Presbytery

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

Parish Priest

Fr. Michael Jarmulowicz
michaeljarmulowicz@rcdow.org.uk

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

Parish Mass Book Page 158

Exodus 17:3-7; 2 Romans 5:1-2,5-8;
John 4:5-42.

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)

MARCH - MONTH OF ST JOSEPH
8TH MARCH 2026
THIRD SUNDAY IN LENT (YEAR A).

Breaking Down Barriers.



Have we ever been asked "Are you hiding something?" It's an uncomfortable question that probably results in a heated denial from most of us; yet most of us are probably hiding something. We might be trying to shrug off a nagging guilt or an unforgiven sin. We might be trying to forget an episode in our lives where we behaved unwisely. We might be trying to cover up the agony of a failed relationship or putting a brave face on a lifetime of loneliness and rejection.

How many of us are covering up the weaknesses and flaws in our character? Most of us are trying to hide something, but at the same time we also acknowledge that burying something isn't the best way to find healing or improvement.

The woman at the well in today's gospel was struggling through life with a great deal of baggage. Firstly she was a woman with bad reputation, related to her promiscuity. Secondly the woman was a Samaritan, a foreigner, and as such, regarded by most as a person to be avoided altogether. But the woman is puzzled by Jesus. He is a man and he is a Jew, in other words, the very last person she would have expected to strike up a conversation. Life had taught the woman to expect something very different. Life had taught her to expect contempt and rejection. Is this why we keep our own failings under wraps? Do we, like the Samaritan woman expect our friends family and work mates to be unforgiving and uncompromising if they knew the real us?

God's love is like a sprinkler system spreading Christ's unconditional life giving water without prejudice or judgement.

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Mass Intentions for week beginning Saturday 7th March 2026

Saturday	6:00 pm	People of the Parish
Sunday	11:30 am	Michael Finegan (RIP)
Tuesday	10:00 am	-
Thursday	10:00 am	Annick Martinet (RIP)
Sat (14 Mar)	10:00 am	Anna Stephen (B'day)
Sun (15 Mar)	9:30 am	Alma Laranjo (Ints)
Sunday	9:30 am	Mercy Ligan (Thanksgiving)
Monday	10:00 am	-
Wednesday	No Mass	
Friday	10:00 am	Fernada Gomez (Anniv)
Saturday	6:00 pm	Jim & Rose Byrne (60th Wed Anniv)
Sunday	11:30 am	Daniel Sheehan (Anniv)

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Lent is the time to unravel all our hidden pain and set it before God. Lent is the time to take a leaf out of Jesus' book, to see the pain in the lives of others and break down the barriers that society has built.

Diocesan News

Dept of Evangelisation Newsletter. A number of copies are available at the back of the church, as well as on the notice board, which detail a large number of events / courses available to help you come closer to God.

Westminster Cathedral Chorister. Are there any boys (Year 4 and 5) interested in becoming Westminster Cathedral Choir boys? If parents would like to find out more about chorister life, please join our next online information session on **Wednesday 11 March 2026 at 6:30pm**. Register here - *https://tinyurl.com/2zsf92j8* Alternatively, contact Rachel Bonnet at 020 7798 908, or e-mail *RBonnet@choirschool.com.*

Make a real difference in someone's life! Caritas Westminster is offering free online training for parishioners who want to volunteer and support people in their local community facing unemployment or financial hardship. More details and sign up here *https://caritaswestminster.org.uk/event/financial-resilience-training-for-volunteers/*

Learn to Pray | Series. Time: 6-8pm. Date: Tuesday 31st March for 5 weeks; Location: (via Zoom)

Explore the Chosen | Workshop. Time: 2-5:30pm. Date: Saturday 18th April. Location: (Victoria) Vaughan House, 46 Francis Street, SW1P 1QN.

For more details of the above and to register to join, e-mail *evangelisation@rcdow.org.uk*

Parish News

Stations of the Cross. During Lent we have the stations of the Cross on Fridays, at **Harrow Road, after the 10:00 am Mass**, and at **7:00 pm at Paddington**.

Understanding suffering. If you want a book to read for your Lenten journey, there are copies of 'Redemptive Suffering' for sale (£8.50 or £11.99 from Amazon) in the repository at Harrow road. The older brother of the author used to be a parishioner here. The author, Chioma Okolla, offers a powerful and compassionate reflection on the mystery of human suffering through the life and final illness of Fr Sylvester Ogbogu. Drawing from Scriptures, Catholic teaching and personal experiences, this deeply moving book reveals how suffering, when united with the Passion of Christ, can become a source of grace, transformation and hope. This book does have the *nihil obstsat* and *imprematur* which are the official Catholic church declarations certifying that the book is free from doctrinal or moral error.

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. It has been announced that our new Archbishop, Richard Moth, will be leading the pilgrimage.
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'.

Marriage Matters

(www.marriagecare.org.uk)

Third Sunday of Lent

(Exodus 17:3-7 Romans 5:1-2, 5-8 John 4:5-15, 19-26, 39-42)

Find our 'living water'

Jesus' message to the woman at the well reminds us of His first miracle at Cana where He changed water into wine. Today, He promises us "living water where we will never be thirsty again…a spring inside…welling up to eternal life". When His grace is poured into us, into our marriages, it can overflow, strengthening us, reaching out to others.

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**.**