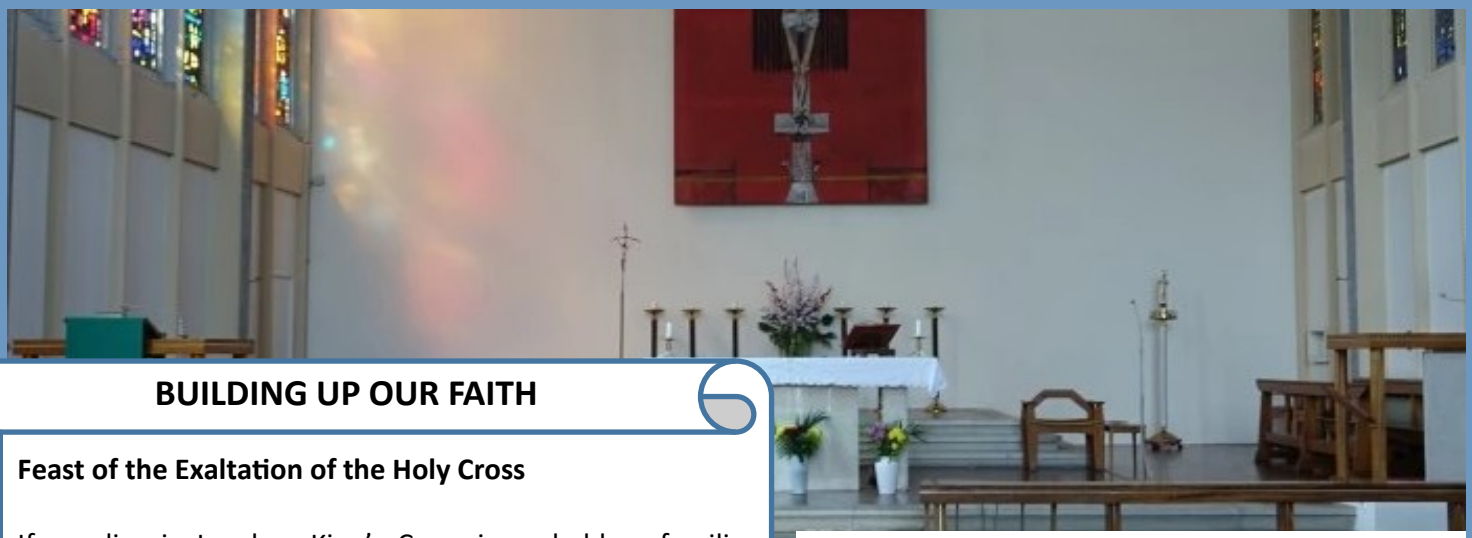
ST. AIDAN OF LINDISFARNE ROMAN CATHOLIC PARISH OF WESTMINSTER

PARISH NEWSLETTER

14th September 2025



BUILDING UP OUR FAITH

Feast of the Exaltation of the Holy Cross

If you live in London, King's Cross is probably a familiar name. For many it's simply a busy station, a place to change trains or catch the Underground. But think about what King's Cross represents: from there, you can travel to so many destinations. Some lead you into the bustle of other cities; others take you out into the countryside, where the noise of London fades and you find space, beauty, even a touch of what feels like paradise. The feast we celebrate today — the Exaltation of the Holy Cross — carries the same message in a spiritual sense. The Cross of Christ is not just a reminder of suffering. It is a signpost, a place of departure, a gateway. Through the Cross we are led somewhere greater: to life, to forgiveness, to the joy of Heaven. Without Good Friday, there is no Easter Sunday. Without the Cross, there is no Resurrection.

One of the first things people notice when they step into any Catholic church is the crucifix near the altar. It is never absent, because it is the centre of our faith: the image of Christ who gave His life for us, and who by His sacrifice has opened the way to salvation. So today, as we honour the Holy Cross, let us ask for the courage to carry our own daily crosses. For if we travel with Christ, we too will reach our destination: the true Paradise God has promised.

~Deacon Tito

Second Collection next week is for Evangelii Gaudium - an annual collection in the Catholic Church in England and Wales that supports the work of the Bishops' Conference Mission Directorate. The Mission Directorate promotes evangelisation, dialogue, and catechesis, supports the Jubilee Year, and provides resources for dioceses.

New Administrator: "Hi everyone, my name is Paola Turner. I am your new parish administrator. I am originally from Italy, but I have been living in England since 1988. I live in Acton, I am married and I have 6 children and 6 grandchildren. I will be in the parish office every Tuesday and Thursday between 10am and 2pm. I am looking forward to getting to know the parish and as many of you as possible."



Parish Feast Day: What a great day we had last Sunday celebrating St. Aidan's Feast Day! Thank you to everyone who helped set-up and cleaned up and all the volunteers who brought food and drinks for the BBQ/picnic.

The church is open Tues to Fri, 9:00am to 6pm.
Sat 10:00am to 8:00pm, Sun for Masses.
Parish Priest: Fr. Patrick Adusei Poku CSSp. patrickadusei-poku@rcdow.org.uk
Fr. Patrick: 07766254987 Fr. Brendan: 07501345091
Assistant Priest: Fr. Brendan Aroh CSSp. brendanaroh@rcdow.org.uk
Assistant Priest: Fr. Christian Egemonye CSSp.
Deacon: Rev. Tito Pereira titopereira@rcdow.org.uk Tito: 07977599110
Parish Office: Opening times TBC
actoneast@rcdow.org.uk 020 8743 5732

MASS TIMES

Monday: No Mass (Church Closed)
Fr. Patrick at Immigration Centre
Tuesday - Friday: 10am
Saturday: 6.30pm
Sunday: 10am, 1pm (Ge'ez Rite)
Holy Days of Obligation: 10am, 7pm

Welcome to everyone joining us for Mass today.

We would like every parishioner to register with us so please pick up a form from the back of the church. You can also pick up a standing order form, if you'd like to gift aid any donations you give. If you are new, please introduce yourself to one of the priests.

Thank you for coming!

FOR DONATIONS & PAYMENTS
WRCDT Acton East
Account No. 41095277
Sort Code: 40-05-20
Reference: Surname and First Initial

If you are a UK taxpayer, please Gift Aid your donation. The government will top up your gift by 25 percent, meaning a £20 offering becomes £25, at no cost to you.

To Gift Aid your bank transfer donations, please send an email to giftaid@rcdow.org.uk with the following information: Your parish name, your title, first name and surname, your address and postcode, the date of your gift, or start date of Standing Order and the amount. Please add the line: 'Please Gift Aid my donations'. The Diocese Gift Aid office will add your declaration immediately, on behalf of your parish, and email you a confirmation.
Standing Order: If you would like to make a regular (monthly/quarterly/annual) donation to your parish, you can download a Standing Order form from parish.rcdow.org.uk/actoneast/wp-content/uploads/sites/168/2022/07/ACTNE20.pdf

SPIRITAN NEWS

GAP YEAR VOLUNTEERING WITH 'JUST YOUTH' Are you 18 to 25 and wish to support young people in their holistic growth, discover and develop their talents through Chaplaincy and other outreach programs? Please contact Just Youth on www.justyouth.co.uk and apply.

Lay Spiritans: Any parishioner who is interested in becoming a lay Spiritan, please contact Fr Patrick or the Parish Office.

CURRENT NEWS & NOTICES

First Holy Communion 2026: Application Forms and a letter are now available from the back of the church. Children in Year 3 or above are eligible to receive the sacrament in 2026. They must be baptised, or preparing for baptism, in order to enrol in the preparation classes.

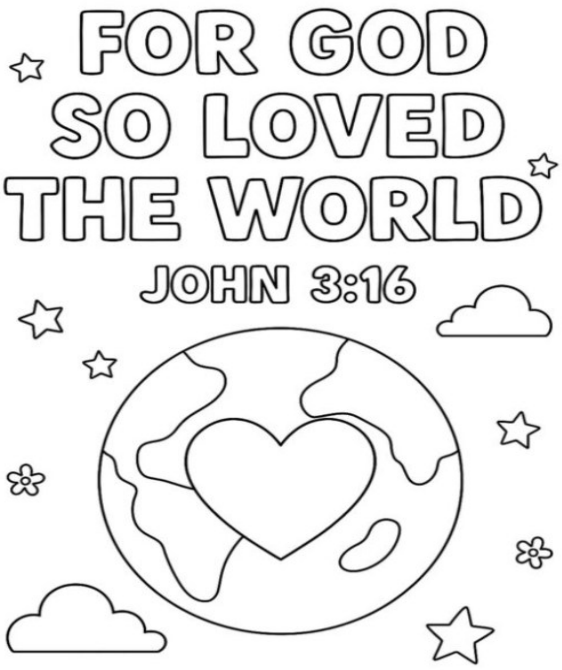
Confirmation 2026: Application Forms and attendance forms are now available from the back of the church. Young people in Year 10 and above are eligible to join the programme.

Baptism Preparation Course: The next course for parents who wish to have their children baptised will take place on the following dates: Mon 6th Oct, Mon 13th Oct and Mon 20th Oct from 7-8pm in Our Lady of Lourdes Parish Hall (Oldham Terrace). Parents are expected to attend all three sessions. To register, please go the Parish Office to fill out the forms. The closing date for this course is **Sun 28th September**.

Be Part of Our New Parish Choir: Do you love to sing or play an instrument—or simply enjoy the joy of music? We're launching a brand-new parish choir for 10am Sunday Mass and we'd love for you to be part of it. Whether you're a vocalist or a musician, this is a wonderful opportunity to help lift our worship and bring our community closer together. No auditions, just enthusiasm and a love for music — please pick up a form from the back of the church, fill it in and return to the parish office.

Weekday Masses: There will no longer be Mass on Mondays as Fr. Patrick works at the Immigration Centre and Fr. Brendan works at school.

Bread & Wine: From September you will be able to receive the Eucharist under both kinds at all Masses.



Kids' Corner

CURRENT NEWS & NOTICES

Extraordinary Ministers of the Eucharist: Volunteers Urgently Needed! If you would like to be a Eucharistic Minister, please pick up a form from the back of the church, fill it in and return to the parish office.

Ministers of the Word (Readers): Volunteers Urgently Needed! Do you feel inspired to serve our Parish Community in this important ministry in the life of the Church? It would be wonderful to have more parishioners come forward for the next training course which will take place in the Autumn term. The course will enable you to proclaim the Word of God with confidence and deepen your love of the scriptures. Please complete the application form which you will find at the back of the church and return it to the parish office.

Registration: We would like all parishioners to register in the parish so that we can create a database of contact details. Please pick up a registration form from the back of the church and once filled in, return it to the parish office.

Fundraising Concert: On Sunday 12th Oct 2025, there will be a concert at Our Lady of Lourdes Church, featuring the incredible worship collective **One Hope Project**. Tickets are available after all the Masses each week, and cost £20 for adults, £10 for children, young people and pensioners. All proceeds will go towards supporting the young people of St Aidan's and Our Lady of Lourdes to attend World Youth Day in South Korea in 2027.

Rite of Christian Initiation for Adults (RCIA): Have you ever thought of becoming a Catholic or know someone who is? The Rite of Christian Initiation of Adults (RCIA) prepares adults for Baptism, Confirmation, and the Eucharist. It's open to unbaptised adults, those baptised in other Christian traditions, and Catholics who wish to receive the sacrament of Confirmation or the Eucharist. Weekly sessions begin Thurs 18th September 7:15–8:30pm in Our Lady of Lourdes Parish Hall (Oldham Terrace). Application forms are at the back of the church—please return them to the Parish Office. All our welcome!

GETTING THE MOST OUT OF MASS

1. PREPARE: Arrive early, gather your thoughts in quiet, read through the readings, then be still and open your heart and mind to God in prayer. Remember to always give thanks to God and to be patient in prayer. In addition to your own prayers, please remember to pray for those on the Mass Intention list and those who have no one to pray for them.

2. PARTICIPATE: Join in the singing, the responses, the prayers and listen attentively to the Readings and the Homily.

3. BE RESPECTFUL: Don't use your phone, don't eat in church (except babies), and don't chat needlessly, we come to church to raise our hearts and minds to God.

SAFEGUARDING

Safeguarding is the responsibility of every member of the parish. If you are concerned that a child or vulnerable adult has been harmed or is at risk of harm, please dial 999. Otherwise, contact our Parish Safeguarding Liaison Claire Sheedy: actoneastsg@safeguardrcdow.org.uk

SACRAMENTS AT OUR PARISH

Baptism: Please go to the parish office to fill in the paperwork. You will need to attend the Baptism Preparation Course.

Marriage: Couples are required to give 6 months notice of marriage before the wedding and to fill out the necessary paperwork and attend a marriage course. Please call the office to set up a meeting with the priest to start the paperwork.

RCIA: (Rite of Christian Initiations of Adults) Would you like to become a Catholic? You can pick up a registration form from the back of the church.

School Admissions: If you are applying for a place for your child at Catholic schools you will need a customised Certificate of Catholic Practice (CCP). Parishioners can come to the parish office, fill out one of our forms and leave it here to be signed and stamped, then come back to pick it up. No appointment needed.

Prayer for nonviolence

God of Mercy and Compassion, open our hearts to your grace.
Give us the courage, we pray, to radically transform our own lives,
and appreciate more deeply the covenant you made with all creatures on earth.
Help us to respond to the cry of the earth and of the poor,
as peacemakers who challenge the violence that threatens us all.
Guide us along the path of nonviolence, to reconnect with nature,
to value all peoples of the earth, to consume less, and waste nothing.
Pour out upon us the power of your love, that we may protect life and beauty.
Fill us with your peace, that we may live as brothers and sisters, harming no one.
We make this prayer through Christ Our Lord.

Amen.

PEACE WITH CREATION
SEASON OF CREATION 2025

MASS & LITURGICAL ACTIVITIES

14th September 2025 The Exaltation of the Cross Year C

1st Reading: Numbers 21:4b-9 **2nd Reading:** Philippians 2:6-11 **Gospel:** John 3:13-17

Sat 13th September		
Mass of Sunday 6.30pm	For all the children of our parish	Special Intentions
Sunday 14th September	**The Exaltation of the Holy Cross**	
10am	Marty Whelan	R.I.P.
1pm	Ge'ez Rite	
Mon 15th September	**NO MASS**	
Tues 16th September	**Sts Cornelius, Pope & Cyprian, Bishop Martrys**	**Memorial**
10am	For all our sick parishioners	Good Health Intentions
Wed 17th September		
10am	For the young people of our parish	Special Intentions
Thurs 18th September		
10am	All those who volunteer in our parish	Thanksgiving
Friday 19th September		
10am	Yna Fabiola Illescas-Cotton	Special Intentions
Sat 20th September		
Mass of Sunday 6.30pm	Cheryl Wilson Edward Beggan	R.I.P. R.I.P.
Sunday 21st September	**25th Sunday in Ordinary Time**	
10am		
1pm	Ge'ez Rite	

The Angelus: This will be lead by a reader before the start of every Mass.

Exposition of the Blessed Sacrament: 30 minutes before every Mass.

Confessions:
Weekdays 9.15am-9.45am
Saturdays 5.30pm-6.15pm

Legion of Mary: Every Friday after 10am Mass in the Sacristy.

Mass Intentions: We will soon have new Mass Intention envelopes at the back of the church that you can use for all your Mass intention requests. (£10 per intention). All intentions are published in the newsletter.
Please book early in advance and provide an alternative date to secure your intention.

Celebrations: Please let us know if you are celebrating a special anniversary or birthday so we can pray for you as a community and you can receive a blessing.

Home Visits: If you know someone in the parish, who would like a visit from a priest, please contact the parish office.

Any items for the newsletter need to be received by the office by Thursday 12pm of that week.