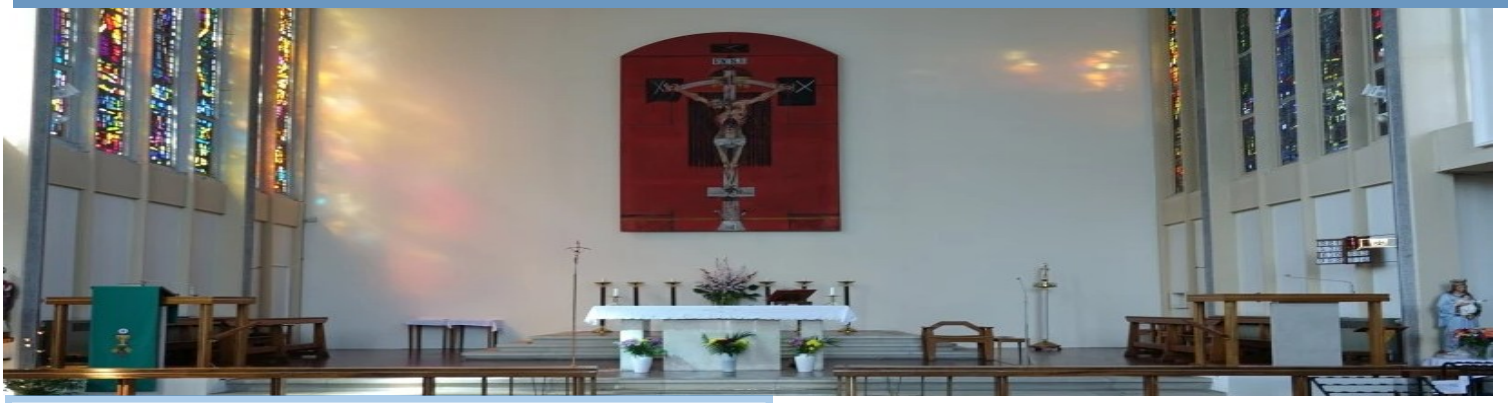
ST. AIDAN OF LINDISFARNE ROMAN CATHOLIC PARISH OF WESTMINSTER

PARISH NEWSLETTER

22 February 2026



We have all been there. We try and try to make something work, putting in more effort, more time, more energy, yet nothing changes. Eventually we admit what we have known for a while. It needs a reset. Without it we just keep going round in circles.

In a very real sense, the Church offers us that reset button in Lent. The First Sunday of Lent, Year A, takes us back to the beginning. In the garden, Adam and Eve listen to the lie that they can be like gods and that God cannot quite be trusted. Sin enters not simply as a mistake, but as a rupture in relationship. Shame follows quickly. They hide. They cover themselves. Yet even then, God seeks them out. He does not abandon them. He clothes them. His mercy is already at work.

That ancient lie still whispers in our ears. It tells us that our sin has separated us from God for good. It tempts us to think we must manage life on our own. But the truth we hear from St Paul is greater. In Jesus Christ grace overflows beyond all measure. God's mercy is always greater than our sin.

Fasting and abstinence are not punishments. They are a loving reset. They help us turn away from comforts that do not last and turn towards the One who does. In the wilderness Jesus refuses the easy options. He trusts the Father completely. Where Adam grasped at the fruit of a tree and brought death, Christ gives himself on the tree of the Cross and brings life. We receive that life each time we approach Holy Communion.

So let us embrace Lent with joy. Let us not be afraid to switch off whatever draws us away from God. Small steps matter. Each act of prayer, fasting and charity gently resets our hearts, drawing us back into the loving relationship for which we were made.

Second Collection : next 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

Hymns for 10 am Mass today

Please do join in the singing!

- Gathering: Jesus remember me (no. 253)
- Preparation of Gifts: All that I am (no. 600)
- Communion: Jesus Lamb of God (no. 612)
- Recessional: Guide me O thou great redeemer (no. 960)

Our new singing group meets before mass and shortly after mass in the Church. . We meet at 9.40 am in the meeting room next to the Parish Office next Sunday (1 March) and will make regular arrangements then to meet.

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**

CURRENT NEWS & NOTICES

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

Confirmation 2026: The next date for Confirmation Classes is on **Tuesday the 24th February 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.

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

RIP: One of our parishioners, Michael O'Brien, passed away on 25th January 2026. Our thoughts and prayers are with the family.

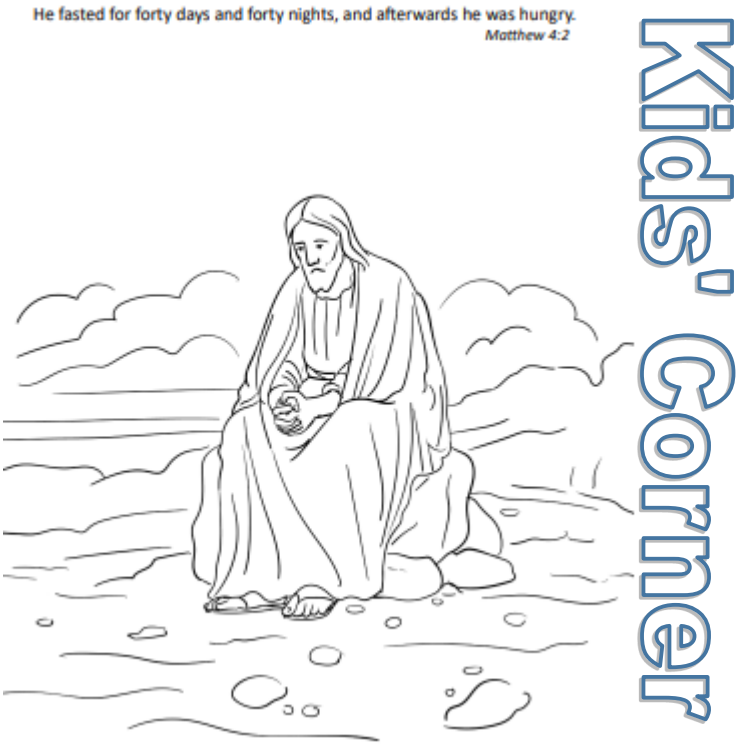
Tea and Coffee after Mass: There is going to be tea and coffee at the back of the church after all weekend masses. Do come along as this is a lovely way to meet other parishioners.



FOR DONATIONS & PAYMENTS
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

Westminster Diocesan Pilgrimage to Lourdes 17th – 24th July 2026. Registration is now open at https://pilgrimages.rcdow.org.uk/registration-form/ or via the Pilgrimage Office on 0207 798 9173. If you would like to sponsor or fundraise for an Assisted Pilgrim, member of the medical team or volunteer then please also contact the Pilgrimage Office for further details.

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.

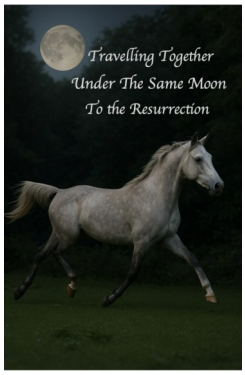
Book launch of "Under the Same Moon".

This is a collection of poems and meditations for the season of Lent.

The book has been written by Sr. Mary Joy Langdon.

The launch will be held at the back of the church at 11am on Saturday 28th February.

Everyone is warmly invited to attend.





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

22nd February 2026 1st Sunday of Lent Year A

1st Reading: Genesis 2: 7-9; 3:1-7 **2nd Reading:** Romans 5: 12-19 **Gospel:** Matthew 4: 1-11

Sat 21st February	**1pm Baptism of Frederich Bernante Jr**	
Mass of Sunday 6.30pm	Wendy For the people in our parish	Good Health Intention and Thanksgiving Special Intentions
Sunday 22nd February	**FIRST SUNDAY OF LENT**	
10am	Maria Schia Ida Nemeph Michelle Delaney	R.I.P. Anniversary R.I.P. Anniversary R.I.P. Anniversary
1pm	Ge'ez Rite	
Mon 23rd February	**NO MASS**	
Tues 24th February		
10 am	Souls in Purgatory Connie McBride All those who volunteer in our parish	R.I.P. R.I.P. Thanksgiving
Wed 25th February		
10 am	Angela and Daugther For the young people of the parish	Good Health Intention Special Intentions
Thurs 26th February		
10:00 am	Mr and Mrs Dohety and brothers and sisters	R.I.P.
Friday 27th February		
10am	Irene For all our sick Parishioners	Peace in the Family Good Health Intentions
Sat 28th February	**2pm Baptism of Lucia Ikechukwu**	
Mass of Sunday 6.30pm	For the people in our parish	Special Intentions
Sunday 1st March	**SECOND SUNDAY OF LENT**	
10am	Concepcion Cajigal Paddy Delaney	R.I.P. Anniversary R.I.P. Anniversary
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.