ST. AIDAN OF LINDISFARNE ROMAN CATHOLIC PARISH OF WESTMINSTER

PARISH NEWSLETTER

19th July 2026



REFLECTION FROM Sister Miriam OSB from Turvey Abbey

Matthew 13:24-43

Today the Gospel offers us three parables, three stories which Jesus told to challenge and perhaps disturb us. But how do they challenge us?

'The kingdom of heaven is like the leaven a woman took and hid in three measures of flour, till it was all leavened.'

The leaven that the woman takes is more like a sourdough starter than the fresh or dried yeast that we buy. The woman hides the yeast in three measures of flour. This amount of flour, forty to sixty pounds, is far too much for one woman to knead, and certainly far too much to eat. It's a beautifully extravagant image. New Testament scholar, Amy Levine comments;

'Perhaps the parable speaks of the importance of extravagance and generosity. Perhaps it suggests we adapt our lives in the light of the kingdom and do something that might seem foolish or wasteful to people on the outside.

The idea that this parable invites us to adapt our lives in light of the Kingdom is something which speaks to me. It feels within my grasp. I also love the implicit power that the woman holds. She will bake the bread and she will share it. Here at the communal oven in a Galilean village the Kingdom is made present when everyone has enough to eat.

How can you be extravagant and generous for the Kingdom this week?

Summer Trip St Aidan's and Our Lady of Lourdes

We are planning a **joint** parish trip to Margate on the 25th July. We will meet at 7:30 am ready to depart by 7:45 am. We will be back around 7pm. The cost for the trip is £30 per adult and £20 per child. Please give your name to the parish office at **East Acton** to actoneast@rcdow.org.uk 020 8743 5732 or sign the form at the back of the Church if you are interested.

Prayer intentions of the Holy Father:

July intention: Let us pray for the respect and protection of human life in all its stages, recognizing it as a gift form God.

Thank you!!

On behalf of the Spiritans (Holy Ghost Fathers), may I offer our sincere thanks and gratitude for your Parish's kind generosity in response to our Mission Appeal that took place recently at your parish. With gratitude, we received **£208.89** from your parish. This amount will greatly increase our ability to bring Christ to the poorest and most neglected, responding to their cries for help. We continue to be faithful to work among the social and cultural outcasts and victims of war, violence and natural disasters and are grateful for your prayers and support for our missionaries at home and overseas.

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
Deacon Jayson Wingrove: jaysonwingrove@rcdow.org.uk
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



Youth Corner

We are continuing our appeal for donations to support our young people as they prepare to travel to World Youth Day 2027 in South Korea. This pilgrimage will give them a powerful experience of faith, community, and the universal Church.

If you would like to contribute, donations, including Gift-Aid, can be left in an envelope marked World Youth Day at the parish office.

We are also planning a Parish Quiz Night to help raise further funds, so please keep an eye out for more details.

Thank you, as always, for your generous support of our youth group and for the many ways you help them grow in faith and fellowship.

CURRENT NEWS & NOTICES

Baptism Preparation Course 2026: The next baptism course will take place in the Autumn. If you would like to register please do come to the parish office to get a form.

Ministers of the Word and Eucharist: We are looking for new volunteers to become both readers of the Word and Eucharistic Ministers. Full training will be given - please email the parish office at actoneast@rcdow.org.uk. Forms at the back of the church.

On the 18-19 July we will be collecting signatures on behalf of CAFOD to tackle the global debit crisis.

Music at St Aidan's.

The St Aidan's singers who help lead the music at the 10 am Sunday mass are now taking a few weeks off. We thank them for their efforts and enthusiasm as we seek to enrich the mass through word and song. Music will return to masses in September but you don't have to wait until then! We are planning a dedicated workshop / 'open session' for anyone interested in joining the singers and or playing any instrument! If you'd like to be kept informed please join the group using the QR code below or give your details to Paola in the parish office.

Your Parish needs you!

Pilgrimage to Walsingham, Saturday 19th September

This year's annual diocesan pilgrimage to the Shrine of Our Lady at Walsingham marks its **10th Anniversary**. Pilgrims from parishes across the Diocese will gather for a day of prayer and reflection, led by Archbishop Richard Moth.

Places are now available. The cost is **£30 for adults** and **£20 for children**. Children under the age of 17 must be accompanied by an adult.

To secure your place or for further information, please contact the Acton parish office. @acton@rcdow.org.uk or phone 020 8992 2014

Kids' Corner

He spoke to them another parable. "The kingdom of heaven is like yeast that a woman took and mixed with three measures of wheat flour until the whole batch was leavened."

Matthew 13: 33



CURRENT NEWS & NOTICES

Coach Trip to Historical Battle If you would like to have a day out on Saturday 22nd August please tell Sr. Mary Joy .The day will give opportunity to visit Battle Fire Station to celebrate the 50th anniversary of women being accepted into the fire service as operational fire fighters. Mary Joy became Britain's first female fire fighter 1976. Battle is a small charming town where there are plenty of little shops & places to eat. Battle Abbey and the famous site of the Battle of Hastings are definitely worth visiting. Children will love this trip, the fire station will be great fun & the Battle Abbey will be very exciting. Mass at 5.30 for those who wish to attend. Then back to London.

Job vacancy:

MIDDAY MEALS ASSISTANT at *Good Shepherd School* from September 2026

Hours: Monday to Friday, **11:45am – 1:30pm** (term time only)

For more information or to apply, please contact:
admin@goodshepherdrc.lbhf.sch.uk 020 8743 5060

Parish Finances June 2026:	**Thank you**
Offertory Income	**£2743.74**
Day for Life collection	**£190.97**
Poor Box (Running Balance)	**£4493.69**

Running Club and Walking Club:

The running and walking club will restart in September. We shall meet on the last Saturday of every month at 8am outside the church for a run (walk) , with breakfast in the hall afterwards. You can let the office know if you are planning to attend . Or just turn up your running or walking shoes on!



Making a gift in your will to your parish or diocese as a lasting legacy could have an impact greater than you know – if you would like more information on why and how please get in touch with the parish office.

SPIRITAN NEWS

GAP YEAR VOLUNTEERING WITH 'JUST YOUTH' Are you 18 to 25 and wish to support young people in their holistic growth, discover and develop their talents through Chaplaincy and other outreach programs? Please contact Just Youth on www.justyouth.co.uk and apply.

Lay Spiritans: Any parishioner who is interested in becoming a lay Spiritan, please contact Fr. Patrick or the Parish Office. Visit spiritans.co.uk/lay-associate-spiritans/ for more info.

Patrick Ryan & Daughter Funeral Directors
Official Supporter of St Aidan's Parish Newsletter
"Patrick Ryan & Daughter Funeral Directors
Proudly supporting the local community since 1968"

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.

More Human: Pope Leo has just published a **new encyclical *Magnifica Humanitas*.**

It speaks about what it means to be human in our time, especially with in the age of AI.

Join us for these 3 short workshops to introduce and explore aspects of this timely document with input, as well as reflection and prayer.

In St Aloysius Parish Hall, Phoenix Rd, London NW1 1TA, Mondays 13 Jul, 21 Sep, 23 Nov, 7.30-8.45pm. All Welcome!

Register to attend on https://tinyurl.com/MoreHuman26

These workshops will also be online, email info@fcjecojustice.co.uk for more information.

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

19th July 2026 16th Sunday in Ordinary Time (A)

1st Reading: Wisdom 12:13, 16-19 **2nd Reading:** Romans 8: 26-27 **Gospel:** Matthew 13: 24-30

Sat 18th July		
12pm **6:30 pm**	Baptism of Evelyn Alexandra Thatcher For the People in the Parish	Special Intentions
Sunday 19th	**16th Sunday in Ordinary Time**	
10am	Juanita Vargas Michele Marchioni e Maria Schia NDG Solicitors	R.I.P. R.I.P. Anniversary Special Intention
1pm	Ge'ez Rite	
Mon 20th July	**NO MASS**	
Tues 21st July		
10 am	All souls	Special intentions
Wed 22nd July	**Saint Mary Magdalene**	
10 am	For all those who serve in our parish	Thanksgiving
Thurs 23rd July	**St Bridget of Sweden**	
10 am	For the People in the Parish	Special Intentions
Friday 24th July		
10 am	For the sick in our parish	Good Health Intentions
Sat 25th July		
6:30 pm	Joe Gallen	R.I.P.
Sunday 26th July	**17th Sunday in Ordinary Time**	
10am	NDG Solicitors	Special Intention
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.