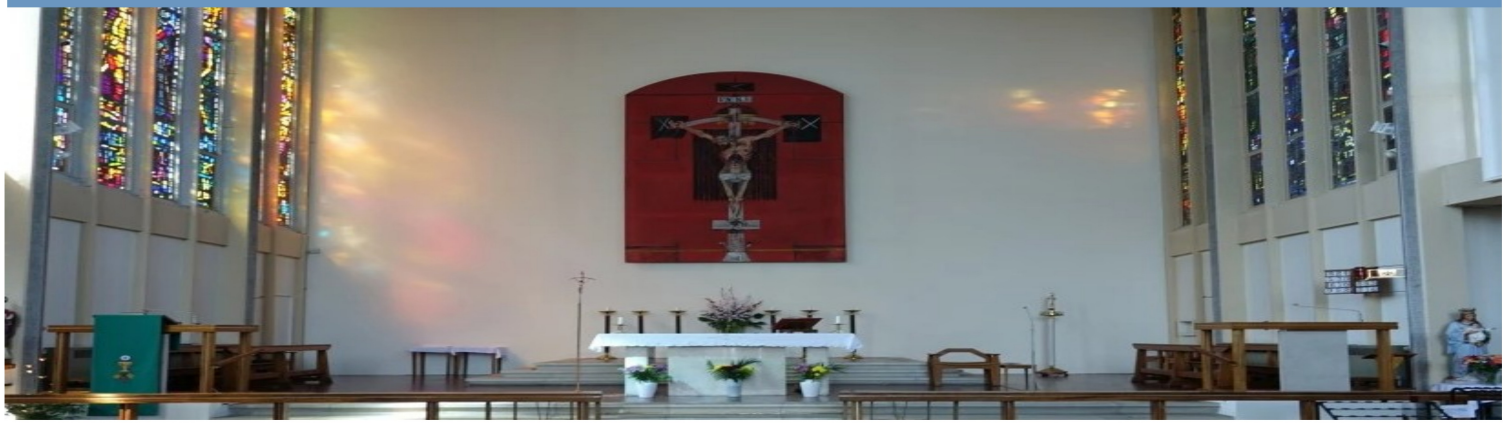
ST. AIDAN OF LINDISFARNE ROMAN CATHOLIC PARISH OF WESTMINSTER

PARISH NEWSLETTER

5th July 2026



REFLECTION FROM LICIA AGRELA

The power of humility

This Sunday's readings invite us to see life from a different perspective. We live in a world that often celebrates success, strength and the ability to appear as though we never struggle. Yet God reveals that true greatness is found not in power or status, but in humility.

In the first reading, the prophet Zechariah speaks of a King who comes riding on a donkey. He does not arrive with force or pride, but with gentleness and a message of peace. This shows us that God's strength is often revealed through simplicity, kindness and service.

Saint Paul reminds us that we are called to live according to the Spirit. This means allowing God to shape our hearts and help us move beyond selfishness, impatience and pride. It is not always easy, but this journey leads us towards greater freedom and joy.

In the Gospel, Jesus reaches out to those who are tired and carrying heavy burdens. We all experience worries, disappointments, responsibilities and uncertainties. Jesus does not promise a life without struggles, but He offers His presence and invites us to learn from Him, because He is "gentle and humble in heart". True peace comes when we place our trust in God rather than trying to control everything ourselves.

This week, let us practise humility through small daily actions: listening with care, apologising when we are wrong, showing gratitude, helping others without seeking praise, and bringing our worries to God in prayer. Through these simple acts, God continues to change the world, beginning with our own hearts. ~ Licia Agrela

Fire Marshalls Training: Sister Mary Joy is running a training session this Saturday 4th July at 10am for an hour. If you are a fire marshal or you would like to become one please do come along to this session to refresh your training or to be trained.

This week Second collection: The Diocese's 2026 parish Mission Appeal will be conducted by the Congregation of the Holy Spirit (Spiritans). Your prayers and financial contributions will help missionaries and the communities they serve, often in difficult circumstances.

The Spiritans' mission has two main focuses:

Evangelisation and service to the poor:

They combine sharing the Gospel with practical support for people in need, including access to food, water, shelter, and clothing.
They work in 64 countries worldwide including the UK where they run the Kairos Project: supporting people recovering from substance abuse; the Just Youth: which accompanies more than 10,000 young people in faith; Revive: which works with refugees and asylum seekers.
Their work is guided by a commitment to justice, peace, and care for creation, addressing both immediate needs and the social causes of poverty and displacement.

Supporting local Churches lacking clergy

The Spiritans assist dioceses, particularly in Europe and the Northern Hemisphere, where there are shortages of priests. They currently serve 40 parishes in the UK.

Funds raised through the Mission Appeal will support both charitable outreach to the poor and the formation of priests for mission work in the UK and internationally.

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 made via the contactless machines at the back of the church.

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.

Red boxes: if you have a Red box that requires emptying please give it to Chris or bring it to the office. If you would like to give a Red Box a home, please collect one from the back of the church.

Red box/ Missio is the Holy Father's favorite charity which helps to spread the gospel worldwide.

Hymns for 10 am Mass today

Please do join in the singing!

Gathering: This day God gives me—no. 674

Gloria—Mass of St Aidan (green card)

Alleluia—Mass of St Aidan (green card

Offertory: Amazing Grace—no. 846

Eucharistic Acclamation—please see green card

Communion: We are one body (green card B)

Recessional: How great thou art—no.721

Summer Trip

We are planning a trip to the seaside in the summer. Please give your name to the parish office if you are interested. Details to follow.

Parish Office: the parish office will be opened again on Wednesday 8th and Thursday 9th July.

"I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to little ones.

Matthew 11: 25

Kids' Corner



CURRENT NEWS & NOTICES

On Wednesday, 26th August at 3:00pm, Radio Maria UK is hosting a **World Wide Rosary** at the Shrine of Our Lady of Willesden. The Rosary will be broadcast live across their global network of sister Radio Maria stations, with almost a billion people praying together. They are inviting pilgrims to come to the Shrine on Wednesday, 26th August for the 3pm Rosary broadcast and bring their voices to this extraordinary moment of worldwide prayer. More information can be found at www.RadioMaria.uk.

CAFOD
A better world needs all of us

CAFOD-DEC Venezuela Earthquake Appeal

You can help our neighbours affected by the 24 June earthquakes in Venezuela with emergency shelter, water and food. CAFOD is already working with local Church partners to support people who have lost their homes, but we need your support to help more survivors. Your donation will provide essential supplies and help families rebuild their lives.

Donate to the CAFOD-DEC Venezuela Earthquake Appeal today: cafod.org.uk/Venezuela or call 0300 999 0030 or scan the QR code.

Please keep our neighbours in Venezuela in your prayers.

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! A huge thank you to all who attended the first session.



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

5th July 2026 14th Sunday in Ordinary Time (A)

1st Reading: Zechariah 9:9-10 **2nd Reading:** Romans 8: 9, 11-13 **Gospel:** Matthew 11: 25-30

Sat 4th July		
6:30 pm	Jocelyn Olivia Hele Villanueva	R.I.P. R.I.P.
Sunday 5th	**14th Sunday in Ordinary Time**	
10am	For the People in the Parish	Special Intentions
1pm	Ge'ez Rite	
Mon 6th July	**NO MASS**	
Tues 7th July		
10 am	For the people who serve in our parish	Thanksgiving
Wed 8th July		
10 am	For the people in the Parish	Special Intentions
Thurs 9th July		
10 am	Nancy Hobbs	R.I.P. Birthday
Friday 10th July		
10 am	For the sick in our parish	Good Health Intentions
Sat 11th July		
6:30 pm	For the People in the Parish	Special Intentions
Sunday 12th	**15th Sunday in Ordinary Time**	
10am	Jules Corsini	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.