Presbytery

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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)
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Website: parish.rcdow.org.uk/harrowroad

Mass Times this week

Monday:.....10:00 am (Harrow Road)
Tuesday: .....10:00 am (Paddington)
Ash Wednesday: 10:00 am (Harrow Rd)
..... 7:00 pm (Paddington)
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

Parish Mass Book Page 136
Sir 15:15-20; 1 Cor 2:6-10;
Matt 5:17-37.

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
15TH FEBRUARY 2026
SIXTH SUNDAY IN ORDINARY TIME (YEAR A).

The Heart of the Matter



How often do we hear solicitors wrangling over the law, looking for a loophole to suit their client's agenda? Those seeking loopholes seem perfectly happy to ignore the spirit of the law in their quest to win.

In today's gospel reading Jesus invites us to consider that it is not just external adherence to the 'letter of the law' that is important, but our attitude towards those laws. Perhaps we haven't committed murder, but have we harboured hatred? We might not have committed adultery, but have we failed to live up to the love we once promised our spouse? We might not have committed theft, but are our hearts set on the wealth our neighbours have earned?

The commandments might seem to fence our lives with rods of uncompromising iron, but the commandments laws are simply expressions of how we should behave towards God and each other.

The unwritten laws of love bind us in promises that we wouldn't dream of compromising let alone riddling with loopholes. When it comes to those we love, we don't need a written code of what we can and cannot do, our hearts tell us what to do.

God's commandments should be no different. The commandments are written in the Bible, but the spirit of the law must exist in our hearts. Why? Because what exists in our hearts is as important if not more important than our actions, because it is from what is in our hearts that defines us, and from which all are actions proceed.

Mass Intentions for week beginning Saturday 14th January 2026

Saturday	6:00 pm	Breda & Michael Curran (Ints)	Sunday	9:30 am	Hannah Ngobeh (RIP)
Sunday	11:30 am	John & Grace Ekechukwu (RIP)	Monday	10:00 am	-
Tuesday	10:00 am	People of Parish	Ash Wednesday	10:00 am	Xi + Chinese people. 7:00 pm. -
Thursday	10:00 am	Antonio John (Ints)	Friday	10:00 am	-
Sat (21 Feb)	10:00 am	-	Saturday	6:00 pm	Michael Connolly (RIP Anniv)
Sun (22 Feb)	9:30 am	Hames & Ellen Barrett (Anniv)	Sunday	11:30 am	John McHugh (Anniv Ints)

Diocesan News

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).

Parish News

Ash Wednesday. Next Wednesday (18th February) is Ash Wednesday and the start of Lent. It is **NOT** a Holy Day of Obligation, but many wish to come to Mass that day. (see below) It is one of the two days of the year which are days of Fasting and Abstinence. Catholics aged 18–59 must fast (one full meal, two small meals but not equalling the full meal, no snacks) and abstain from meat (ages 14+). This obligatory day of penance, along with Good Friday, focuses on self-discipline and preparing for Easter.

The exceptions to this requirement includes medical reasons. In all cases, common sense should prevail, and ill persons should not jeopardize their health by fasting.

Mass on Ash Wednesday. There will be a Mass, with distribution of the ashes, at Our Lady of Lourdes, Harrow Road at 10:00 am and an evening Mass at Our Lady of Sorrows, Paddington at 7:00 pm.

Westminster Diocesan Pilgrimage to Lourdes 17th – 24th July 2026. Registration is now open at *https://pilgrimages.rcdow.org.uk/registration-form/* or via the Pilgrimage Office on 0207 798 9173.

Fr Michael has booked into the *Alba* Hotel, the hotel in which the Redcaps will be staying, as we will have a number from our parish. Our Group is 'Paddington North Parish'.

We Dare to Ask—Lenten meditations. A small number of books are now in the repository. Price is £4 each. A free PDF version will also be available. See Fr Michael with USB stick to get free download of the 52 page booklet.

Lourdes Pilgrimage—sick pilgrims. Do you know of any sick parishioners who would like to go to Lourdes, but would need some medical or nursing care support? The diocesan pilgrimage has a team of doctors and nurses who can provide that support at the St Frai. If you know of any such friend / or family who would love to go then please let Fr Michael know ASAP, so that a member of the medical team can visit to do an assessment. In Lourdes priority is given to the sick.

Archbishop Richard Moth (our new archbishop) is keen to get to know the people of the diocese. He has arranged to celebrate Mass in six areas of the diocese over the next 3 weeks, at which he will specifically meet headteachers and priests, but he has also said that he will also remain at the back of the church at the end of each mass to be able to greet as many of the congregation as possible. He has specifically requested that parishioners know about these masses, and to which you are all most welcome to attend. The Mass for the Western Deaneries (that's us) in on **Thursday 26th February at 6:30 pm at St Benedict's Ealing Abbey**, Marchwood Crescent, Ealing, London W5 2DZ.

Marriage Matters

(www.marriagecare.org.uk)

Sixth Sunday in Ordinary Time

(Ecclesiasticus 15:15-20 1 Cor 2:6-10 Matthew 5:17-37)

Making the right choices

Choices! How difficult sometimes to make the right choices. What to eat today, how to save money, what clothes to wear, what we or our children need. For Christians, prayer and a set of Christian values influence the choices we make. Why not ask the Lord's help to decide what issue is uppermost for us today and dialogue about it?

Funeral Notices

The Reception and Requiem Mass for the late **Marie Dowe** will take place on **Thursday 12th March at 11:30 am** at the church of **Our Lady of Lourdes, Harrow Rd** followed by internment at St Mary's Cemetery**.**