Presbytery

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

Parish Priest

Fr. Michael Jarmulowicz
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Also in Residence
Fr Daniel Isah & Fr Charles Soyombo
(for advanced studies)

Parish Office

Parish Administrators:
Mrs Jennifer Ellis
Office Hours: Mon 9 - 5 pm

Mrs Mandy O'Sullivan-Whiting
Office Hours: Wed (by phone) & Thur 10 - 4 pm
Tel No: 020 7286 2170 (option 3)
E-mail: paddingtonnorth@rcdow.org.uk
Website: parish.rcdow.org.uk/harrowroad

Mass Times this week

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)

Eucharistic Adoration

One hour before weekday and Saturday Masses.

Confessions

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

Mass Readings

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Zep 2:3, 12-13; 1 Cor 1:26-31;

Matt 5:1-12.

Parish of PADDINGTON NORTH

with the churches of

OUR LADY OF LOURDES & ST VINCENT DE PAUL (337 HARROW RD)

and

OUR LADY OF SORROWS, (17 CIRENCESTER ST, PADDINGTON)

FEBRUARY - MONTH OF THE HOLY FAMILY

1ST FEBRUARY 2026

FOURTH SUNDAY IN ORDINARY TIME (YEAR A).

Think Again!



Today we listen to Jesus' most famous sermon; that we now call 'The Beatitudes'. "Blessed are the poor in spirit for theirs is the Kingdom of Heaven," promises Jesus, "Blessed are the meek, blessed are they who are persecuted for the sake of righteousness." Is Jesus telling us we can only be blessed if we make ourselves poor? Is he telling us to sit back meekly and let others walk all over us? Is Jesus encouraging us to go out and actively invite persecution and insult?

It's difficult to embrace Jesus' teaching because we have been brought up to value the very opposite. From an early age we have been taught to work hard at school so that we will get a good job and earn lots of money. We are scolded for not speaking up for ourselves and applauded for pushing ourselves forward. Our culture is all about winning, prestige and material success.

The challenge we find in the Beatitudes is to work contrary to our human instincts in order to find true happiness and fulfilment. Our instincts are to get rich, earn fame, and bask in our perceived self-importance. It is often our cowardly instinct to turn a blind eye to injustice or to fail to stand up for what we believe because we are afraid of ridicule. It is the instinct of governments to engage in conflict in the pursuit of material gain and power.

In his sermon, Jesus is not suggesting we live in dire poverty or become human doormats for the sake of it. Rather Jesus is asking us to look again at our values. We are asked to look at the things the way God see things, and that looking andf living in that way will bring us true happiness. So Jesus challenges us to think again.

Mass Intentions for week beginning Saturday 31st January 2026

Saturday	6:00 pm	Natalie St Omer (Ints)	Sunday	9:30 am	Jim Johnson (Ints)
Sunday	11:30 am	Robert Ellis (Ints b'day)	Monday	10:00 am	Alicia Lewis (sick)
Tuesday	10:00 am	Graeme Porteous (Anniv)	Wednesday	No Mass	
Thursday	10:00 am	In Honour of Jesus suffering & Agony on the Garden	Friday	10:00 am	Ann Kibart (RIP)
Sat (7 Feb)	10:00 am	Samuel Martinet (Ints)	Saturday	6:00 pm	Mary Brennan (Ints)
Sun (8 Feb)	9:30 am	Graeme Porteous (Anniv)	Sunday	11:30 am	People of the Parish

Diocesan News

Thanksgiving Mass for the Cardinal. There is a special Mass in thanksgiving for the Cardinal's ministry over his sixteen and more years as Archbishop of Westminster. This is to take place on **Thursday 5 February 2026 at 5.30pm in the Cathedral**. All are welcome.

Annual Mass of Our Lady of Lourdes. For those who have asked for tickets to be anointed, please see Fr Michael this weekend, so you have them for this coming Saturday. **Westminster Cathedral at 2pm.**

Advance Notice: Annual Mass of Thanksgiving for the Sacrament of Matrimony: Westminster Cathedral, Saturday 23rd May 2026 at 2:30pm.

The Archbishop is inviting to this Mass all couples in the Diocese, who are celebrating their **5**th **10th, 25th, 30th, 40th, 50th and 60th (and every year over 60)** wedding anniversary of Catholic marriage in 2026. If you are celebrating an anniversary, please give your parish clergy the following details: husband and wife's names, wedding date, full postal address and contact email (or telephone number, if no email).

Westminster Cathedral Choir School is asking whether in our parish there might be boys with musical potential in Years 2, 3 or 4, who might consider becoming choristers at Westminster Cathedral. There are opportunities to visit the school and find out more. Please see Fr Michael to get copy of letter from the head of the school, with detailed information.

Parish News

Peregrinatio Pro Christo. A team of Legionaries (about 10) from Ireland will be visiting our parish from **Saturday 28th March to Saturday 4th April (Holy Week).** The legionaries start the day with Mass and then set out in pairs to visit every home in the parish. They gently invite non-Catholics to consider the Catholic Church and invite non-practicing Catholics to return to the sacraments. **They are looking for accommodation**. If you can offer a room (bed and breakfast) please let Fr Michael know. They will pay £100 for the accommodation. This is part of the mission of the church to re-evangelise. Their approach is gentle with no criticism or judgement. A great number of discussions take place and many barriers are broken down.

We Dare to Ask—Lenten meditations. The bishops' conference are publishing a book for Lent which can be used for individual meditation, featuring five sessions on the theme of our Baptismal Vocation. Each session includes scripture, prayers and a reflection with questions. As we prepare to renew our baptismal promises at Easter, let us explore the depth of what baptism truly means. Books will cost £4. Please let Fr Michael know so we can order the correct number of copies. A free PDF version will also be available.

Congratulations: We congratulate and thank Patricia McAllister for the hard work she has done for the underprivileged and poor both in her professional and secular life as well as the Church. For this the Pope Leo has made her a Dame of the Order of St Gregory the Great. She was Invested into this order this weekend.

Pope Leo's Prayer Intention for February 2026

For children with incurable diseases

This month's prayer intention gently reminds us how precious and fragile life can be. We are invited to hold close in prayer the children facing incurable illnesses and the families who walk beside them daily. May they feel surrounded by love, supported by care, and strengthened by hope, even in the hardest moments. This month, Pope Leo invites us to join in his February prayer intention, "… **that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope**."

Marriage Matters

(www.marriagecare.org.uk)

Fourth Sunday in Ordinary Time
(Zephaniah 2:3; 3:12-13 1 Cor 1:26-31 Matt 5:1-12)

Being human:
we are human be-ings, not do-ings

With the ever-increasing pace of life, when do we get a chance 'to be'? Today, the Word of God is intended to relate more to the deeper aspects of our humanity and the inner essence of our being, and the qualities of our personhood. It's about the ways we relate to each other in our marriages, our families, our communities.