

Presbytery

337 Harrow Road, London, W9 3RB
Tel: 020 7286 2170

Parish Priest

Fr. Michael Jarmulowicz
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Harrow Rd Office

Parish Administrator: Mrs Jennifer Ellis
Office Hours: Mon & Friday 9 - 3 pm
Tel No: 020 7286 2170
E-mail: harrowroad@rcdow.org.uk
Website: parish.rcdow.org.uk/harrowroad

Paddington Office

Parish Administrator: Mrs Mandy O'Sullivan-Whitting
Office Hours; Thursday 10 - 2 pm
Tel No: 020 7286 2672
E-mail: paddington@rcdow.org.uk
Website: parish.rcdow.org.uk/paddington

Mass Times

Monday: 10:00 am (Harrow Rd)
Tuesday: 10:00 am (Paddington)
Ash Wed 10:00 am (Paddington)
7:00 pm (Harrow Rd)
Thursday 10:00 am (Paddington)
Friday 10:00 am (Harrow Rd)
**7:00 pm - Stations of the Cross
at Harrow Road**
Saturday: 10:00 am (Paddington)
6:00 pm (Harrow Rd)
(Vigil Mass of Sunday)
Sunday: 9:30 am (Paddington)
11:30 am (Harrow Rd)

Eucharistic Adoration

One hour before weekday and Saturday morning
Masses plus Saturday: 5:00 - 5:50 pm

Confessions

During periods of exposition of the Blessed
Sacrament; and on request.

Parishes of
OUR LADY OF LOURDES & ST VINCENT DE PAUL
(HARROW RD)

and

OUR LADY OF SORROWS, (PADDINGTON)

FEBRUARY - MONTH OF THE HOLY FAMILY

27TH FEBRUARY 2022

EIGHTH SUNDAY OF ORDINARY TIME —YEAR C

How to live Lent effectively

This coming Wednesday (2nd March) is Ash Wednesday. Ash Wednesday is the start of Lent when we are invited for forty days to set aside more time for prayer and fasting in preparation for Easter. The Ashes, made by burning the palms from previous years, is put on our foreheads, in the sign of the cross, as an outward sign of our inward sorrow for our sins and of our commitment to Jesus as Our Lord and Saviour.

Three Things To Do For Lent

Fasting and Abstinence:-

Keep your meals small and simple during Lent. This is not a slimming exercise. The thinking behind fasting and abstinence is that we strengthen our spiritual life by weakening our attachment to physical pleasures. Fasting means reducing the amount of food that we would normally eat. Abstinence means not eating a particular food (meat). Ash Wednesday and Good Friday are to be observed as special days of Fasting and Abstinence.

Almsgiving:-

We are bombarded with requests for money from a huge number of charities. Identify a charity that means something to you find out what they do and make a contribution. You may not be able to afford to give any money, but surely you can give of your time.

Prayer:-

Our lives are so hectic that we often forget to set aside a few quiet moments in which to talk to God. During Lent, postpone breakfast television for a few moments and make a short prayer. In the evening encourage your children to say a night time prayer before bed.

Mass Intentions for both parishes for week beginning Saturday 26th February 2022

Saturday	6:00 pm	Michael Connolly (RIP)	Sunday	9:30 am	People of the Parish
Sunday	11:30 am	Liza Andrade (RIP)	Monday	10:00 am	Parnell Anthony (RIP)
Tuesday	10:00 am	Thomas Thornicroft (RIP)	Ash Wednesday	10:00 am	School staff and pupils
				7:00 pm	Maria. M (RIP) & Timothy. S (RIP)
Thursday	10:00 am	Anna Stevens (Ints)	Friday	10:00 am	Edith Lennon (RIP)
Saturday (05.3)	10:00 am	Louise.M (Sick) & Laura.D (RIP)	Saturday	6:00 pm	John Whelan (Anniv)
Sunday (06.3)	09:30 am	Mary Willis (RIP)	Sunday	11:30 am	People of the Parish

Diocesan News

The God Who Speaks: Lent & Eastertide

There are a number of resources and events, which the diocesan agency for evangelisation would like us to share with you, obviously for those with Internet access

<https://www.godwhospeaks.uk/the-god-who-speaks/focus/preparing-for-lent-and-eastertide/>

Fr Michael Hall opens our eyes with Luke and the Open Heaven - <https://www.godwhospeaks.uk/the-god-who-speaks/bible-basics/scripture-seekers/between-the-testaments/luke-and-the-open-heaven/>

Bishop David Evans launches a new series on The Meaning of Life using the Bible and modern philosophy to help explore some big questions - <https://www.godwhospeaks.uk/the-god-who-speaks/focus/preparing-for-lent-and-eastertide/the-meaning-of-life-part-1-identity/>

Missing Person

The diocese has been asked to help find Pawel Martyniak who has been missing from his home in Norfolk since 30 November 2021. He is described as religious and he attends Sunday Mass. The police are involved with the search for Pawel and it is thought that he may have travelled to London. I have put a poster with his photo in the entrance hall. Please check in case you have seen him and recognise him.



Pastoral Letter from the Cardinal

You will hear from the Cardinal today in his Pastoral Letter for Lent. He, as we all should be, is keen to bring all the people who have still failed to return, to re-establish the regular practice of their faith by coming to Sunday Mass.

In addition Pope Francis, responding the situation in Ukraine, has asked us all to make Ash Wednesday a day of fasting for peace.

Parish News

We are now Accepting Contactless Donations at Harrow Road!! (Sorry Paddington—not yet, lets see how Harrow Road machine is received)

You will find our new DIGITAL COLLECTION PLATE, contactless terminal in the entrance hall. Just use your contactless debit/credit card or smart phone/ device to make a donation.



With the encouragement of the diocese, we have installed a new way of donating to the parish, with a 'Dona Contactless Giving' machine. It has been a great success in many other parishes; it works just like the contactless machines in shops.

You will be able to make offertory donations as well as for candles and anything you buy in the repository shop.

You can also gift aid the donations. If you want to Gift Aid your donation, (we claim back 25% from government, but you must be a tax payer to gift aid your donation) then the first time you use your debit / credit card you will be asked to enter your name, postcode and e-mail address (if you have one) then each time you use your card after that, your donation will be automatically be gift aided. The shop payments cannot be gift aided (but you wont have option for that anyway!) as that is paying for a service, not a donation.

Helpful spiritual contact during Lent

In keeping with Cardinal's appeal to help bring people back to church, I have subscribed to a trial whereby I can send you, via email, links to short videos (by Bishop Robert Barron) on various Lenten topics. I will start by using e-mail lists I have. You can unsubscribe if you don't want to receive any more. Also please let me know if there are people who would like to receive these, but are not on my list. During this trial you also have total access to a massive library of video material by Bishop Barron and his *Word on Fire Institute*, such as his renowned '*Catholicism*' series.

Funeral Notices

The Reception and Requiem Mass of the late **Brian Stanford** will take place on **Thursday 17th March at 11:00 am at Our Lady of Lourdes, Harrow Road** followed by committal at West London Crematorium

The Reception and Requiem Mass of the late **Edward Alexander** will take place on **Thursday 24th March at 11:00 am at Our Lady of Lourdes, Harrow Road** followed by internment at St Mary's Cemetery