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

Parish Mass Book Page 83

Deuteronomy 8:2-3, 14-16;

1 Corinthians 10:16-17; John 6:51-58.

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)

JUNE - MONTH OF THE SACRED HEART OF JESUS

7TH JUNE 2026

FEAST OF CORPUS CHRISTI (YEAR A).

More Like Christ.



When we are children we don't believe that we will ever grow to be obese, or get out of condition; it's something that creeps up on us. The extra pounds that pile on around our waistlines are the result of making wrong choices on a daily basis. Just as we can become physically unfit so we can become spiritually unfit.

When we are young we cannot imagine making wrong choices or poor decisions, but compromise, apathy and temptation creeps up on the best of us. We become focussed on things that don't really matter. If we are not careful, God's values can fall by the wayside with disastrous consequences for our souls.

On the Solemnity of the Most Holy Body and Blood of Christ, we are reminded that in just the same way as we care for our physical diet, so we need to take care of our spiritual diet. We need to make Jesus part of our spiritual diet both in communion and in our daily choices to live as Christians so that we might be spiritually whole. We are invited to feel alive and rejuvenated and ready to impact the world around us.

When we faithfully participate in the Eucharist, the sacrament has the power to influence us and importantly to change us; it can join each of us to Christ and makes us more like him. Today's challenge is to concentrate a little harder about what we are actually doing in participating in the Eucharist, and what we should expect as a result.

Remember the woman healed of her haemorrhage? Jesus asked 'who touched me?' and his disciples replied that with all pressing round, many touched him; but Jesus said 'No—I felt power leave me'. It was the woman who deliberately touched him in faith who was changed and healed of her disease. Do we touch Jesus in Holy Communion with deep faith? Or do we just bump into him through our casual routine of going up to receive the host? When we receive Jesus with a deep faith and trust then that is when He can truly change us.

Mass Intentions for week beginning Saturday 6th June 2026

Saturday	6:00 pm	Ben Hutton (RIP)
Sunday	11:30 am	People of the Parish
Tuesday	10:00 am	-
Thursday	10:00 am	-
Sat (6 Jun)	10:00 am	Josephine Murphy (Anniv)
Sun (7 Jun)	9:30 am	Mrs Irene Hand (RIP)
Sunday	9:30 am	Irene Hand (RIP)
Monday	10:00 am	Sinead, David & Family (Ints)
Wednesday	No Mass	
Friday	10:00 am	-
Saturday	6:00 pm	David Kelly (RIP)
Sunday	11:30 am	People of the Parish

Diocesan News

The **Discovering Chesterton Conference** will take place in Chiswick, London on **Saturday 13th June**. See leaflets at back of church.

More Human: Pope Leo has just published a new encyclical *Magnifica Humanitas*. It speaks about what it means to be human in our time, especially with in the age of AI. Join us for these 3 short workshops to introduce and explore aspects of this timely document with input, as well as reflection and prayer. In St Aloysius Parish Hall, Phoenix Rd, London NW1 1TA, (by Euston Station) Mondays 13 Jul, 21 Sep, 23 Nov, 7.30-8.45pm. All Welcome! Register to attend on *https://tinyurl.com/MoreHuman26.* These workshops will also be online, email *info@fcjecojustice.co.uk* for more information.

The Desert and the Polis: Loneliness as Spiritual Crisis and Political Failure. The Catholic Union is holding a webinar on **15 October** for young Catholics focusing on loneliness as spiritual crisis and political failure. Evidence shows that: "*16-29-year-olds are twice as likely as those over 70 to experience chronic loneliness …. "*. The webinar is aimed primarily at students, graduates, and young professionals. The Catholic Union wants to offer participants the opportunity to have a conversation that takes loneliness seriously as both a spiritual condition and a structural one. The webinar will take place at **6.00pm on Thursday 15 October on zoom**. Those wishing to register should email: *info@catholicunion.org.uk* to reserve their place.

Parish News

Mission Red Box Thank you and Appeal. Next weekend we will welcome Fr Gerry Hastie (Mill Hill Missionary) to give a 'Red Box' Appeal. ***Missio*** is the Pope's charity for world Mission and through the Red Box we support the Church around the World where it is young and in need. Please do consider supporting this important cause by taking a Red Box or signing up to give via Direct Debit.

Papal Encyclical. As well as the diocesan sponsored workshops to help read Pope Leo's Encyclical, the Vatican Dicastery for Promoting Integral Human Development has produced resources to support personal reading, and reflection. I will be printing the introduction and 5 chapters of this resource over the next 5 weeks. The full text of the Encyclical is on the Vatican website at: *https://www.vatican.va/content/leo-xiv/en/encyclicals/documents/20260515-magnifica-humanitas.html*

Walsingham Pilgrimage. The Diocesan Pilgrimage to the Shrine at Walsingham will take place on Saturday 19 September 2026. Please sign up at the back of the church.

This Friday we celebrate the **Solemnity of the Sacred Heart of Jesus**, The diocese was consecrated to the Sacred Heart in 1873, 200 years after Jesus' apparitions to St. Margaret Mary Alacoque in 1673, through whom He asked for devotion to His Sacred Heart.

In the first apparition, Jesus enveloped St. Margaret Mary in a mystical experience of His love. She reported that Jesus "disclosed to me the marvels of His love and the unutterable secrets of His Sacred Heart."

In His second apparition to her, Jesus showed St. Margaret His Heart, "more dazzling than the sun and transparent as crystal." The Cross stood above it, and a crown of thorns encircled it, signifying the wounds it had endured as a result of our sins. Christ told St. Margaret that He wanted to reveal His wounded Heart because He could not abide watching as countless people turned away from Him. He wanted all to experience His love, mercy, and grace, and to attain salvation.

Devotion to the Sacred Heart emphasizes the vastness of God's concern and love for struggling humanity. It serves as a reminder to the sinful and hurting people to trust in His Heart, which so tenderly loves each of us. In the Image of the Sacred Heart, Jesus shows His burning love for us and His desire that we return that love.

Marriage Matters

(www.marriagecare.org.uk)

Corpus Christi

(Deuteronomy 8:2-3, 14-16 1 Corinthians 10:16-17 John 6:51-58)

Feed your love

Without food we die! Our wedding promise was to nourish each other so that we bring life to our marriage. We feed each other in all the little countless ways, but particularly in our tender lovemaking, our talking and listening, support and encouragement, particularly in times of doubt and uncertainty. In these ways our marriage will grow and shine.

Funeral Notices

The Reception and Requiem Mass of the late **Carlos Abraham** will take place on **Monday 8th June at 11:30 am** at **Our Lady of Lourdes Church,** followed by committal at West London Crematorium.

The Reception and Requiem Mass of the late **Dexter Alexander** will take place on **Thursday 25th June at 11:30 am** at **Our Lady of Lourdes Church,** followed by internment at St Mary's Catholic Cemetery.