

# Christ the King Newsletter

## Focus of the Week

### Alpha



Stay curious, Try Alpha

For the explorers, open-minded, still thinking and curious.

**Thursday evenings at 7.30pm first session 28 September (still not too late to join.) Finishes 7 December 2023**

All welcome, invite your friends too.

### BIBLE STUDY

Have you ever set out to read the Bible cover to cover and didn't get through Genesis?

This Bible study is designed to help you find your way through Genesis and learn some basic skills which can help with the other 72 books of the Bible. Meetings will be on Zoom. **Mondays, 7:30-8:30pm, 25 September to 4 December.** Session will also be available in person in the parish library at 7:30. Led by Deacon Ted Wood. To register call the parish office and leave your email address.



## A new look at creation

"In the beginning God created the heavens and the earth" (Gen 1:1). The first words of the Bible are also among the best known. The Biblical idea of creation rests on the belief God created all things in love. It is a beautiful idea but often we think of creation as simply a past event (how the world began) and not as present reality that has much to teach us about how we are to live here and now.

During the month of September (Season of Creation), we are asked to pray and reflect on God's work of creation. It is a good time to take a fresh look at the creation story. Pope Francis' letter *Laudato Si'*: On care of our common home devotes a full chapter to "the Gospel of Creation" in the Scriptures.

In the coming week, I invite you to take some time to read and reflect on the opening of Genesis – the six days of creation and the seventh day of rest (Gen 1-2:3). Here are some suggestions to help guide you through this spiritual exercise:

- Give yourself time (at least 30 minutes) in a quiet place (away from phone and other distractions). Quiet yourself and ask the Spirit to be your guide.
- Read the text through from beginning to end and ask for a grace (what you want from God), e.g. to be able to see creation as God sees it, with eyes of love and care.
- Slowly reread the text stopping and reflecting on what speaks to you or catches your attention. Here are some places where you might want to stop and listen:
- Days 1-5 - Take note sequence of creation and of words and patterns that are repeated.
- Day 6 - Hear the special gift and responsibility given to the human creature.
- Day 7 - God's work of creation is completed with a day of rest. Why is that significant?
- Speak to God about what you have heard and your own responses - thoughts & feelings.
- Conclude by giving thanks to God for his Word and his Spirit that brought all things into being.
- Make a brief note about what you received – new insights, questions, challenges, hopes, etc.
- This exercise can be repeated, especially if you sense there is still more to receive and learn from this rich Biblical text.

For those who wish, I would be happy to meet with you, over tea or coffee, to share what we discovered in this prayer exercise - next Sunday, 8 October, after either the 9 or 11 am Mass.



Deacon Ted Wood, ccn

## Notices of the Week

### BAPTISMS

There will be two baptisms on **Saturday, 30 September**.

We are delighted to welcome  
**JOSHUA CHIA and JASMINE HAYES**  
into the family of God.



### NET FOR GOD PRAYER GROUP

The prayer group meets every **Tuesday, 8 - 9.30pm** to praise and listen to the Word of God. People from all walks of life are welcome to join us to pray and practice charisms.



### COCKFOSTERS SUNDAY EVENING MASS

Sunday evening mass will be on **1 October at 5.30pm**. The Mass includes music in a relaxed atmosphere, and is followed by the Cockfosters Parish Pub. Sunday evening masses are held on the first Sunday of each month.



### FOR CHILDREN 3-6 – THE ATRIUM

Our program for children aged 3-6 will begin again this autumn on 8 October with new children. Returning children start on **15 October**. We use the method called



Catechesis of the Good Shepherd, a Montessori-based religious formation program for young children. **We meet Sundays, 10:00 – 11:30 (children will join the Mass at 11:30)** in our "atrium," a beautifully prepared room on the first floor of the parish. Please pick up a flyer and registration form in the front hall or consult the parish website where you can download the registration.

For more information contact Nancy Wood at the parish.

### CAFOD FAMILY FAST DAY APPEAL – FRIDAY 6 OCTOBER

Dr Nasha's mobile medical clinic gets life-saving help to where it's needed most and quickly – so when her team arrived in Meera's village in Pakistan after it had been destroyed by flooding, Meera rushed to the clinic to get her children the treatment they needed. Donate to CAFOD today so that more families can get the expert help they need. Envelopes are available from this weekend in church or give online at [cafod.org.uk](http://cafod.org.uk) Use this QR code which will take you straight to CAFOD's website where you can make a donation.



### FUNERALS

The funeral mass for **SHEILA FRAZZANI** will be at **11.00am on Wednesday, 11 October**.



The funeral mass for **PHILOMENA KELLY** will be at **11.00am on Wednesday, 18 October**.

Sadly **JOE FERNANDES** passed away on 26 September.

Please pray for their souls.

**FIVE DAYS IN THE GREEN ABBEY** - Permaculture Project in Cornwall: For the Season of Creation 2023, our parish will organise an "Ora et Labora" week (work and prayer) at Sclerder Abbey in Cornwall. The Green Abbey project embraces sustainability and is an exciting new permaculture endeavour situated on the grounds of a former Carmelite monastery. The plan is to experience and share the life of work and prayer with the members of the Chemin Neuf community residing there. It may be a joint experience with other parishes in our deanery.



**Please save the date: Sunday 8 October (evening) to Friday 13 October.**

The price is between £190 - £250. Please register.

### SEEING WITH THE EYES OF THE HEART – CONTEMPLATIVE PHOTOGRAPHY

**Saturday, 7 October. 10am – 3pm**

Join us for a time of not just looking but of truly seeing, and seeing with the eyes of the heart. We will use our cameras (a phone camera is fine) to 'take a long, loving look at the real' as one definition of contemplation puts it. No particular photographic skill is required, just a heart open to God at work all around and within us.



### SUNDAY READINGS – Year A

TWENTY-SIXTH

SUNDAY

Ez. 18 25-28

Ps. 24

Phil.2: 1-11

Mt. 21: 28-32

TWENTY-SEVENTH

SUNDAY

Is. 5:1-7.

Ps.79

Phil. 4:6-9.

Mt. 21:33-43



### Contact Us


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### Mass Schedule

Mon - Sat: 11.00am (except on Tuesday)  
Saturday: 5.30pm  
Sunday: 9.00am, 11.00am

**Adoration – Confession** Mon - Fri: 6.00–7.00pm

### Parish Live Streaming

 [@ChristTheKingParishCockfosters](https://www.facebook.com/ChristTheKingParishCockfosters)  
 [Christ the King Cockfosters](https://www.youtube.com/ChristTheKingCockfosters)

[www.christthekingcockfosters.co.uk](http://www.christthekingcockfosters.co.uk)

