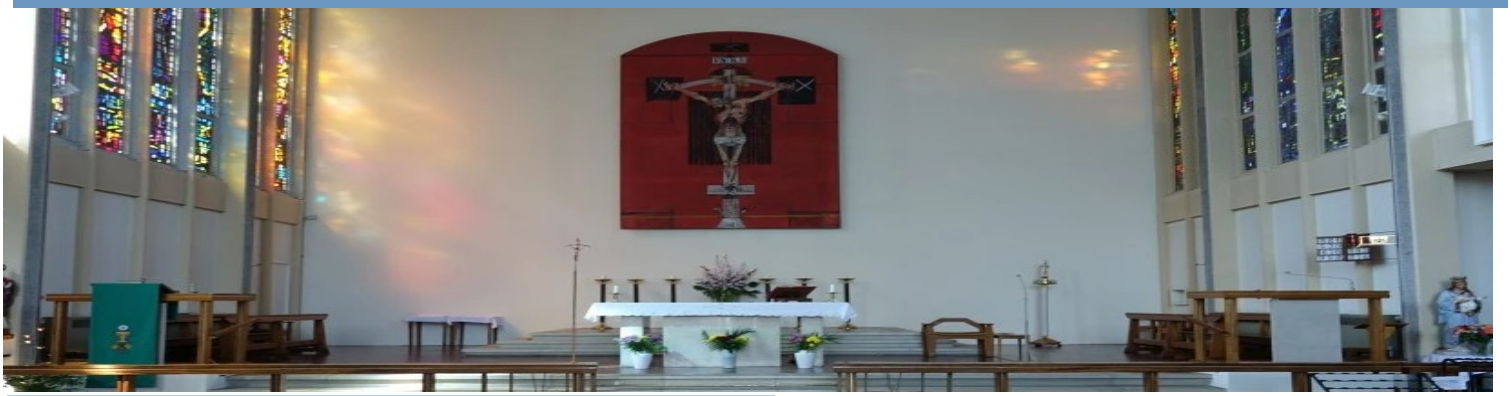
ST. AIDAN OF LINDISFARNE ROMAN CATHOLIC PARISH OF WESTMINSTER

PARISH NEWSLETTER

8 March 2026



On this Third Sunday of Lent the Church places before us the meeting between the Samaritan woman and Jesus Christ at the well in the Gospel of John.

Water is essential for life. Without it, we cannot survive. We feel this in small ways. A dry mouth on a long walk. A garden wilting in heat. Water refreshes, cleanses and restores.

Yet Jesus speaks of another kind of water. He tells the woman about living water that becomes a spring within, welling up to eternal life. He is speaking of the gift of God's own life, poured into our hearts by the Holy Spirit.

This gift comes to us in a particular and powerful way through water Baptism. Baptism is not simply a symbol. It is not just a welcome ceremony. Through the pouring of water and the words of the Church, we are washed from sin and reborn as children of God. The living water begins to flow within us. We are joined to Christ. We are made members of His Body.

Many of us were baptised as infants. We may not remember the day. Yet it was the most important day of our lives. On that day, God claimed us. He planted within us a source of grace that has never run dry.

Lent is a time to return to that source. To ask whether the spring has been neglected. To allow the Lord to clear away whatever blocks His grace.

We all know what it is to feel thirsty in life. Restless. Searching. The Gospel reminds us that only Christ can truly satisfy that thirst. And through the simple, humble gift of water Baptism, He has already placed His living water within us.

Hymns for 10 am Mass today

Please do join in the singing!

Gathering: Spirit of the living God (no. 306)

Gospel Acclamation

Praise 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: This is my body (no. 627)

Communion: Soul of my saviour (no. 938)

Recessional: Guide me o thou great redeemer (no. 883)

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, either on a regular or ad-hoc basis- no regular commitment required if not possible. Please speak to us in after the 10 am mass or leave your details with Paola in the office (actoneast@rcdow.org.uk).

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. Click this link:

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 and 15th March** after mass in the hall. The class finishes at 12pm. **Parents meeting:** this will be on Sunday 15th March after mass in the meeting room near the office.

Confirmation 2026: The next date for Confirmation Classes is on **Tuesday the10th March at 7pm** in the Church Hall at our Lady of Lourdes (please be there by 6:55). We will also have our **Camino Walk on Saturday 7th March.**

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.

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.

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

"Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life." *John 4:13-14*



Kids' Corner

CURRENT NEWS & NOTICES

Boxes with Offertory envelopes will be distributed before and after Mass on the 14th and 15th March.

Holy Week Masses:

Holy Thursday: 7pm

Good Friday: 3pm

Easter Vigil: 8pm

Easter Sunday: 10am

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.

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.

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

8 March 2026 3rd Sunday of Lent Year A

1st Reading: Exodus 17: 3-7 **2nd Reading:** Romans 5: 1-2, 5-8 **Gospel:** John 4:5-15, 19b-26, 39a, 40-42

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	Tony Bolmont For the people in our parish	R.I.P. Special Intentions
1pm	Ge'ez Rite	
Mon 9th March	**NO MASS**	
Tues 10th March		
10 am	Benjamin Manuel Cajgal Jean Darby	R.I.P. Anniversary R.I.P. Anniversary
Wed 11th March		
10 am	For the young people of the parish	Special Intentions
Thurs 12th March		
10:00 am	All those who volunteer in our parish	Thanksgiving
Friday 13th March	**Station of the cross after morning Mass**	
10am	Basilia Soto Mayor Dorothy Zerafa For all our sick Parishioners	R.I.P. Anniversary R.I.P. Good Health Intentions
Sat 14th March		
Mass of Sunday 6.30pm	Maureen Casey For the people in our parish	R.I.P. Anniversary Special Intentions
Sunday 15th March	**FOURTH SUNDAY OF LENT** **Mothering Sunday**	
10am	Camilita Wilson Barclay For the people in our parish	R.I.P. Anniversary 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.