

Presbytery

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Parish Priest

Fr. Michael Jarmulowicz
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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
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Paddington Office

Parish Administrator: Mrs Mandy O'Sullivan-Whitting
Office Hours; Thursday 10 - 2 pm
Tel No: 020 7286 2672
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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

25TH FEBRUARY 2024

2ND SUNDAY IN LENT (YEAR B)

Quick Fix Remedy?

Do you bound out of bed each morning eager to get to work enthusiastic about all the challenges that lie ahead? Well probably not! Life is a series of highs and lows, but we all know that the 'highs' are few and far between. For most of us life is a series of chores and we can often feel burdened by drudgery and frustration.

In today's gospel reading, Peter James and John are feeling demoralised and fearful about talk of Jesus' imminent death. Perhaps the disciples felt that the goal they had been working towards was not the goal of which Jesus is now talking. We have all felt like this at some time. Even the most motivated amongst us will slump from time to time. We might all have felt at some point debilitated by fear and anxiety, or overwhelmed by tiredness. At times like these, a life mentor might advise us to re-visualise our goals. We might be advised to find inspiration and get excited. We might be advised to focus on our most important priorities and not set too many goals which will eventually sap all our energy. Funnily enough, two thousand years before the terms 'life mentor' or 'life coach' were coined, these were exactly the strategies that Jesus used to motivate Peter James and John in this difficult period of their discipleship. Jesus leads them up a high mountain where they see a vision of a transfigured Jesus in dazzling white accompanied by Moses and Elijah.

Peter, James and John had a moment of revelation that day on the mountain top, and although they could not capture that moment by erecting tents as Peter proposes, they had that glimpse of glory to remember and keep with them forever through the testing times ahead.

Christians do not have a quick fix remedy for making problems in life go away, but we share the same motivating vision of God's kingdom as we struggle with life's 'lows'.

Saint David, Patron of Wales—1st March

What makes a great person? Skills talent motivation and courage can get us so far, but at the end of the day we discover the necessity for self-

(Continued overleaf)

Mass Intentions for both parishes for week beginning Saturday 24th February 2024

Saturday	6:00 pm	Michael Connolly (Anniv)	Sunday	9:30 am	Jane & Denis Kiely; Morris Geary (Anniv)
Sunday	11:30 am	Jen & Liz (Ints)	Monday	10:00 am	People of the Parish
Tuesday	10:00 am		Wednesday	No Mass	
Thursday	10:00 am	-	Friday	10:00 am	-
Saturday (2.3)	10:00 am	-Lily & Michael Kinsella (Ints)	Saturday	6:00 pm	Lily & Michael Kinsella (Ints)
Sunday (3.3)	9:30 am	People of the Parish	Sunday	11:30 am	Brigid Harvey (Ints)

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discipline, hard work and doing the little things well. 'Do the little things well', were the last words of St David to his followers today a well-known phrase in Wales, and an inspiration to many. Particularly relevant to us today in the twenty first century, Saint David is a model to us on living simply and sustainably.

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.

Volunteering Fair Caritas Volunteer Service will hold a volunteering Fair on **Saturday 9 March, 3pm – 5pm, at Westminster Cathedral Hall**. If you are considering volunteering and want to explore possible roles within the diocese and/or with Catholic charities and those who work alongside us, do come along. More details here: <https://caritaswestminster.org.uk/event/volunteering-fair-2/>

First Saturday devotions at the Rosary Shrine. Every 1st Saturday of the month 5:00pm - 8:00pm. The Rosary Shrine, Saint Dominic's Priory, Southampton Rd, London NW5 4LB, UK.

Parish News

CAFOD Family Fast Day. I hope that some fasted on Friday and saved some money to help those in great need supported by CAFOD. Please return envelopes, and we will also have a retiring collection after mass .

We Dare to Say. 18 parishioners signed up to the 5 weekly Lenten sessions, but only 6 turned up last

Monday. Our next session is this Monday at **7:00 pm**. Tea, Coffee and Biscuits will be available during these reflections.

Stations of the Cross. On Friday, at 7 pm at **Our Lady of Sorrows, Paddington**.

Diocesan Pilgrimage to Lourdes. The Lourdes Pilgrimage takes place from Friday 19th to Friday 26th July. This year all bookings will be made through the diocese. The booking portal will soon be open on the diocesan website—I will announce when ready. I have been advised that cost will be around £750 by coach; £800 by Rail and £1000 by air. (extra supplement for single rooms, and some price variation depending on hotel chosen).

Can all potential volunteers (Redcaps, Reds and Adults) please register your interest **NOW** on the online volunteer registration form at <https://forms.rcdow.org.uk/westminster-diocesan-pilgrimage-to-lourdes/> (Make sure you select this parish group) So far only two have registered. DBS will be required for all volunteers 16 yrs and over. If you had one done in last 3 years that will do. If not you must register by April so that DBS paperwork can be completed before pilgrimage (Safeguarding office is busy and short staffed!). For your diary: **Redcap Training Day**—Sunday 30th June at St Dominic's Sixth Form College, Harrow, between 09:30 and 16:00. (There will be Sunday Mass at the college)

Proposed Parish Merger. So far I have received only one comment in a returned questionnaire. I'm sure the Cardinal will be keen for more comments to help him make his final decision.

Freedom in Christ Conference. We will be hosting a 'Freedom in Christ Conference' at Harrow Road on March 22-23. Friday (22nd) 7:00 pm to 9:30 p.m. Saturday (23rd): 9:30 am to 3:00 pm.

Join the team in learning how to let go of guilt, shame, anger and feelings of rejection and to receive God's blessings for your life using the Five Keys from the book '*Unbound: A Practical Guide to Deliverance*'. Jesus came to set us free from the bonds of sin, but many of us are still bound by events in the past, often dating back to childhood. See poster at the back of the church. We would be grateful if you could register at <https://wvdg.uk> or by giving me your name – that way we can plan properly knowing numbers.