

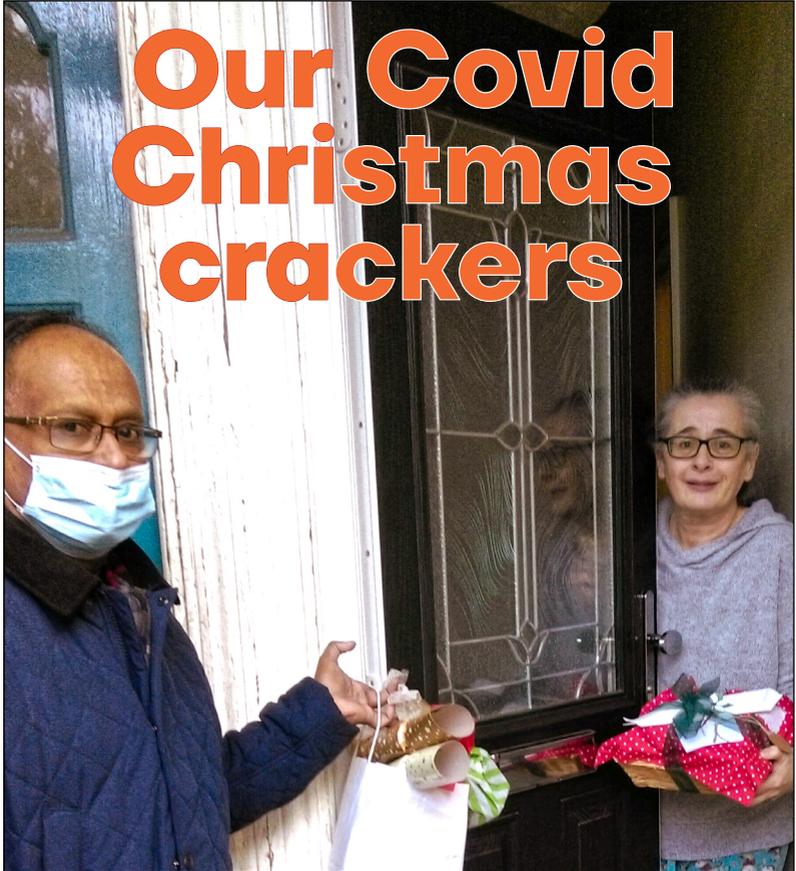
February
2021

EDGEWAYS

The Sacred Heart Parish magazine

Vol. 33 No. 1

sacredheartwimbledon.org.uk



Our Covid Christmas crackers

**Behind the scenes of
Operation 'Sacred
Hampers'**

Christingle and crib service

*** FREE * but donations are always welcome**

EDGEWAYS – now in its 34th year – is published every month except August. Thanks to the Parish Council, it is now free, although any donations towards our running costs are more than welcome in the box to the right of the inner church doors. Articles from readers are always welcome.

Contact the Editor

John Symes

Edgeways, Sacred Heart, Edge Hill, London SW19 4LU

07745 100 596

or via our mail basket by the bookshop in the Presbytery, or email editoredgeways@icloud.com

Advertising

Our very reasonable rates are as follows:

	1/6 page	1/3 page	Full page
1 issue	£12	£24	£72
6 issues	£60	£120	£360
12 issues	£108	£216	£648
Personal lineage:		10p per word	

Rates for colour ads are available upon request.

For details, contact David on **07716 284 28**
email dthurst52@googlemail.co

Please make cheques payable to **Sacred Heart Parish**

**Our next edition will be published when Covid-19 allows.
Look for details on the parish website**



**SACRED HEART PARISH
SOCIAL CLUB**

President: Rev John Clark

Chairman: Sr Patricia

We are a small group of friends doing a large amount of work to facilitate the Social aspects of the Sacred Heart Parish.

We organise and fund a Senior Citizens party in January every year. We organise an annual BBQ for the Parishioners. We provide bar facilities to various Parish Organisations. We donate surplus funds to various Charities.

- Manna, Passage
- Raphael Pilgrimage
- Sacred Heart Youth, Sacred Heart Church

We also partly fund, maintenance of the lounge.

Our Opening Times

Fridays 9.00-10.30. Sundays 8.30-10.30

To Join please contact: Sr Patricia – 07973 950755

A wonderful Christmas-time



Alison Lobo

Ben Smith, in his lovely behind-the-scenes look at Operation ‘Sacred Hampers’ (see page 12), mentions being told that “everything is logistics”. Well, up to a point. The Sacred Heart parish teams have long shown themselves to be past masters when it comes to organising events both large (Christmas, Easter etc) and small, to an extent that most of us are unaware just how much planning and preparation has gone into them.

What was different this Christmas was that adaptability became as paramount as logistics. The current coronavirus climate has seen restrictions on what is and is not allowed change seemingly on a near-weekly basis. Fleetness of thought and the willingness to grasp and use technology to adapt to circumstances shine through in this issue’s reports on not only the Christmas Day tea hampers, but also Eleanor Bowman’s youth activities and the Edge Hill Players’ Christmas variety show.

Special mention should be made of

Rachel Marshall, who found her planned Christmas Carol Concert facing disaster when concerts were banned under the strict Tier 4 rules. Undeterred, Rachel saw that live religious services were still allowed, so with Father John’s approval and a few modifications to a programme that was basically sacred music anyway, she turned her “concert” into a “service” and it went ahead as planned – an exemplary example of “thinking outside the Covid box” (see page 9 for Rachel’s report).

† As we go to press (go to pixel?), Fr John has announced that the church has reopened for Mass: 10am and 6.30pm during the week, and at 6.30pm on Saturday and at 10am, 12 noon, 5pm and 8pm on Sundays. What we have come to think of the “usual” restrictions of social distancing, facemasks etc apply of course; however, let us pray that this is not another false dawn, but is indeed the beginning of the end to such restrictions.



Alison Lobo

The Christmas Eve crib service went ahead with many children taking part and audience participation from angels, shepherds – and donkeys

Christingle, a crib service and a crafty seasonal quiz



Advent and Christmas are usually a hive of activity within the Parish Youth Ministry and this year threw up some interesting challenges thanks to our friend Covid-19!

Our lovely knitted nativity that goes travelling around the different homes in the parish had to stay firmly in the church. Instead, an Advent Reflection booklet that followed that lineage of Jesus was posted to more than 50 families.

This year also saw the parish's first Christingle Service, made up of carols, scripture readings and most importantly a craft involving oranges, candles and sweets. Packs were collected by parents in the parish and the service itself was conducted over Zoom and some of the parish youth group helped to lead us through the prayers and



The parish's first Christingle service saw more than 70 children come together on Zoom for carols and readings, with candles and oranges creating a fun festive touch

readings. We had over 70 children taking part in this service via Zoom and we hope that next year we will be able to host this in the church.

With 12 days to go until Christmas day it was decided that Mary, Joseph and the donkey should this year go on a journey around the Sacred Heart.

Each day they visited a different part of the church and this was shared on our different social media platforms. I found myself getting very

Journey to the Nativity



Alison told Mary and Joseph that there was a place up high where they could get a fantastic view of the church.

Off they went climbing high and stumbled across Bob who was filling the church with the sound of Christmas Carols in the Organ Loft.

Joseph was a little worried about Mary being up so high so they carefully returned to the ground.

We pray together:

We pray for the help to love everyone especially those we do not find it easy to love. We also ask that you help us to trust in you so that we can

Joseph and Mary take a detour on the way to Bethlehem to visit the Sacred Heart, including climbing up into the organ loft! Below: The Amazing Technicolor Wise Men



Bereavement support

The Bereavement Support Group is very aware of all the people who usually attend the Drop In and are not able to meet just now. Also of all who have been bereaved recently and of some who have lost loved ones some time ago. We would like to let you know that we are available and we offer you support by telephone or by email. Please feel welcome to email Sadie Smith sadiesmith3@talktalk.net or call 020 8946 5198 at any time to be connected to a Bereavement Support Group member.

EMMA MARTIN - PERSONAL TRAINER -



IN NEED OF SOME HELP GETTING INTO SHAPE?
GET IN CONTACT TODAY!

Training sessions can be in the home, outdoors or at David Lloyd
Raynes Park

- Personal Training • Massage Therapy • Life Coaching • Nutritional Advice

Having worked in the corporate life for 12 years before switching careers, I can relate to my busy clients' desire to start or maintain a healthy lifestyle but struggle with time, injuries or knowledge. Using a combination of training, life coaching, nutritional advice and soft tissue therapy, I will help you towards a healthier lifestyle – physical, mental or emotional.

07366 415 770 | EMMA @ EMMAHEALTH.COM | WWW.EMMAHEALTH.COM

DALE JONES ROOFING

Specialises in
flat roofs,
leadwork, tiling,
facias and
soffits, guttering
and downpipes,
over hauling,
repairs,
re-roofs,
chimney
pointing.

Checktrade approved
07872 044767
dalejonesroofing
@gmail.com



Clare Hobart, MCFHP



Phone
07906 081976
homefootcare3
@gmail.com

Fully qualified for routine
foot care needs, such as
nail-cutting, corns and
callus removal



See the weekly News
and Views email for
details of
parishioners' own
Lenten journeys and
other Lent events



Bishop Paul Hendricks at one of the five Masses for our confirmation candidates

excited thinking of places I could take the travellers!

It was then the turn of the youth group who this year took its arts and crafts and Christmas quiz online.

A very joyful afternoon was had by all particularly the entertainment of choosing to paint the Wise Men in a multitude of colours!

On Christmas Eve we celebrated our Crib Service in the church with lots of children coming together to tell the Christmas story. To ensure everyone could still take

part with distancing rules we even had audience participation this year from donkeys, angels and shepherds.

Our Confirmation candidates were also able to receive the Sacrament across December. It was a mammoth task that required five Masses and it was beautiful to have all the Christmas decorations in place during these Masses. We congratulate and continue to pray for all of our young people that were confirmed.

*Eleanor Bowman
Parish Youth Minister*

CHUCKLES

Q: What do you call an ant who fights crime?

A: A vigil-anty!

Q: What did the microwave say to the other microwave?!

A: "Is it just me, or is it really hot in here?"

Q: Did you hear the joke about the little

mountain?

A: It's hill-arious!

Q: Why is Cinderella so bad at football?

A: She keeps running away from the ball!

Q: What do Italian ghosts have for dinner?

A: Spook-ghetti!



Come and join Love to Move

Home Instead Senior Care, in partnership with the British Gymnastics Foundation, run a chair-based gymnastics programme specially designed to get older people moving and functioning better.

The science bit...

Almost every part of this chair-based exercise programme works on bi-lateral asymmetric movement patterns. This benefits all older people including those with dementia and mild cognitive impairment, by enabling the left side and right side of the brain to process information independently, thus improving cognitive function, co-ordination and the ability to carry out activities of daily living more independently... so basically it's great for all!

**Our programme runs every Monday throughout the year at the
Upper Lounge, Sacred Heart Church, Edge Hill, Wimbledon SW19 4LU
from 10.30am to 12noon**

We serve tea, coffee, cake and biscuits in what is a friendly and encouraging environment. We ask for a contribution of £4 to attend.

**For more information please contact Clare on 02089424137 or
clare.jefferies@homeinstead.co.uk**

www.homeinstead.co.uk/wimbledonandkingston


To us, it's personal.


Love to move



Uplifting carols under the Tier 4 lockdown

Life has been hard for professional singers and musicians since March of last year and sadly it continues to be very challenging. Many friends and colleagues of mine have found themselves with all of their work cancelled and, if they do not teach, all of their income is cancelled too.

With no performances and no audiences, there is no motivation to practise and many have been isolated and lonely. I was determined to try to organise work for some singers, not just to provide a fee, but to give an opportunity and focus for performance and an evening of beautiful music for the parish to share together as a community and to enjoy as a reminder to us all of the wonderful healing and uplifting power of music which is such an essential part of life.

I duly planned for an hour-long, socially distanced concert and filled in the required Covid-19 risk assessment for the event.

The best man at my wedding, counter-tenor Robin Blaze, found three other lay-clerks from Westminster Abbey to sing and, along with another soprano, we numbered the 'safe six singers' as allowed by law.

The repertoire was chosen and copies of the music were printed and quarantined for each singer. Plans went well until, just a week before the concert date, we were plunged into Tier 4 restrictions.

But I was not to be deterred. As the repertoire was sacred and live music could still take place in a church, even though all concert venues were once again closed, it was an easy step to modify the readings and add prayers to transition the concert to a carol service.

I am extremely grateful to Canon John for his permission to proceed in this manner and ensure that our efforts were rewarded.

Around 120 people attended the service live on Saturday, 19 December, braving the rain and the Tier 4 restrictions to enjoy a very uplifting and spiritual hour of music which spanned over a thousand years of Christmas celebration: from plainsong and medieval Marian hymns, through renaissance polyphony and traditional English carols, right up to contemporary compositions by some of our finest living composers.

Set in the wonderful acoustic of our soaring building amid the beautiful decorations, it enabled those present to escape the temporary challenges and restrictions which limit and impose on our everyday existence and instead to find calm and peace for a brief moment – a reminder of the true freedom and joy which the Nativity story brings for us all.

Thanks to the generosity of parishioners and local music lovers, a considerable sum of money was raised allowing me to give a good fee to the other five singers, contribute towards the Christmas High Tea Hampers and to donate £692 to the charity Help Musicians UK.

My thanks go to the singers: Heidi Peger, Robin Blaze, Mark Dobell, Will Balkwill and Stuart O'Hara, to Alison Lobo and her wonderful team of stewards who ensured the safety of all present and to Annabel Marshall for her beautiful reading.

Let us hope and pray that 2021 will bring us all more beautiful music to heal us, body and soul.

Rachel Marshall



Bonnie Rodger's skills as a choreographer were much in evidence in Sacred Heart Primary School Year 5's exuberantly bouncy *Joyful, Joyful* from *Sister Act 2*

A joyful Christmas cracker

Unable to perform our traditional pantomime this year, the Edge Hill Players



Move over Gene Kelly and umbrella – here's Duncan Rodger and broom

rushed out another virtual variety show in time for Christmas.

We hoped that parishioners could watch the show as they enjoyed their Christmas hampers if alone and had it live-streamed from December 18.

Performers were invited to send in Christmas themed material with a deadline of December 4: this meant that Terry Marsh ended up (as always) with an avalanche of 'stuff' and an ever-changing running order – hence the deadline! We, and we hope you, were delighted with the results.

We had top-quality solo singers, the Dalling and Marshall families, Katy's Songbirds and the inspiring *Joyful, Joyful* from Year 5 at the Sacred Heart School, choreographed and filmed by Bonnie Rodger, who is now teaching there. Rob Dalling, in fact, wrote the piece his charming family performed.

Scenes from *A Christmas Carol* were recorded from a Zoom call and the whole



A scary moment in *A Christmas Carol*, by Charles Dickens (via Zoom)

put together and edited by the skilful Phil Barnes. We especially love the backgrounds he adds to some of our singers.

Inspired by Megan's contribution to the last show we even had Marie-Claire Lindsay and Kirsten Karron performing in triplicate (and quadruplicate), such is their technical wizardry!

Several children sent in parts of *The*

Night before Christmas, all stitched together for a perfect whole.

We hope you enjoyed the mix of sacred and profane, from Duncan's brilliant dance with a broom to the, appropriate, ending in the church for *O Holy Night*, sung by Katy, Bob and the church choir who, at last, were able to be back where they belong, even if for one night only!

We can't acknowledge every act here but we are very grateful for all the ingenuity, courage and goodwill that shone through every one of them.

Make a date in your diary for **SPRINGALONGADINGDONG** on May 1!

Wendy Tansey



Family affairs: above, the Marshall family strike a traditional note with *God Rest Ye Merry Gentlemen*, and below, the Dalling family impart the timely advice that *They Haven't Cancelled Christmas*



In a sensational revelation, Alan Nicholas admits that he once *Saw Mummy Kissing Santa Claus*. Behind the facemask, it is difficult to tell whether accompanist Bob Rathbone is aghast or amused by this news





Our own celebrity masterchefs: There is plenty of work going on in the kitchens

cheese and cranberry tartlets, smoked salmon quiche, and the gammon and mustard and turkey and stuffing rolls.

Around now, Albi Ferretti was giving us almost daily reports as to how many Christmas cards her children had made ... “another three cards today! How many do you need?” “100!” “I’d better get some help!” – and with the support of the Sacred Heart Primary School she got us there!

Always at the top of the agenda was the question, “How can we do all that needs to be done and keep everyone safe from Covid-19?” The answer was simple – ask Dave! A long-standing member of both the parish choir and of the team, Dave Garioch happens to be a senior health and safety officer.

Risk assessment? Ask Dave. Restrictions? Ask Dave. Reassurance? You get the picture!

Someone once told me, “Everything is logistics”. My spiritual side refutes this but has to agree it does count for a lot. Throughout the preparations, Jan Chmielewski beavered away on how to ensure the hampers were delivered by a team



Talk about tempting!



Those little touches that make Christmas were not forgotten, including cards, festive napkins and of course, ribbons.



of drivers safely, accurately and efficiently, but with the warmth of Christmas cheer. His spreadsheet would have impressed Stephen Hawkins!

Paul Davis, while simultaneously sorting out the daily Masses and Christmas services, was our direct line to getting our appeals read out and put online. And Clare Hobart, forever liaising between ourselves and the Parish Pastoral Council, was filling in holes in our plans.

Then, the week before Christmas we were put into Tier 4! Thank you to our army of volunteers, ready to fill bags, cook pastries and sanitise everything whom we had to cancel – it was a blow not to have all you lovely people giving us your loving help. We missed you.

Rehana drew a deep breath, then started packing goody bags like they was going out of fashion. Louise and Peter hit the kitchen and started cooking up a storm – ably helped by Dave,



One of Santa's hamper sleighs, full of Christmas tea goodies for delivery

Clare and Naomi. Long hours, a lot of shouting, Christmas music locked on repeat and a lot of smiles later, we had rows of filled baskets, stuffed goody bags and trays of plants ready for distribution.

An early start on Christmas morning for last minute dressing, tying up ribbons, counting, checking lists, and we were a team of Father Christmases looking for our reindeers.

From 11am to 2pm, the team of drivers arrived like clockwork every 15 minutes to collect and deliver. We made our last delivery to the YMCA and, by 3pm, Sadie was propped up against a radiator thawing out with a very large brandy.

We could have done none of this without the generosity and support of you, this parish. You were willing to help financially, with your time and your encouragement. It was much appreciated and it wouldn't have happened without you.

So, thank you, Operation 'Sacred Hampers' was a great success.



Not sure who this chap is, but it looks as though all his Christmas Days have come at once

Jesus in the wilderness

FIRST SUNDAY OF LENT

Jesus went into the wilderness for 40 days. What happened to him there?

Use the code cracker to find out

1	2	3	4	5	6	7	8	9	10	11	12	13
Z	Y	X	W	V	U	T	S	R	Q	P	O	N
14	15	16	17	18	19	20	21	22	23	24	25	26
M	L	K	J	I	H	G	F	E	D	C	B	A



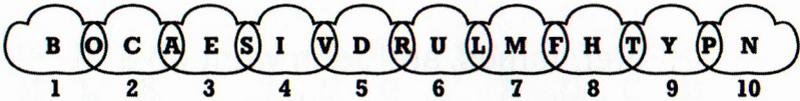
<u>19</u>	<u>22</u>	<u>4</u>	<u>26</u>	<u>8</u>								
<u>7</u>	<u>22</u>	<u>14</u>	<u>11</u>	<u>7</u>	<u>22</u>	<u>23</u>	<u>25</u>	<u>2</u>				
<u>7</u>	<u>19</u>	<u>22</u>	<u>23</u>	<u>22</u>	<u>5</u>	<u>18</u>	<u>15</u>					

'This is my beloved son'

SECOND SUNDAY OF LENT

Peter, James and John went up a mountain with Jesus, whose appearance miraculously changed. Moses and Elijah appeared alongside Jesus and spoke to him – then something even more amazing occurred!

Use the numbers to find out what it was



2,3

4,5 1,2 4 2 3

7,8 5,6 1,2 7 2,3 2 6,7 1,2 6 5

3,4 2,3 4 5 :

8,9 8 4 3,4 4 3,4 7 9

1 3 6,7 1,2 4,5 3 5 3,4 1,2 10 !



Mark: 9.7

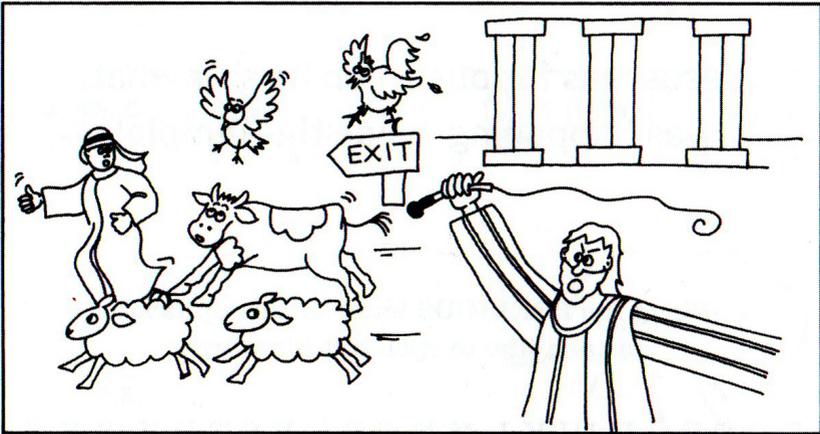
Photo: Graeme Cross via Unsplash

Anger in the Temple!

THIRD SUNDAY OF LENT

*Jesus was furious when he saw what was happening in the Temple.
He drove the animals and traders out!*

How many differences can you find in the bottom picture?
Circle the number



6 8 10 12



How well do you know our patron saints?

Tony, Tony/Look around/Something's lost/And must be found! Another successful call on the help of the Patron Saint of Lost Things, St Anthony, to find some mislaid keys led our editor to investigate the pantheon of patron saints. Can you identify the correct saint with the following calls for intercession?



1. Protection against rats

- Saint Gertrude of Remiremont
- Saint Gertrude of Rattapante
- Saint Gertrude of Nivelles
- Saint Gertrude of Hamelin



2. Stammering children

- Blessed Fermín Zabaleta Armendáriz
- Blessed Lorenzo Lizasoáin Lizaso
- Blessed Felicissimo of Mosciano
- Blessed Notkar Balbulus



3. Poultry farmers

- Saint Ermenilda of Ely
- Saint Brigid of Ireland
- Saint Ethelgiva of Shaftesbury
- Saint Winifred of Wales



4. Librarians & archivists

- Saint Jerome
- Saint Jovinus
- Saint John the Silent
- Saint Joachim

M SAMMONS

**BUILDING AND
DECORATING
SERVICES**

LOCAL REFERENCES
AVAILABLE

PUBLIC LIABILITY
INSURANCE

FREE ESTIMATES

EMAIL:

[SAMMONSSERVICES@
LIVE.CO.UK](mailto:SAMMONSSERVICES@LIVE.CO.UK)

CONTACT JULIE,
GEMMA OR MICHAEL
ON

020 8543 8675

Checkatrade.com

Andrew Best

JIB

Approved
Electrician

NICEIC Part P Registered

All types of electrical
work undertaken from
complete house re-
wiring to additional
light points or sockets
ESTIMATES FREE

020 8949 2267

0797 4626 220

andrewbest646

[@btinternet.com](http://btinternet.com)

City and Guilds Trained

J HELLINGS and SON

An established family busi-
ness with 30 years' experi-
ence covering Worcester
Park and New Malden.

**ALL ROOFING AND
GUTTERING
REPAIRS**

Valleys, bays etc.

All new work

guaranteed

Free estimates

Special rates for

OAPs

**020 8788
1459**

100 Kingsmead Avenue
Worcester Park KT4
8UT

St Teresa's Home for the Elderly



Under the direction of
The Congregation of The Sisters of St Anne

St. Teresa's is a Nursing
and Residential Home and
is owned and
directed by the Sisters of
St. Anne.

Further enquiries to
12 Lansdowne Road
Wimbledon SW20 8AN
020 8879 7366 (4 lines)
Fax: 020 8879 1070



LOVING LIFE OFFERING HOPE

Life's mission is to uphold the ut-
most respect for human life from
fertilisation until natural death.

We care – we house –
we educate –

we help couples to conceive

Wimbledon Friends of Life

(020) 3602 9213

Reg. Charity No 1128355

National Helpline

0808.802.5433

Text-to-Talk

text **LIFECARE** (followed
by your message) to **88020**

www.lifecharity.org.uk

MARRIAGE CARE

RELATIONSHIP
COUNSELLING

for individuals,
couples needing support,
those experiencing
difficulties through
separation or divorce.

Counselling in
Wimbledon or Morden.

'FOCCUS'

programme for
MARRIAGE
PREPARATION

Appointments
0800.389.3801

www.marriagecare.org.uk



5. Sick & injured animals

- Saint Dwynwen
- Saint Etheldritha
- Saint Malcoldia of Asti
- Saint Pega of Peakirk



6. Against nettle rash

- Saint Baldred the Hermit
- Saint Benedict of Nursia
- Saint Barbatian of Ravenna
- Doctor Speculativus

7. Altar servers & bricklayers

- Saint Stephen the Martyr
- Saint Edmund the Martyr
- Saint Lawrence the Martyr
- Saint Edward the Martyr

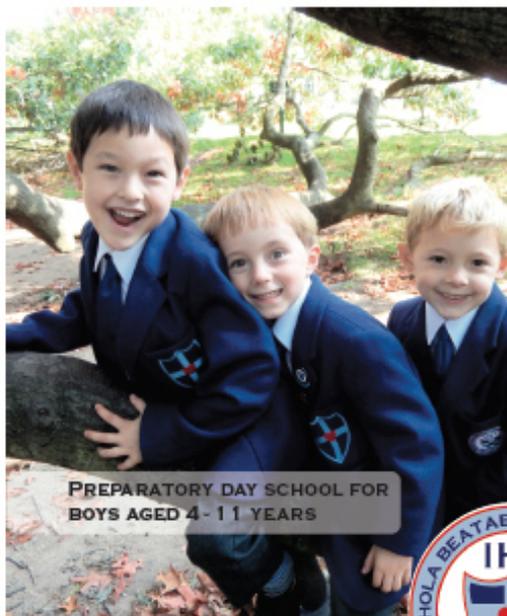


8. Headaches & hangovers

- Saint Bibulas
- Saint Winebaldus
- Saint Bibiana
- Saint Hedwig

9. Bakers & pastry cooks

- Saint Honorius of Amiens
- Saint Hippolytus of Porto
- Saint Honoratus of Canterbury
- Saint John Bread-and-Water



PREPARATORY DAY SCHOOL FOR
BOYS AGED 4 - 11 YEARS



DONHEAD

PREPARATORY SCHOOL

- ✓ Our 10 year £8m Building Development Programme was completed In August 2017
- ✓ Extensive extra-curricular provision
- ✓ Outstanding Sporting and Musical tradition
- ✓ Jesuit ethos
- ✓ Children of all denominations welcome
- ✓ 45 scholarships achieved to top Independent schools in the last 4 years
- ✓ Wrap-Around Care from 8.00am to 6.00pm

Full admissions details available via the website.

To arrange a personal tour please contact: Miss Sian Buckley, PA to the Headmaster
E: headmasterpa@donhead.org.uk or T: 020 8946 7000 (extension 1)

Outstanding Inspection Report available to view at: www.donhead.org.uk



33 Edge Hill, Wimbledon, London, SW19 4NP
T: 020 8946 7000 www.donhead.org.uk



10. Protection against spousal verbal abuse

- Blessed Anna Rosa Gattorno
- Blessed Gaetana Sterni
- Blessed Anne Marie Taigi
- Blessed Margaret Pole



11. Cheesemakers

- Saint Uguzo of Carvagna
- Saint Udalric of Augsburg
- Saint Ulric of Zell
- Saint Urban of Saragossa

12. Seasickness

- Saint Elmo
- Saint Herasmus
- Saint Telmo
- Saint Erasmus

Answers

1. Saint Gertrude of Nivelles;
2. Blessed Notkar Balbulus;
3. Saint Brigid of Ireland;
4. Saint Jerome;
5. Saint Dwynwen;
6. Saint Benedict of Nursia;
7. Saint Stephen the Martyr;
8. Saint Bibiana;
9. Saint Honorius of Amien;
10. Blessed Anne Marie Taigi;
11. Saint Uguzo of Carvagna;
12. All of them. They are alternative names for the martyr Saint Erasmus of Formiae

How saints become 'patrons'

Apart from buildings and institutions such as churches, cathedrals and other Houses of God, religious callings, missions and orders, as well as occasionally cities, provinces and countries, it is comparatively rare for saints to be officially proclaimed patrons. The vast majority of those we call "patron saints" (although many have only been beatified, not canonised) have been named as such by a mix of folklore, tradition and occasionally quirks of history. Sometimes the connection between a saint and, say, an occupation is obvious, as with St Joseph (carpenters) and St Andrew (fishermen), but often it is obscure and even wildly improbable. A classic case is the second-century martyr St Vitus, who is the patron saint of dancers not because he himself was noted for tripping the light fantastic, but because of a tradition in a small region of 16th-century Germany of dancing before his statue on his feast day. This led to an outbreak of a curious form of mass mania for dancing, which became known as "St Vitus' dance".

TLC refuge says thank you for parish's tender loving concern

The parish Christmas Connections Appeal was on behalf of The Link Café (TLC) women's and families' refuge in Morden. The TLC's JULIA RAWLINSON now writes to thank parishioners for their generous support

We have been overwhelmed by your kindness to help The Link Café, the women's refuge on Morden. We are absolutely delighted that the Sacred Heart community has taken such an interest in us.

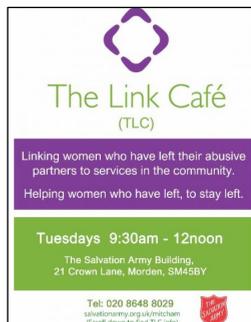
When the first batch of toiletries and cleaning products were delivered we were amazed – but then they just kept on coming! Each of our families received a combination of items during December and now we have more in stock ready to distribute.

Covid has meant that families are at home all the time so their food and heating bills have increased. Now that they don't have to buy toiletries and cleaning products, the extra savings can be used on other necessities.

Each of our families come from backgrounds filled with abuse and tragic his-

stories. TLC is proud to be one of the agencies helping them gain perspective, self-esteem and empowering them through emotional and practical support eventually to create a life that is independent of support services.

Thanks to the Sacred Heart church, two mothers will be able to have a full course of one-to-one therapy with a professional counsellor. That is huge for them and huge for us. Thank you again to you and all the parishioners who have supported us through you.





firstholychommunion.co.uk

Communion Boys Suits Christening Confirmation

Our Promise
We Will Not Sell The Same Dress To Another Child At The Same Mass



**First Holy Communion & Baptism
Outfits for Boys & Girls**
Personalised Gifts & Banners, Rosaries,
Bibles, Missals, Cards and All Accessories
**Suppliers of Everything You Need
for First Holy Communion**
Worldwide Mail Order Service Available
7 Day Money-Back Guarantee on ALL
Communion Dresses & Suits



www.firstholychommunion.co.uk
Clothesline, 368 Grand Drive, London, SW20 9NQ

sales@firstholychommunion.co.uk
Phone 020 8543 7721

10 things to remember for Lent

Lent is upon us this month, with Ash Wednesday on the 17th. Here, in an article that appeared originally in Edgeways in March 2012, BISHOP DAVID L RICKEN, of Green Bay, Wisconsin offers some timely thoughts as we enter our second locked-down Lent

1 Remember the formula.

The Church offers easy-to-remember lists and formulas: 10 Commandments, 7 sacraments, 3 persons in the Trinity. For Lent, the Church gives us almost a slogan: Prayer, Fasting and Almsgiving as the three things we need to work on during the season.

2 It's a time of prayer.

Lent is essentially an act of prayer spread out over 40 days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with him.

3 It's a time to fast.

With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. And maybe that's why it gets all the attention. 'What are you giving up for Lent? Chocolate? Beer? TV?' It's almost a game for some of us, but fasting is actually a form of penance, which helps us turn away from sin and toward Christ.

4 It's a time to work on discipline.

The 40 days of Lent are also a good, set time to work on personal discipline in general. Instead of giving something up, it



Annika Gordon via Unsplash

can be doing something positive. "I'm going to exercise more. I'm going to pray more. I'm going to be nicer to my family, friends and co-workers."

5 It's about dying to yourself.

Lent is about more than self-control : it's about finding aspects of yourself that are less than Christ-like and letting

them die. The suffering and death of Christ are foremost on our minds during Lent, and we join in these mysteries by suffering, dying with Christ and being resurrected in a purified form.

6 Don't do too much,

It's tempting to make Lent some ambitious period of personal reinvention, but it's best to keep it simple and focused. There's a reason the Church works on these mysteries year after year. We spend our entire lives growing closer to God. Don't try to cram it all in one Lent. That's a recipe for failure.

7 Lent reminds us of our weakness.

Even when we set simple goals for ourselves during Lent, we still have trouble keeping them. When we fast, we realize we're all just one meal away from hunger. Lent shows us our weakness. This can be painful, but recognising how



Ursuline Preparatory School Wimbledon

A Roman Catholic Independent Preparatory School
for Girls aged 4 to 11 and a Coeducational Nursery



Educating the HEART, the MIND
and the SOUL

‘The quality of the pupils’ academic and other achievements is excellent’
ISI Inspection May 2019

- Strong Ursuline Ethos
- Excellent ISI Inspection Report
- New ICT Suite
- New Theatre & Dance Studio
- Strong All Inclusive Sporting Programme
- Full 11+ Preparation Programme
- Outstanding Academic, Sport, Drama & Musical Success
- Wrap around Care, 7.45am to 5.45pm

Find out more about our Open Events at
www.ursulineprep.org/admissions/open-events
or phone 020 8947 0859

“We highly recommend this school. A fantastic community that nurtures each girl and focuses on their strengths. Great academics and lots of wonderful additions.”

Mrs V. (Parent)



helpless we are makes us seek God's help with renewed urgency and sincerity.

8 Be patient with yourself.

Confronted with our own weakness during Lent, the temptation is to get angry and frustrated. 'What a bad person I am!' But that's the wrong lesson. God is calling us to be patient and to see ourselves as he does, with unconditional love.

9 Reach out in charity.

As we experience weakness and suffering during Lent, we should be renewed in our compassion for those who are hungry, suffering or otherwise in need. The third part of the Lenten formula is alms-

giving. It's about more than throwing a few extra pounds in the collection plate; it's about reaching out to others and helping them without question as a way of sharing the experience of God's unconditional love.

10 Learn to love like Christ.

Giving of ourselves in the midst of our suffering and self-denial brings us closer to loving like Christ, who suffered and poured himself out unconditionally on the cross for all of us. Lent is a journey through the desert to the foot of the cross on Good Friday. As we seek him out, ask his help, join in his suffering, and learn to love like him.



GREGSONS
solicitors
incorporating
Paton Walsh
Laundy

LOCAL | EXPERT | AFFORDABLE

Our team of specialist solicitors provides clear, cost effective advice on wills, estate planning and administration, trusts and lasting powers of attorney. Expert advice for over 228 years.

For full details of all our legal services please visit our **new** website or call us.
Clear cost estimates and where possible fixed fees.

ST CHRISTOPHER'S HOUSE TABOR GROVE WIMBLEDON LONDON SW19 4EX
T 020 8946 1173 INFO@GREGSONS.CO.UK GREGSONS.CO.UK
AUTHORISED AND REGULATED BY THE SOLICITORS REGULATION AUTHORITY

Our team of specialist solicitors provides clear cost effective legal advice. Contact Grant Needham for more information.

For full details of all our legal services please visit our **new** website or call us.
Clear cost estimates and where possible fixed fees.

**Parkside
Window
Cleaners**

- Residential and Commercial
- Conservatories and Glass Roofs
- Fully Insured

Sean Baker
 Mob: 07979 000700
 Email:
parksidewindowcleaners@hotmail.com

**SNAP
CLEAN SW19**

HOME CLEANING

Thorough and hygienic cleaning by reliable South West London professional cleaners

- White-gloves
- Local SW19
- Trusted
- Pet-Friendly
- Secure online payment

Book your cleaning online
www.SnapCleansw19.com

Contact
020 3893 2745
hello@snapcleansw19.com



**The Art Class
Wimbledon**

Painting and drawing classes for adults
 Weekly 3-hour sessions near Wimbledon town centre
 Tuition by Nicholas Wyatt, professional artist

Email: studionicholas.wyatt@gmail.com
www.theartclasswimbledon.wordpress.com
www.theartclasswimbledon/facebook

Mobile: 07 413 963699

**Ben's Pristine
Gardens Ltd**

Gardening Service

- ✿ Winter Clear Ups
- ✿ Garden Maintenance
- ✿ Design and Landscaping
- ✿ Lawn Mowing, Lawn Care and Revival
- ✿ Garden Clearance
- ✿ All Pruning and Hedge Cutting
- ✿ Turfing and artificial lawns
- ✿ Pressure Washing and more ...

Contact Ben Smith
07592 029660



**MARY DOWD
MIGHT**

- » Reflexology
- » Therapeutic/ Holistic Massage
- » Indian Head Massage
- » Auricular Therapy (ear candling)
- » Diet and Nutrition Advice

**Bring this ad for
50% off 1st
treatment**

Fully qualified, registered and insured
 Tel: 01737 485406
 Mob: 07734 029938

D AND M

Design and construction of drives, patios, foundations, bases and fences

**For free
quotation and
advice phone
Jack on:**

Home:
**01737 485
406**

Mobile:
**07944 835
069**



FOR SALE

Wimbledon, SW19 £525,000

A bright and spacious split-level first and second floor maisonette WITH BALCONY, set in this sought-after development close to WIMBLEDON VILLAGE and the SACRED HEART CHURCH on the slopes between Ridgway and Worple Road, convenient for WIMBLEDON STATION AND SHOPS.

Grant Fuller, Fuller Gilbert,
316a Worple Road, West Wimbledon,
London SW20 8QU
020 8947 4764
www.fullergilbert.co.uk

Fuller Gilbert 
 & Company

Estate Agents • Valuers • Development Consultants

24-hour Locksmiths
 All Locks opened and fitted
 Doors, windows, garages,
 safes and cars opened
 Private and commercial locks
 upgraded for insurance and
 peace of mind
 Family-run business
 Free site surveys and quotes

**BROOKS
 &
 DAUGHTERS
 LOCKSMITHS**

Checkatrade.com
Where reputation matters
CRB Checked

CRB checked
 Part of Checkatrade and also
 the Institute of Certified
 Locksmiths

Dos and don'ts:

- Always use your deadlock
- Never leave keys in the back of locks or near letterbox
- Fit B.S. 3621 locks

53 Whatley Avenue, Merton Park, London SW20 9NR

Home: 020 8715 0974

Mob: 07856 408407

Office: 020 8715 0974

Email: brookslocks@live.com

web: brooks-locksmiths-london.com

The
Wimbledon
 PRINT COMPANY  est 1946

Printers of Edgeways



PRINT DESIGN DISPLAY

257-261 Haydons Road | Wimbledon | London | SW19 8TY

020 85405959 | www.thewimbledonprintcompany.co.uk | [@wimbledonprint](https://twitter.com/wimbledonprint)

Hope as 'living water'



Kamil Szumotalski via Unsplash

The Samaritan woman at the well, whom Jesus asks for a drink, does not understand what he means when he says that he can offer her “living water” (Jn 4:10). Naturally, she thinks that he is referring to material water, but Jesus is speaking of the Holy Spirit whom he will give in abundance through the paschal mystery, bestowing a hope that does not disappoint. Jesus had already spoken of this hope when, in telling of his passion and death, he said that he would “be raised on the third day” (Mt 20:19). Jesus was speaking of the future opened up by the Father’s mercy. Hoping with him and because of him means believing that history does not end with our mistakes, our violence and injustice, or the sin that crucifies Love. It means receiving from his open heart the Father’s forgiveness.

In these times of trouble, when everything seems fragile and uncertain, it may appear challenging to speak of hope. Yet Lent is precisely the season of hope, when we turn back to God who patiently continues to care for his creation which we have often mistreated (cf. *Laudato Si'*, 32-33; 43-44). Saint Paul urges us to place our hope in reconciliation: “Be reconciled to God” (2 Cor 5:20). By receiving forgiveness in the sacrament that lies at the heart of our process of conversion, we in turn can spread forgiveness to others. Having received forgiveness ourselves, we can offer it through our willingness to enter into attentive dialogue with others and to give comfort to those experiencing sorrow and pain. God’s forgiveness, offered also through our words and actions, enables us to experience an Easter of fraternity.

An extract from Pope Francis’ Lenten message 2021. You can read the full message online [here](#).