

## Presbytery

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

## Parish Priest

Fr. Michael Jarmulowicz  
michaeljarmulowicz@rcdow.org.uk

Also in Residence (for advanced studies)  
Fr Daniel Isah

## 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 Road)  
Tuesday: 10:00 am (Paddington)  
Wednesday: No Mass  
Thursday: 10:00 am (Paddington)  
Friday: 10:00 am (Harrow Road)  
Saturday: 10:00 am (Paddington)  
6:00 pm (Harrow Rd)  
Sunday: 9:30 am (Paddington)  
11:30 am (Harrow Rd)

## Stations of the Cross

Fridays of Lent—7:00 pm (At Paddington)

## Eucharistic Adoration

One hour before weekday and Saturday Masses.

## Confessions

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

## Sunday Readings

Parish Mass Book—Page 148

Genesis 9:8-15; 1 Peter 3:18-22; Mark 1:12-15.

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

and

**OUR LADY OF SORROWS, (PADDINGTON)**

**FEBRUARY - MONTH OF THE HOLY FAMILY**

**18<sup>TH</sup> FEBRUARY 2024**

**1ST SUNDAY IN LENT (YEAR B)**

## What is Lent about?



In the first paragraph of his first encyclical, Pope Benedict XVI wrote: "Being Christian is not the result of an ethical choice or a lofty idea but the encounter with an event, **a person**, which gives life a new horizon and a decisive direction."

Being Christian is not about *me*! Being Christian is essentially about *a person* – and his name is *Jesus*. It has been this way since the beginning. When Jesus called his disciples, his invitation was "Follow *me*". When he taught them the truth, he explicitly said "*I* am the way, and the truth, and the life; no one comes to the Father but by *me*". No other religious leader in history has intentionally placed the focus on himself. However, Jesus continually places himself at the centre of faith.

When we encounter this person, Jesus, our life changes. Peter, a simple fisherman, who was a master at reading nature and so was a successful fisherman, had his life changed because he encountered a person. He recognised his sinfulness, and changed. Mary Magdalen was a wounded soul possessed by demons, her life changed because she encountered a person. The lives of sinners, outcasts, the ignored, and the forgotten were all transformed because they encountered a person. For each of them "the encounter with an event, a person, gave life a new horizon and a decisive direction".

If Christianity is about Jesus, that means Lent is also about this Jesus. Lent is not simply about prayer, fasting and almsgiving – which of course are important as a means to help us focus on what we need to focus on, but the purpose of Lent is to use these as tools to get closer and have a close encounter with Jesus, and so have our lives changed, so that we have a new horizon and a decisive direction. Pope St Leo the Great wrote: "there still is required a daily renewal to repair the shortcomings of our mortal nature, and whatever degree of progress has been made there is no one who should not be more advanced."

## Mass Intentions for both parishes for week beginning Saturday 17<sup>th</sup> February 2024

Saturday	6:00 pm	Mary & John Kennedy (Ints)	Sunday	9:30 am	People of the Parish
Sunday	11:30 am	John & Comfort Ekechukwu (RIP)	Monday	10:00 am	Alexander & Mary Mathias (Anniv)
Tuesday	10:00 am	Kamill Pillai (RIP)	Wednesday	No Mass	
Thursday	10:00 am	-	Friday	10:00 am	Rosh M <sup>c</sup> Connon (RIP)
Saturday (24.2)	10:00 am	-	Saturday	6:00 pm	Michael Connolly (Anniv)
Sunday (25.2)	9:30 am	Jane & Denis Kiely; Morris Geary (Anniv)	Sunday	11:30 am	Jen & Liz (Ints)

## Diocesan News

**Cardinal's Lenten Appeal.** If you can, please show your support for the Cardinal's Lenten Appeal. All funds raised go towards projects across our diocese. The Cardinal uses donations made to support the work of our services, such as Marriage & Family Life; Youth Ministry, and Education. Funds are also used to help Caritas Westminster, who work for and with some of the most vulnerable people in the diocese. So please take a donation envelope today, for more information. The Cardinal expressed his gratitude for everyone who supports the appeal, with whatever they can afford.

**CAFOD Family Fast Day.** This coming Friday (23rd February) is a family fast day. It is lent and we hope that you will be able to sacrifice part of your meal this Friday, and use the money saved, to donate to CAFOD. Please take an envelope with you and returned it next weekend, with whatever amount, however small, you have saved. There will also be a collection after mass next weekend.

### **First Saturday devotions at the Rosary Shrine.**

2<sup>nd</sup> March 2024, 5:00pm - 8:00pm. The Rosary Shrine, Saint Dominic's Priory, Southampton Rd, London NW5 4LB, UK.

First Saturday devotions. Every first Saturday in the Rosary Shrine, London, from 5pm. Prayer, Communion, and Reparation to the Immaculate Heart of Mary, for peace and salvation of souls as requested by Our Lady of the Rosary through Sr Lucia of Fatima.

5pm: ADORATION with 'lectio divina' meditating on Scripture for at least 15 minutes.

5-6pm: CONFESSIONS will be heard.

6pm: HOLY MASS (Vigil of Sunday) with Communion of Reparation.

7pm: ROSARY CONFRATERNITY PROCESSION - Candles will be blessed before the Procession and Roses will be blessed after the Procession. Please bring your own roses.

The Rosary Shrine will continue to have a Rosary Procession every Saturday at 7pm in the months of May and October.

## Parish News

**We Dare to Say.** 18 parishioners have signed up to the 5 weekly Lenten sessions, as asked by the Pope, to prepare for the 2025 Jubilee Year. These will be held in the **Hall at Harrow Road** on five consecutive Mondays, starting on this **Monday (19th February) at 7:00 pm.** Tea, Coffee and Biscuits will be available during these reflections.

**Stations of the Cross.** These will be held on **Fridays during Lent**, but this year they will be held at **Our Lady of Sorrows, Paddington.**

**Society of St Vincent de Paul.** Our small parish SVP group (combined with Kensal New Town Parish) is getting increasing requests for help, too much for our very active members to respond to. Our most recent requests have been for volunteers to 'befriend' people who are lonely and just need some more companionship—including residents in our local care homes. Eg. One bed bound lady would love to pray the rosary with someone on a regular basis. If you have an hour per week to spare, to meet Christ in the poor and suffering, then please come and join our SVP group.

**If you are sick or in hospital**, please make it known to the ward staff that you are a Catholic and that you want to see a priest so that arrangements can be made for a Catholic Chaplain to visit you. Please let Fr Michael know if you are housebound, even temporarily, so he can arrange to visit you.

**Diocesan Pilgrimage to Lourdes.** The Lourdes Pilgrimage takes place from 19th to 26th July. Join the pilgrimage as a pilgrim. Serve as a doctor or nurse as part of our medical team. Support our sick by sponsoring a member of our medical team and by praying for them. For more information please contact the Pilgrimage Office on 020 7798 9173 or go to <https://rcdow.org.uk/pilgrimages/lourdes/>. Please let Fr Michael know if you are interested in coming with the Parish. Fr Dan & I will be going together with a number of redcaps who came last year.

**Support an amendment** to the Criminal Justice Bill to reduce our abortion limit from 24 weeks to 22 weeks. Babies born prematurely at 22 weeks are thriving and there is a contradiction in our abortion law. Collect a postcard today from the back of the church and post it to your MP in support of this amendment!