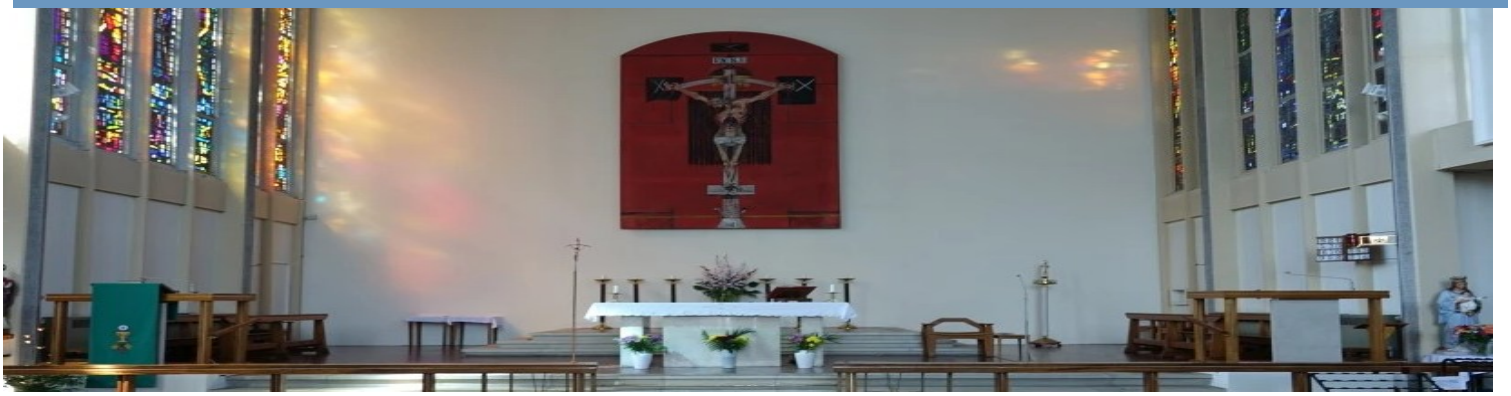
ST. AIDAN OF LINDISFARNE ROMAN CATHOLIC PARISH OF WESTMINSTER

PARISH NEWSLETTER

1 March 2026



When the disciples witness the Transfiguration, they are not seeing Jesus become someone else. They are being allowed to glimpse who he truly is. His humanity is not set aside. It is illuminated. In that radiant moment we see a humanity perfectly open to the Father, perfectly receptive to divine love. The glory does not cancel his human life, it reveals its depth.

This matters for us. There can be a subtle fear in the spiritual life that if we give ourselves to God we will somehow lose who we are. We may worry that holiness will flatten our personality or drain the colour from our lives. Yet the mystery of Christ tells a different story. The closer we draw to God, the more ourselves we become.

Sin narrows us. It traps us in habits, fears and patterns that reduce our freedom. Grace widens the heart. It restores our capacity to love, to forgive, to hope. It clears away what is false so that what is true can breathe again. In that sense, the Christian journey is not about becoming a religious version of someone else. It is about recovering the person God first dreamed us to be.

Lent is a gentle invitation to trust this process. Through prayer, fasting and acts of charity, we place ourselves in God's light. Sometimes that light is searching. Yet it is never harsh. It is the light that shone from Christ on the mountain, the light that reveals and heals at the same time.

If we allow that light into our lives, we may discover that holiness is not a burden but a freedom, not a loss but a homecoming. Deacon Tito

Stations of the Cross: Every Friday during Lent after the 10 o'clock Mass in the church. We invite you to join us as we walk the Stations of the Cross. This is a special time to reflect on Jesus' love and sacrifice for us. As we reflect together, we'll deepen our gratitude and be inspired to love others as He has loved us.

The Lenten Reconciliation Service will be on Thursday 26th March at 7.00pm.

Father Patrick will be away on retreat between 1-6 March

Hymns for 10 am Mass today

Please do join in the singing!

- Gathering: Be still for the presence of the Lord (no. 720)
- Gospel Acclamation

Paise to you, O Christ, our Saviour, Word of the Father, calling us to life;
Son of God who leads us to freedom: glory to you, Lord Jesus Christ!

- Preparation of Gifts: Be thou my vision (no. 970)
- Communion: Jesus Lamb of God (no. 612)
- Recessional: Christ be our light (no. 883)

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 **Fr. Patrick Adusei Poku CSSp Parish Priest**

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 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

CURRENT NEWS & NOTICES

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

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

Baptism Preparation Course 2026: If you would like your child baptised please come to the office to fill in an application form. The next baptism course will take place in the Spring.

Eucharistic Ministers and Readers: A new rota for the next few months is pinned in the porch. Paola will also send it via email.

Our new singing group meets before mass and shortly after mass in the Church.

Why not give it a try? No previous experience or commitment required. We meet at 9.40 am in the meeting room next to the Parish Office. You can also join our WhatsApp group with links to the hymns for each Sunday and join the community there. You can use the link .

Do you play an instrument?

We are looking for instrumentalists who play any and every instrument to join us at the 10 am mass and special occasions,
.

While he was still speaking, behold, a bright cloud cast a shadow over them, then from the cloud came a voice that said, "This is my beloved Son, with whom I am well pleased; listen to him." *Matthew 17:5*



Kids' Corner

CURRENT NEWS & NOTICES



RIP: One of our parishioners, Dudley Joyce, passed away on 10th February 2026. He was known for sitting on his mobility scooter outside the cafe drinking a coffee with his friends Our thoughts and prayers are with the family.

The National Novena to St Joseph: 10-18th March at St Joseph in Maidenhead. Every year, the Mill Hill Missionaries prepare for the Feast of St Joseph, their Society Patron, with a special Novena of Masses and prayers to ask for God's blessing on their Society's missionary outreach, and for the intentions of all those who support their work. Masses are at 10am every day except Sunday, when it is as 11 am. These masses will also be available to follow on YouTube, via the Mill Hill website: www.millhillmissionaries.com/novena. The Novena Prayer Booklet is available on request for a suggested donation of £1 per booklet to cover the costs. You ar welcome to send in your petitions and/or request a Novena booklet. Please write to the Novena Director at 6 Colby gardens, Maidenhead, SL6 7GZ or email novenamhm@gmail.com.

2026 Lenten Appeal: Because we are formed in faith, we are sent in love". Our annual Lenten Appeal across the Diocese supports one shared mission: helping people encounter Christ and live that faith in love and service. Through **Education, Youth & Evangelization,** and **Marriage & Family Life,** the diocese forms hearts, nurtures faith, and strengthens families within our parishes. Through **Social Action,** that formed faith reaches outward, ensuring that no one in our communities faces life's hardest moments alone.

To donate please visit WWW.RCDOW.ORG.UK/LentenAppeal. Alternatively, envelopes are available at the back of the church.



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. He has already raised over £2,500! Thank you for your support.

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.

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.

STABAT MATER CONCERT

Wednesday 18 March at 6.45pm in Westminster Cathedral, the Cathedral Choir and the Britten Sinfonia will perform a concert of reflection on the ancient Marian hymn, contemplating the sorrow of the Blessed Virgin Mary at the foot of the Cross: **MacMillan's *Stabat Mater***, and Vaughan Williams' *Fantasia on a Theme by Thomas Tallis.* As a way of encouraging parishes across the diocese to benefit from this spiritual preparation to the Holy Week, the Cathedral offers an opportunity to buy tickets at a discount of **50%.** Discounted tickets are available in Sections A, B and N at the following link: https://www.ticketmaster.co.uk/

Second Collection : this weekend the second collection at all Masses will be for CAFOD. They are the Catholic Agency for Overseas Development and the official aid agency for the Catholic Church in England and Wales.

There will be presentations at all Masses this week to explain the important work that CAFOD does.

Please note:

Friday 27th February is Family Fast day

Saturday 28th February CAFOD is hosting a soup kitchen between 11am-1pm

A Day With Mary at Westminster Cathedral.

A Day With Mary is taking place at Westminster Cathedral on Saturday 14 March 2026 (9.45am to 5.00pm). Further information is available at ***https://www.adaywithmary.org/*** or ***https://eventcatholic.com/***

MASS & LITURGICAL ACTIVITIES

1 March 2026 2nd Sunday of Lent Year A

1st Reading: Genesis 12: 1-4a **2nd Reading:** 2 Tim 1: 8b-10 **Gospel:** Matthew 17: 1-9

Sat 28th February	**2pm Baptism of Lucia Ikechukwu**	
Mass of Sunday 6.30pm	Edosovba Enjamin For the people in our parish	Business Intentions Special Intentions
Sunday 1st March	**SECOND SUNDAY OF LENT**	
10am	Concepcion Cajigal Paddy Delaney Mr and Mrs Chukwuma Emejuly	R.I.P. Anniversary R.I.P. Anniversary Private Intentions
1pm	Ge'ez Rite	
Mon 2nd March	**NO MASS**	
Tues 3rd March	**12pm Funeral of Douglas Joyce**	
10 am	Douglas Joyce	R.I.P.
Wed 4th March		
10 am	For the young people of the parish	Special Intentions
Thurs 5th March		
10:00 am	All those who volunteer in our parish	Thanksgiving
Friday 6th March	**Station of the cross after morning Mass**	
10am	For all our sick Parishioners	Good Health Intentions
Sat 7th March	**9:30 am Funeral of Carol Anderson**	
Mass of Sunday 6.30pm	Carol Anderson For the people in our parish	R.I.P. Special Intentions
Sunday 8th March	**THIRD SUNDAY OF LENT**	
10am	For the people in our parish	Special Intentions
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.