

Presbytery

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

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
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—10:30 am (At Harrow Rd)
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 162

2 Chr 36:14-16,19-23; Eph 2:4-10; John 3:14-21.

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

and

OUR LADY OF SORROWS, (PADDINGTON)

MARCH - MONTH OF THE ST JOSEPH

10TH MARCH 2024

4TH SUNDAY IN LENT (YEAR B)

How To Make Good Choices



From the minute we open our eyes in the morning, we are faced with choices. By the end of the day we have made hundreds of choices and not all of them good. In fact, we probably fail to choose God in a hundred and one different ways, yet God still loves us. How do we know? We know because every time we look at a Crucifix we are reminded of the sacrifice Jesus made out of love for us.

Just as Moses held up a bronze snake on a pole to remind the Israelites of God's love, so we look to the Crucifix as a reminder that God doesn't condemn us for our mistakes, but offers us a second chance of salvation.

Too often we take God's love for granted. How could we make ourselves more deserving? We could begin by looking at all those choices we make on a daily basis. Do we choose to fritter our lives away in inconsequential activities, or do we choose to make the world a better place? Do we choose to bury our heads in the sand when we see someone bullied at work, or do we make a brave stand? Do we determine to look after ailing family members or do we put it off until we are less busy? Do we shroud our decisions in darkness and secrecy, or do we walk in the light with our heads held high?

But how do we start making good choices when we have spent so much time making poor ones? This is the beauty of reconciliation; our mistakes are part and parcel of making better choices from now on. We remember how it felt to make a bad choice and we don't want to go there again. Knowing what we are about is also a part of making good choices. Jesus knew what he was about and so must we. There's no better time than Lent to sit down and think about who we want to be. Lastly, once we have decided what choices we are going to make, we mustn't procrastinate. The Bible never tires of telling us that time is of the essence.

(Continued overleaf)

Mass Intentions for both parishes for week beginning Saturday 16th March 2024

Saturday	6:00 pm	Patricia Leroux (Ints)	Sunday	9:30 am	-
Sunday	11:30 am	People of the Parish	Monday	10:00 am	Josephine Theophane (Ints)
Tuesday	10:00 am	Anna Stephen (B'day)	Wednesday	No Mass	
Thursday	10:00 am	-	Friday	10:00 am	Bernadette Gillespie (Ints)
Saturday (9.3)	10:00 am	-	Saturday	6:00 pm	People of the Parish
Sunday (10.3)	9:30 am	-	Sunday	11:30 am	Daniel Sheehan (RIP)

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"Happy Mothering Sunday". The Fourth Sunday of Lent is traditionally called *Laetare Sunday*. For this Sunday, we can use rose-coloured vestments. The Latin word can be translated, "rejoice." It announces us that we are drawing ever closer to the feast for which we are preparing (ie Easter). This day has also come to be known as 'Mothering Sunday'. Why? Four hundred years ago, people made a point of visiting their nearest big church (the Mother Church) on the fourth Sunday of Lent. Young girls and boys 'in service' were only allowed one day to visit their family each year, and this was usually Mothering Sunday. Often the housekeeper or cook would allow the maids to bake a cake to take home for their mother. Sometimes a gift of eggs; or flowers from the garden was allowed. **A day to show our mothers our appreciation. Happy Mothering Sunday!**

Diocesan News

Bach's St John's Passion As part of its Lenten devotions, Westminster Cathedral Choir will perform J.S. Bach's St John Passion on **Thursday 14th March** at 7.30pm. Tickets (£45/35/20) are available via Ticketmaster. <https://www.ticketmaster.co.uk/event/1F00602BD7A81B4F?did=sjp30> The Cathedral Choir will be conducted by Simon Johnson, the Cathedral's Master of Music, accompanied by a Baroque orchestra and soloists James Gilchrist (as the Evangelist) and William Thomas (Christus). To encourage Parishioners to come, you are offered a 30% discount using the link above (so cheapest ticket is £14).

Vocations Days: 'Come and See' Men who are interested in exploring vocations to the priesthood or the permanent diaconate are invited to come along to the Vocations Team's 'Come & See' Vocations Morning. The next is on **Saturday 16th March**, 10am-2pm at Vaughan House, 46 Francis Street, London SW1P 1QN.

The Divine Mercy Apostolate, London is holding a Divine Mercy Lenten Retreat on **Saturday 16th March** from 1:30pm - 4:30pm at St Scholastica, 17 Kenninghall Road, Clapton, London E5 8BS. All welcome. Please call Millie on 07957 594 646 for information.

Annual Mass of Thanksgiving for the Sacrament of Matrimony. Westminster Cathedral, Saturday 25th May 2024 at 2:30pm. The Cardinal is inviting to this Mass all couples in the Diocese, who are celebrating their 5th 10th, 25th, 30th, 40th, 50th and 60th (and every year over 60) wedding anniversary of Catholic marriage in 2024. If you are celebrating an anniversary, please give Fr Michael the following details: husband and wife's names, wedding date, full postal address and email (or telephone number, if no email). I need to return these by April 15th so that you

can be sent formal invitation.

Parish News

We Dare to Say. 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 **10:30 am** (after 10:00 am Mass) at **Our Lady of Lourdes, Harrow Road** and at **7 pm** at **Our Lady of Sorrows, Paddington**.

Parish Merger Consultation. I have received two written submissions so far. I will be holding an open meeting after the Masses next weekend (Sat 16th & Sun 17th) (At Harrow Rd in the Parish Hall, At Paddington in church). All invited to give your views. Apologies if short notice, but then we have Holy Week and Easter plus Easter Holidays when people may be away, hence need to have meeting next week.

Freedom in Christ Conference. We will be hosting a Deliverance Ministry '*Freedom in Christ Conference*' at Our Lady of Lourdes Church, 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://wvdq.uk> or by giving me your name – that way we can plan properly knowing numbers.

Lourdes Pilgrimage 19th- 26th July 2024 – Registration for the Westminster diocesan pilgrimage led by Cardinal Vincent Nichols is now open via the application form on <https://rcdow.org.uk/pilgrimages/lourdes/> or by contacting the Pilgrimage Office on 020 7798 9173. Options to travel by plane, train or coach are available and there are many volunteering opportunities for those wishing to serve. **All applications to join this year's pilgrimage need to be submitted by Tuesday 30th April.**

Lourdes Pilgrimage Youth. A special coach rate option has been negotiated for £690 per person. Youth – depart UK on the Thursday, arriving in Lourdes Friday for lunch. 6 nights in Lourdes, depart after dinner - on the Thursday, arrive back in the UK on the Friday. Price based on staying in the Alba using multi bedded rooms – 4 beds per room. If anyone interested please let Katrina (or me) know ASAP so they can have an idea of numbers.