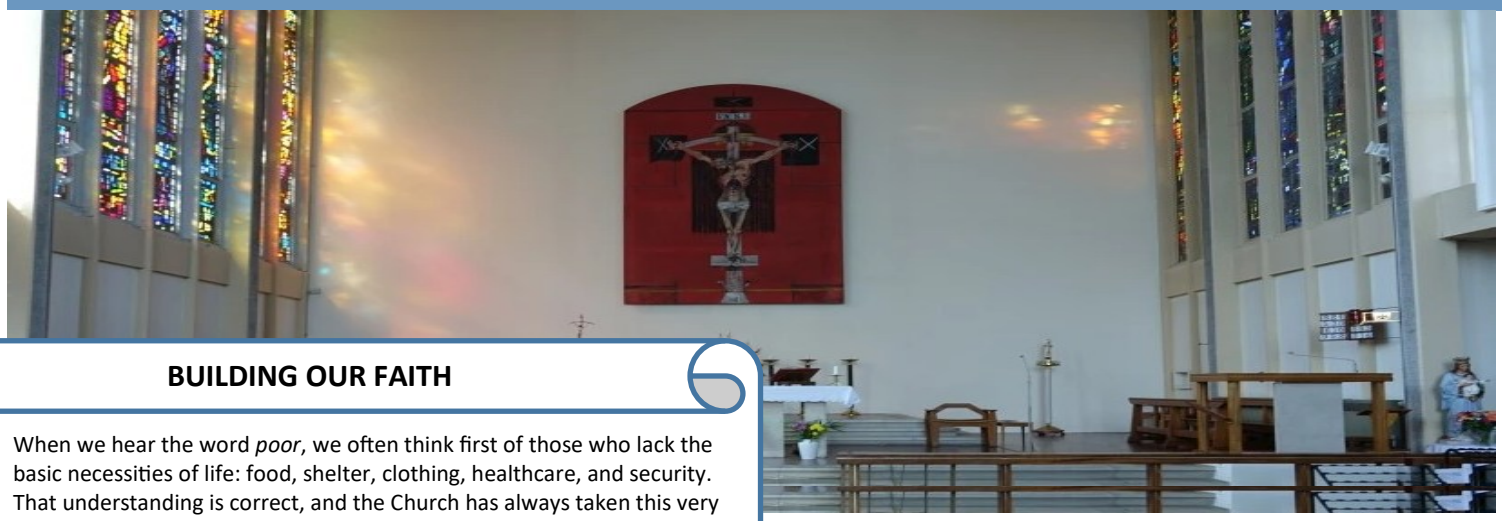
ST. AIDAN OF LINDISFARNE ROMAN CATHOLIC PARISH OF WESTMINSTER

PARISH NEWSLETTER

1st February 2026



BUILDING OUR FAITH

When we hear the word *poor*, we often think first of those who lack the basic necessities of life: food, shelter, clothing, healthcare, and security. That understanding is correct, and the Church has always taken this very real and painful poverty seriously. The Gospel repeatedly calls us to notice it and to respond with compassion and generosity.

In today's Gospel, however, Jesus speaks of another kind of poverty when he says, "Blessed are the poor in spirit." This is not a poverty that belongs only to those who are materially poor. It is something that any person can experience, regardless of wealth, education, or social position.

Over the years, during my time as a teacher, I came across many forms of poverty, even in areas that appeared comfortable and affluent. Some families were struggling quietly, and helping them was not always easy. Pride often became a barrier. For many people, admitting the need for help is one of the hardest things they will ever do.

I remember one particular occasion when we were able to support families through the generosity of an Olivetan community of nuns in England. Some families never came forward, even though they were clearly in need. Others did. One moment, in particular, has stayed with me. We helped a mother with four young children, and she asked how this support had been made possible. When I explained that it came from the generosity of a Catholic community of nuns, she brought her hands together and said, "God bless the nuns. Thank you, God, for the nuns. Today I am blessed."

In that simple response, she showed what it truly means to be poor in spirit. She recognised her need, accepted help with humility, and acknowledged God at work through others.

This is the poverty of spirit that Jesus speaks about. Our fallen human nature resists admitting weakness. We prefer to rely on ourselves and convince ourselves that we are coping just fine. Spiritually, that attitude can close us off from grace. It is only when we acknowledge our need for God that we become able to receive what he longs to give.

All of the Beatitudes flow from this first one. The blessing begins when we stop pretending that we are self-sufficient and allow God to take his rightful place in our lives. To be poor in spirit is to stand before God with empty hands and an open heart.

The poor in spirit know they need God, and they are not afraid to admit it. Jesus assures us that such people are truly blessed, for theirs is the kingdom of heaven. Deacon Tito

Singing at the 10 o'clock Mass: would you like to be involved in singing at Mass? John McCarthy has offered to come and help start up the group. He is coming to St Aidan on **Sunday the 1st February and is hoping to meet with you after the 10 o'clock mass.**

Fr. Patrick Away: Fr Patrick is away on his annual leave for the month of January. He went home to Ghana. Let us keep him in our prayers.

The church is open
Tues and Thu 9am-3pm
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. christianegemonye@rcdow.org.ukw
Deacon: Rev. Tito Pereira titopereira@rcdow.org.uk Tito: 07977599110
Parish Office: Opening times Tue and Thu 10am to 3pm
actoneast@rcdow.org.uk 020 8743 5732
Parish Administrator: Paola Turner

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

Dear Friend in Christ,

Welcome to St. Aidan's Church! Whether you are visiting for the first time, returning after some time away, or simply seeking a quiet moment with God, we are truly blessed by your presence. This is a sacred space where hearts are lifted, prayers are heard, and lives are renewed by the grace and love of our Lord.

Here in this house of prayer, we invite you to take time to reflect, to find peace in silence, and to open your heart to God, who knows you, loves you, and walks with you always. Whatever burdens you carry or joys you celebrate, know that you are not alone—God is with you, and we are here to walk with you in faith and fellowship.

Our community gathers regularly to celebrate the Holy Mass. You are most welcome to join us at any of our services

Each Mass is a moment to encounter Christ in Word and Sacrament, and to be strengthened as members of His Body.

If you have any questions or would like to speak with a priest or member of our parish team, please do not hesitate to reach out. May you find here a home of prayer, comfort and belonging.

With every blessing, From **Parish Priest: Fr. Patrick Adusei Poku CSSp**

CURRENT NEWS & NOTICES

First Holy Communion 2026: The next classes for children are on **Sunday 1st February and Sunday 8th February** after mass in the hall. The class finishes at 12pm.

Confirmation 2026: The next date for Confirmation Classes is on Tuesday the 3rd February at 7pm in the Church Hall at our Lady of Lourdes (please be there by 6:55).

Baptism Preparation Course 2026: The course will take place on Mondays 19th, 26th Jan and 2nd Feb 2026. If you would like your child baptised please come to the office to fill in an application form.

Eucharistic Ministers: Thank you to all the Eucharistic Ministers that attended the training on Wednesday 28th January. Deacon Tito will organise another session towards the end of February for those who could not attend.

Parish council: We have started a consultation for a Parish council and we are hoping to finish it early next year.

Tea and Coffee after Mass: There is going to be tea and coffee at the back of the church after all weekend masses. Do come along as this is a lovely way to meet other parishioners.



FOR DONATIONS & PAYMENTS
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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 em ail 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



Kids' Corner

CURRENT NEWS & NOTICES

Anointing of the sick:

On Saturday 7th of February 2026 there will be a Mass for the Sick at the Cathedral at 2pm, celebrated by the H.E. Cardinal Vincent Nichols, during which Anointing of the Sick will be offered.

To attend you will need ticket. If you are interested, please contact the parish office and we will get a ticket for you.

Red Boxes:

Anyone wanting their RED BOXES emptied, please bring them to mass and give them to Connie, Chris or the office in the next two weeks

Lent Retreat

There will be an opportunity for parishioners to attend a retreat led by Sr. Mary-Joy, meeting on Fridays during Lent, commencing **20th Feb 7pm-8pm**

This is a mini retreat in daily life. It is an invitation to notice God's presence in the midst of ordinary days, in work, family life and everything else. There is no expectation to pray perfectly or to keep to a timetable. Each person on the retreat will travel on their own personal journey towards Easter.

Attending the retreat can be in person at St Aidan's or via Zoom link.

If you would like to attend or need further information please speak to Sr. Mary-Joy in person or send an email to mlang-



Fr. Patrick is running the London Marathon!

On Sunday 26th April 2026, Fr Patrick is running the London Marathon to raise funds for Acton Homeless Concern. This is a huge challenge for him, and will raise much needed funds for the charity, which was started by the parishioners and priests of Our Lady of Lourdes over 35 years ago. If you'd like to sponsor him you can do so through the JustGiving page justgiving.com/page/fr-patrick or you can scan the QR code here or you can give via money to the office in an envelope addressed to Acton Homeless Concern. Thank you for your support!

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.

Annual Mass of Thanksgiving for the Sacrament of Matrimony

Westminster Cathedral, Saturday 23rd May 2026 at 2:30pm.

The Archbishop is inviting to this Mass all couples in the Diocese, who are celebrating their **5**th **10th, 25th, 30th, 40th, 50th and 60th (and every year over 60)** wedding anniversary of Catholic marriage in 2026. If you are celebrating an anniversary, please give your parish clergy the following details: husband and wife's names, wedding date, full postal address and contact email (or telephone number, if no email).

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. But please do feel free to socialise and chat after Mass. Tea and coffee is serve at the back of the church.

MASS & LITURGICAL ACTIVITIES

1st February 2026 4th Sunday of Ordinary Time Year A

1st Reading: Zephaniah 2:3; 3:12-13 **2nd Reading:** 1 Corinthians 1:26-31 **Gospel:** Matthew 5:1-12a

Sat 31st January		
Mass of Sunday 6.30pm	Freedy Kirkwood For the young people in our parish	R.I.P. Special Intentions
Sunday 1st February	**FOURTH SUNDAY IN ORDINARY TIME**	
10am	Lorna McQueen Nita Vinciguerra Chinwe Onyeuma	R.I.P. Anniversary R.I.P. Special Intentions
1pm	Ge'ez Rite	
Mon 2nd February	**NO MASS**	
Tues 3rd February	**Saints Laurence, Dunstan and Theodore, Archbishops of Canterbury**	
10:00 am	Brodie Harrison All those who volunteer in our parish	R.I.P. Thanksgiving
Wed 4th February		
10:00 am	For the young people of the parish	Special Intentions
Thurs 5th February	**Saint Agatha, Virgin and Martyr**	
10:00 am	Baby John Mascarenhas For the people of the parish	R.I.P. Special Intentions
Friday 6th February	**Saint Paul Miki and Companions, Martyrs**	
10am	For all our sick Parishioners	Good Health Intentions
Sat 7th February		
Mass of Sunday 6.30pm	For the young people in our parish	Special Intentions
Sunday 8th February	**FIFTH SUNDAY IN ORDINARY TIME**	
10am	Mwika-Nyangibo	R.I.P.
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: Mass Intention envelopes are at the back of the church. You can use them 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.