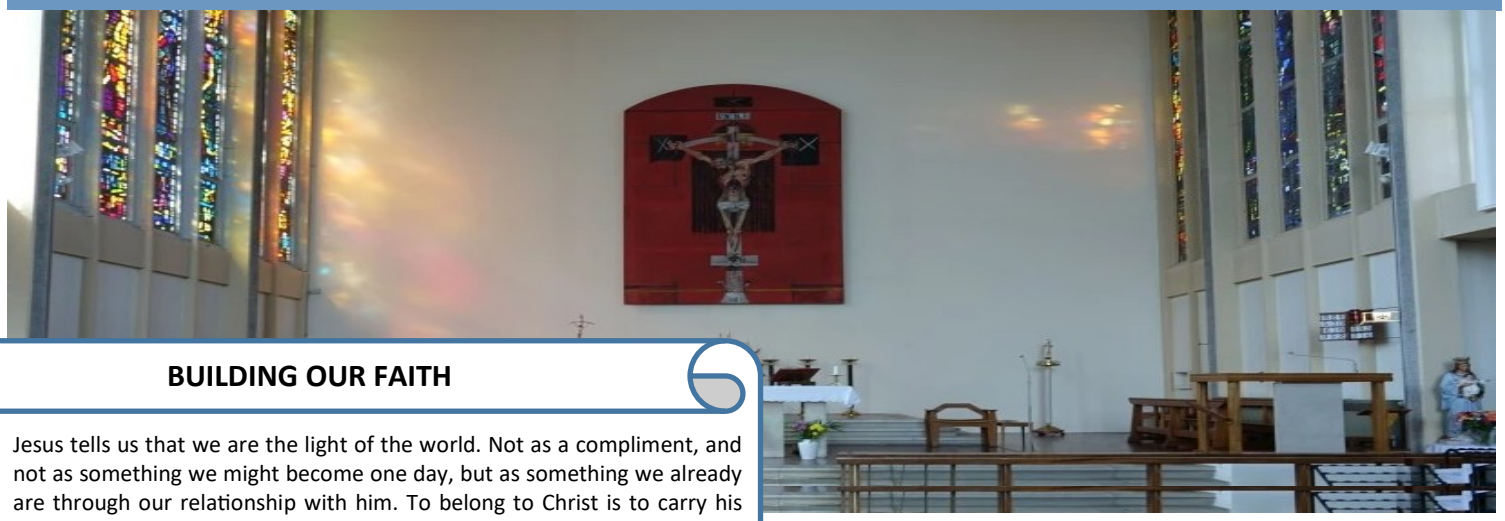
ST. AIDAN OF LINDISFARNE ROMAN CATHOLIC PARISH OF WESTMINSTER

PARISH NEWSLETTER

8th February 2026



BUILDING OUR FAITH

Jesus tells us that we are the light of the world. Not as a compliment, and not as something we might become one day, but as something we already are through our relationship with him. To belong to Christ is to carry his light within us and to let it reach others through the way we live.

It is easy to think that being a good Christian means doing big, impressive things. Most of the time, though, God works in much quieter ways. His light shines through ordinary choices. A kind word when someone is having a hard day. A moment of patience when we feel irritated. A willingness to forgive instead of holding a grudge. These simple acts may not seem important, but they matter more than we realise.

Every opportunity to do good is a chance to reflect the light of Christ. These opportunities come to us constantly, often hidden in small moments. How we speak to people. How we treat those who are difficult. How we respond when no one is watching. In these everyday situations, we decide whether the light shines or stays hidden.

We do not shine because we are perfect or better than others. We shine because Christ lives in us. When we choose love, we are not drawing attention to ourselves. We are quietly pointing others towards God. Our lives become a gentle witness that goodness is real and that God is still at work in the world.

Sometimes the darkness around us can feel overwhelming. There is so much suffering and division that we can begin to feel powerless. Yet even a small light makes a difference. One act of kindness can lift a heavy heart. One moment of compassion can change a day.

When we receive the Eucharist, we receive Christ, the true Light. He comes to live within us so that we can carry him into our homes, our workplaces, and our communities. This week, let us notice the small chances to do good that God places before us. By choosing them, we allow Christ's light to shine through us and bring hope to others.

Deacon Tito

Singing at the 10 o'clock Mass: Thank you to everyone who came along last Sunday to discuss the steps we take to rebuild music at the Sunday 10 am Mass. To kick things off we invite those volunteers (and anyone else) to gather next Sunday, 15 February . We will meet for 30 mins before mass (9.30 am in the meeting room in front of the office and stay in the church for 30 mins after mass if possible. If you're only able to come to one of these perhaps come to the 9.30 am meet-up? Children must be accompanied by an adult. More details to follow by e-mail in the coming days.

Eucharistic Ministers: Father Patrick will commission new Eucharistic Ministers and recommission old eucharistic ministers at the **10' o'clock Mass on Sunday 15th February.**

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 8th February** after mass in the hall. The class finishes at 12pm.

Confirmation 2026: The next date for Confirmation Classes is on **Tuesday the 10th 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: Father Patrick will commission new Eucharistic Ministers and recommission old eucharistic ministers at the **10' o'clock Mass on Sunday 15th February.** Please make every effort to 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
WRCDT Acton East
Account No. 41095277
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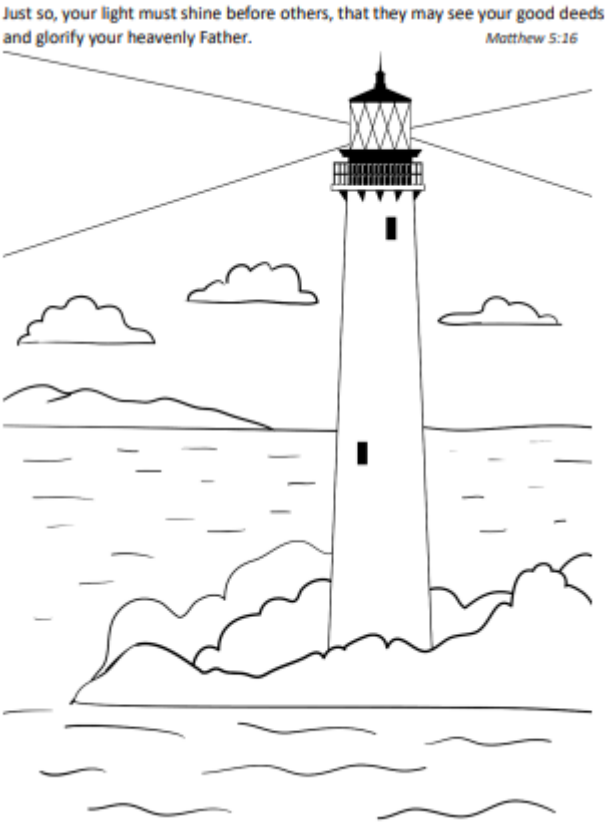
Reference: Surname and First Initial

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



Kids' Corner

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.

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

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.

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-

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).



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!

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

8th February 2026 5th Sunday of Ordinary Time Year A

1st Reading: Isaiah 58: 6-10 **2nd Reading:** 1 Corinthians 2: 1-5 **Gospel:** Matthew 5:13-16

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 Ange Kimbie	R.I.P. Grace and help with immigration
1pm	Ge'ez Rite	
Mon 9th February	**NO MASS**	
Tues 10th February	**Saint Scholastica, Virgin**	
10:00 am	Dorothy Zerafa Timothy Turner All those who volunteer in our parish	R.I.P. R.I.P. Anniversary Thanksgiving
Wed 11th February		
10:00 am	Antonio Madeira Marcal Da Cruz For the young people of the parish	R.I.P. Anniversary Special Intentions
Thurs 12th February		
10:00 am	Emily Navarro For the people of the parish	R.I.P. Special Intentions
Friday 13th February		
10am	For all our sick Parishioners	Good Health Intentions
Sat 14th February		
Mass of Sunday 6.30pm	For the young people in our parish	Special Intentions
Sunday 15th February	**SIXTH SUNDAY IN ORDINARY TIME**	
10am	Shan O'Neil Dorothy Mary Zerafa	R.I.P. 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.