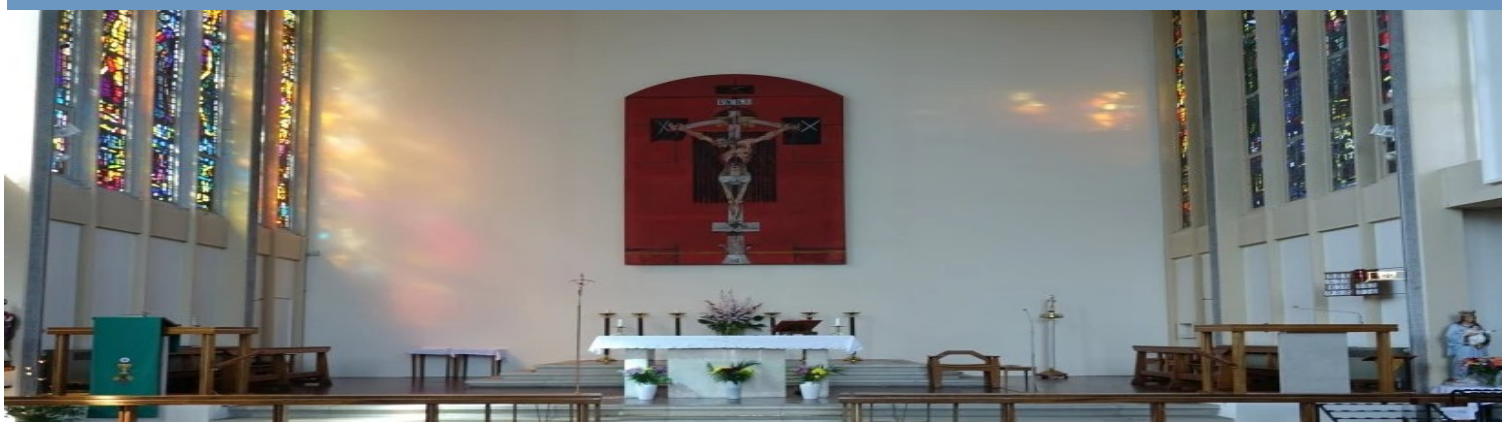
ST. AIDAN OF LINDISFARNE ROMAN CATHOLIC PARISH OF WESTMINSTER

PARISH NEWSLETTER

9th August 2026



Reflection on Sundays Gospel by Elizabeth Stonor

Fear often acts as a brake on our spiritual and physical lives – I know it has on mine.

Fear can protect me from harm but it can also prevent me from fulfilling my unique God-given potential.

In today's Gospel Jesus acknowledges Peter's fear but he doesn't engage with it. He encourages Peter to face his fear and trust in God for protection while he walks through danger towards Jesus. Peter first asks Jesus for guidance then takes courage from His answer "Come". A miracle ensues when Peter walks a few steps on water.

Then he loses his nerve – that is, his trust fails. When Jesus stretches out his hand to catch him it is not to save Peter from failure, but from harm.

While my decisions are in my own hands, the results of those decisions are not.

They're in God's hands and that should give me courage to face my fears as Peter did.

We all face difficulties in life and sometimes shy away from them.

We're afraid of complications, of embarrassment, of entanglement in other people's problems, of repercussions at work if we speak out against wrongdoing. God is neutral regarding our success or failure.

He wants us simply to try our best - to pray for guidance and try to do the right thing for ourselves and others. I am finding increasingly that God repays my trust in Him when I try to do the right thing in spite of my fears.

Elizabeth Stonor.

Prayer intentions of the Holy Father for July: For evangelization in the city. Let us pray that in large cities often marked by anonymity and loneliness we find new ways to proclaim the Gospel, discovering creative paths to build community.

Please note that Paola will be working from home until the end of August. To contact her send an email to the parish office: actoneast@rcdow.org.uk or ring her on 07982710853. If you would like a mass said please send her a message and put an envelope through the door and Cai or Connie will pick it up.

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.

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.

But when he saw how strong the wind was he became frightened; and, beginning to sink, he cried out, "Lord, save me!" Immediately Jesus stretched out his hand and caught Peter, and said to him, "O you of little faith, why did you doubt?"
Matthew 14: 30-31



Kids' Corner

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.

Sister Mary Joy's email address is: mlangdon30@me.com

Parish Pilgrimage to Walsingham, Saturday 19th September

We are organizing for a group of us from the parish to attend the pilgrimage together. 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

The plan is to leave here by coach at 6:30am and get back to Acton at about 8om. There is currently a limit of 50 spaces on the coach so we are running on a first come, first served basis.

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.

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.

CELEBRATE Festival - a faith-filled event for all the family.

15-19 August, at Worth School, West Sussex. Inspiring speakers such as Fr Roberto Pasolini, David Wells and Johannes Hartl, beautiful Masses, prayer in Worth Abbey, fun and formation for children and young people aged 3-24 each day of the festival, and relax in the beautiful Sussex countryside.

Camp in our festival field or stay in school accommodation. Weekend tickets also available.

For more information visit celebratefestival.org

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

9th August 2026 19th Sunday in Ordinary Time (A)

1st Reading: 1 King 19: 9a, 11-13a **2nd Reading:** Romans 9: 1-5 **Gospel:** Matthew 14: 22-33

Saturday 8th August		
6:30 pm	For the people in the Parish	Special Intention
Sunday 9th August	**19th Sunday in Ordinary Time**	
10am	Claire and Ciaran Sio Family	Blessing for a Happy Marriage Thanksgiving
1pm	Ge'ez Rite	
Mon 10th August	**NO MASS**	
Tues 11th August	**Saint Clare, Virgin**	
10 am	Thomas O'Connell	Special Intention
Wed 12th August		
10 am	For the People in the Parish	Special Intentions
Thurs 13th August		
10 am	For the People in the Parish	Special Intentions
Friday 14th August	**Saint Maximilian Mary Kolbe, Priest and Martyr**	
10 am	For the sick in our parish	Good Health Intentions
Saturday 15th August		
6:30 pm	For the people in the Parish	Special Intention
Sunday 16th August	**THE ASSUMPTION OF THE BLESSED VIRGIN MARY**	
10am	Ignatius McQueen Raldolph Baptiste	R.I.P. Anniversary R.I.P. Anniversary
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.