ST. AIDAN OF LINDISFARNE ROMAN CATHOLIC PARISH OF WESTMINSTER

PARISH NEWSLETTER

30th August 2026



"…deny yourself, take up your cross, and follow me."

The Gospel journey of the past four Sundays has moved from recognizing who Jesus is to understanding what it means to follow Him. We have been led to recognize Jesus as the Son of God and Messiah and to live as He taught. This Sunday's Gospel reveals that true faith culminates in discipleship: following Jesus with love, even when it requires sacrifice and difficulty.

As believers, we grow in relationship with Christ and are empowered by the Holy Spirit to live as true disciples, reflecting the Gospel in every aspect of life. Discipleship is a daily commitment to follow Christ, prioritize the reign of God's love and justice, and be "salt and light" in the world (Matthew 5:13-16), drawing others to Him through our witness.

Jesus' call to "deny yourself, take up your cross, and follow me" is **both personal and communal**. Personally, it means letting go of self-centeredness, placing God's will above our preferences, accepting the sacrifices that come with living the Gospel, and remaining faithful even when it is costly or unpopular.

As a parish community, it challenges us to let go of complacency, attachment to familiar ways, personal agendas, rivalries, and the desire for self-preservation. A parish "cross" may include welcoming difficult people, reaching out to the marginalized, facing financial or pastoral challenges, resolving conflicts with compassion, and making sacrifices for mission.

In a multicultural parish such as ours, this call is especially relevant. *"Deny yourself"* means listening deeply to others, making room for different traditions, and choosing unity over preference. *"Take up your cross"* involves acknowledging and overcoming our prejudices, understanding one another, and building communion across cultures. Jesus asks not only, "What cross are you carrying?" but also, "What cross are you carrying together?" True discipleship is not just an invitation to individual holiness: It is a call for the whole parish to become God's community. Together, let us become a people who carry one another's burdens and walk the path of Christ.

Reflection by Sister Enna Pineda MMP

Prayer intentions of the Holy Father for September: We pray that each one of us will hear and take to heart the cry of the Earth and of victims of natural disasters and climactic change, and that all will undertake to personally care for the world in which we live.

Please note that Paola will be back in the office on Tuesday 1st September. The office will then be open every Tuesdays and Thursdays between 10 am and 3pm.

Parish Pilgrimage to Walsingham, Saturday 19th September

There are only 5 places left - sign up now to avoid disappointment.

There are Pilgrim Forms at the back of the church that everyone who is attending must fill in and drop into the office or the sacristy asap.

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 parish office. The plan is to leave here by coach at 6.30am and get back to Acton at about 8pm.

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 on Mondays 12th Oct, 19th Oct and 9th Nov at 7-8:30pm at Our Lady of Lourdes. Parents must attend all three sessions. To register for the course, please go to the parish office and fill in the forms by Monday 5th October.

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.

RCIA 2026-27 The Rite of Christian Initiation of Adults: We would like to extend a warm welcome to anyone who may be interested in becoming a Catholic. Those seeking the sacraments of Baptism, confirmation and Eucharist, whose who were baptized in another Christian denomination and wish to enter into full Communion with the Catholic Church and adults who were baptized in the Catholic church, but did not receive the sacraments of Confirmation and/or Eucharist. Forms are available at the back of the church and should be returned to the Parish office by the 1st September.

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.

Jesus began to show his disciples that he must go to Jerusalem and suffer greatly...
Matthew 16: 21a



Kids' Corner

CURRENT NEWS & NOTICES

Join Westminster Youth Ministry for **Resonate**, which is the Diocesan monthly Young Adults Mass and Talk. The Mass is held in the historic Westminster Cathedral Crypt, followed by a live panel Q+A! The panel will bring together three different vocations in the Church: priesthood, religious life, and marriage. This evening is an opportunity to hear honest, real, faith orientated reflections from people who are living out their vocation in very different ways. Whether you are discerning your future, wondering what God is calling you to, trying to understand vocation more deeply, or simply curious and have general questions to ask then this panel is for you! **8 September 2026**, **Mass – 19:00, Resonate Talk – 19:45** at Vaughan House 46 Francis Street, Westminster, London, SW1P 1QN.

Are you the current or next Youth Ministry Leader? **Upper Room Leadership Programme** equips Catholics to lead and inspire the next generation through faith, formation, practical training and ministry experience. The programme ends with a youth ministry qualification and pilgrimage to Lourdes with expectation for you to serve and lead in your parish! To sign up by **16 September 2026** and learn more please visit https://youth.rcdow.org.uk/

Feast of St Aidan Celebration. On Sunday 6th September we will be celebrating the feast of St Aidan with a BBQ. Everyone is invited. If you can help on the day with set up, set down or with the BBQ and if you can donate food please let the office know or put your name in the form in the entrance to the Church.

Running Club and Walking Club: Please come and join us on Saturday 26th September for the monthly run/walk. We meet at 8am outside the church fand runners and walkers are invited to breakfast in the hall afterwards. All are welcome!

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"
6 South Ealing Rd, W5 4QA 0208 567 1664

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.

The Cardinal Vaughan Memorial School September 2027 Year 7 Admissions

Our **Year 7** open evenings will be held on **Thursday 17 September 2026** and **Tuesday 22 September 2026,** for boys who will be eligible for Year 7 entry in September 2027. The Headmaster will address parents and pupils at 4.30pm and again at 6.00pm. Following each speech, parents will be taken on a tour of the school. We therefore recommend you arrive in good time for either 4.30pm or 6.00pm.

The online application form link for Year 7 is available on the school website www.cvms.co.uk/admissions or please follow this QR code:

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

30th August 2026 22nd SUNDAY IN ORDINARY TIME (A)

1st Reading: Jeremiah 20: 7-9 2nd Reading: Romans 12: 1-2 Gospel: Matthew 16: 21-27

Saturday 29th August		
6:30 pm	For the people in the Parish	Special Intention
Sunday 30th August	**TWENTY-SECOND SUNDAY IN ORDINARY TIME**	
10am	Jessica and Robert Romeo Mendoza George and Shane	Blessings on their wedding day. R.I.P. R.I.P.
1pm	Ge'ez Rite	
Mon 31st August	**NO MASS**	
Tues 1st September		
10 am	John Francis Collins	R.I.P.
Wed 2nd September		
10 am	For the people serving in the Parish	Thanksgiving
Thurs 3rd September	**Saint Gregory the Great, Pope and Doctor of the Church**	
10 am	For the Young people in the Parish	Special Intentions
Friday 4th September		
10 am	Ruby Borromeo Pow Family	R.I.P. Anniversary Thanksgiving
Saturday 5th September		
6:30 pm	Stephen Gollogly	R.I.P.
Sunday 6th September	**TWENTY-THIRD SUNDAY IN ORDINARY TIME**	
10am	Sio Family	Thanksgiving
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.