striving to live as true disciples.
2. During Lent, we are also offering an **early Mass at 6.45 am**, on Mondays, Wednesdays and Fridays. If you would like the opportunity to attend Mass before beginning the day's work, do come along and join us.
3. Archbishop John Wilson and the Diocesan Spirituality Commission are offering a **Retreat for Lent**, which you can follow in your own home.

Using the link below, you can watch a short video reflection each week, download prayer materials and other resources which can help you make the best use of whatever time and opportunity you may have during your week.

There are also additional materials for use by parish and other groups, either in person or via Zoom/Teams or similar.

If you are looking for a way to deepen your life of prayer this Lent, click on <http://www.southwarkdsc.org.uk/followme> where you can also sign up to receive materials directly to your email.

4. This pandemic has reminded us of the value of being part of a supportive local community and in this spirit, **we have organised a Friends of Holy Ghost group to offer practical help to those in the Parish who may need it.**

This help could include picking up prescriptions, shopping for essentials, collecting parcels - amongst other things.

If you, or someone you know in the parish, would welcome this sort of help, then please call us on 07312077830 or email us at hgbalhamvolunteers@gmail.com any day between 9am and 6pm. One of the Friends will answer and arrange help as needed from our team of volunteers.

5. Please don't forget that we still need your help with stewarding in church. Our churches are permitted by law to open and hold services during the lockdown, but they need to be safe places. **Our very special gratitude goes out to our stewards**, whose work is now more important than ever. If you value our open churches, and the ability to come to Mass, please do consider volunteering as a steward – we need your help.

THERE IS A NEW DOODLE WHERE YOU CAN SIGN UP TO HELP IN MARCH – please follow this link:

<https://doodle.com/poll/n7d4vrgvft45mfcc>

If you have any difficulty is using the Doodle, or other questions, you can email us at holyghostvolunteers@gmail.com. Thank you!

With our best wishes and every blessing,

Fr Richard and Fr Giovanni