

OUR PARISH NEWS

DEVOTIONS

Exposition of the Blessed Sacrament: St Gabriel's: Monday 10.30am - 11.00am

St Bernard's: Thursday 10.30am - 11.00am

Saturday 10.30am - 11.00am

Devotion to Sacred Heart (Frist Friday only): St Gabriel's: **Friday** 10.30am -11.00am

Holy Rosary: Monday - Friday: after Mass

Morning Prayer of the Church: Monday - Friday at 9.40am before Mass

February is the month of devotion to the Holy Family

LAST WEEK'S COLLECTIONS: Offertory - £1,126.64

Thank you for your generosity and commitment.

STATIONS OF THE CROSS:

Our **Stations of the Cross** will be at:

St BERNARD'S: Thursdays at 7.30pm,

St GABRIEL'S: Fridays at 10.30am,

following Mass at 10.00am.

Of course you can come to church anytime to make private Stations of the Cross in Lent, or any other time of year. Remember, the door code to St Bernard's is C8645. St Gabriel's is open during office hours: Mondays, Wednesdays & Fridays 9.00am-2.00pm; Tuesdays & Thursdays 10.00am to 2.00pm; Saturday from 5.00pm.

SACRAMENT OF RECONCILIATION IN LENT: Confession helps us to experience the central message of our faith: that God in Christ has redeemed us by His Passion, Death and Resurrection transforming us to live a holy life. The Catholic Church invites its faithful go to the Sacrament of Reconciliation for any mortal sins at least once a year (*Catechism of the Catholic Church, §2042*) Let us *renew ourselves through Reconciliation in this Lent. In our Parish reconciliation service:*

St BERNARD'S: Thursday 9.00am to 9.40am & Saturday 11.00am to 12noon St GABRIEL'S: Wednesdays 10.30am to 11.30 am & Saturdays 5pm to 5.40pm please embrace this opportunity of God's Mercy and Grace.

CARDINAL'S LENTEN APPEAL 2024: If you can, please show your support for the Cardinal's Lenten Appeal. All funds raised go to towards projects across our Diocese. Each year, the Diocese uses donations made to support the work of our services, such as Marriage & Family Life; Youth Ministry, and Education. Funds are also used to support the Work of Caritas Westminster, who work for and with some of the most vulnerable people in the Diocese. His Eminence, Cardinal Nichols, has expressed his gratitude to everyone who support the Appeal, with whatever they can afford. So, please take a donation envelope today, for more information. You can use the QR code to make your donation on line or envelopes for gift-aided offerings; collections on Ash Wednesday and Holy Thursday will be for Lenten Alms. **Next Sunday we will have Lenten Alms collection.** Thank you for your generosity.

CAFOD FAMILY FAST DAY FRIDAY 23 FEBRUARY: COLLECTING PROCEEDS THIS WEEKEND OF 25 FEBRUARY: Lent Appeal from CAFOD, the Catholic Agency for Overseas Development. Have a simple meal on this day and donate the

proceeds to support CAFOD project to provide training to families to combat the effects of climate change in fragile farming environments. Your small act of charity will help change the lives of many affected by extreme hunger. See cafod.org.uk/give.

PLANNED GIVING BOXES: We have started to prepare the new boxes which will start 7 April 2024. Please let the office know as soon as possible if you wish to transfer to a Standing Order or have changed your address or if you no longer want a box of envelopes for your offerings. Thank you.

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 your parish clergy the following details: husband and wife's names, wedding date, full postal address and email (or telephone number, if no email). Deadline for info giving to the parish office is **7 April 2024**.

SVP CONTACT NUMBER: The Parish SVP (St Vincent de Paul) Group, in communion with the Parish Team, continues to coordinate the response to the vulnerable in the Parish. Those needing help with practical assistance or just feeling isolated can contact our SVP members on **+447596462206**.

HOLY FATHER INTENTIONS FOR FEBRUARY: For the terminally ill: Let us pray that the sick who are in the final stages of life, and their families, receive the necessary medical and human care and accompaniment. Let us pray for all our parishioners who are terminally ill and need Lord's touch!

CHANGES IN RECONCILIATION TIME: Please take note the changes in Reconciliation time: **St BERNARD'S:** Thursdays 9.00am to 9.40 am and Saturdays 11.00am to 12noon. **St GABRIEL'S:** Wednesdays 10.30am to 11.30 am and Saturdays 5.00pm to 5.40pm.

WESTMINSTER YEAR BOOK 2024 – There are few copies available at the Parish Office.

READERS FOR YOUR PARISH: The best way to serve the church community is to come forward to read at mass. We thank all our readers, altar servers, volunteers all those who are offering their service. We invited all those who are interested to become Readers for Mass. We are making Rota for each Sunday mass in both St Bernard's and St Gabriel's Church. Our little way to help our church is to offer ourselves to read, arrange, help and clean our church. Please call parish office to give your name as volunteers to read, serve the church.

CALLING ALL SINGERS/MUSICIANS! MUSIC FOR SUNDAY MASS: *"Be filled with the Spirit, 19 addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart, 20 always and for everything giving thanks in the name of our Lord Jesus Christ to God the Father."* **(Ephesians 5:19-20)**. The one who sings with love prays twice. That reminds us how important music is to our worship and how, like anything valuable, it needs to be constantly renewed and developed. For the foreseeable future our Sunday Mass schedule is remaining as it is now, and we want to build up the music. A GREAT WAY TO OFFER A MINISTRY TO YOUR PARISH IS TO COME AND JOIN THE SINGERS TO LEAD MUSIC AT THESE MASSES. Speak with the clergy if you can offer your talent in this way...and don't be shy!

MISSIO" RED BOXES: We thank Linda Roxas - our parish representative of MISSIO, for volunteering to take Missio Red Boxes for the parish. You may wonder how can you help. For more information visit missio.org.uk or

Speak with one of the clergies. We have more Red Boxes in stock. Ask at the office or at the sacristy at St Bernard's. Thank you for supporting *Missio*. See posters in church for details. Envelopes for Gift Aid donations are in the foyer. All donations go to the Universal Solidarity Fund to support developing or impoverished Catholic communities around the world. For more information about World Mission Sunday, visit <https://missio.org.uk/wms>

SOME FINANCE MATTERS:

1) THANK YOU! GIFT AID TAX RECLAIM: We have now received all our Tax Reclaims for 2023, coming to a total of **£16,076.53**. Thanks to everyone who has signed a Gift Aid Declaration which makes it possible for us to claim this money. If you are a taxpayer and don't currently Gift Aid your donations, please consider this. Forms are available in the foyer of church and on the website <http://parish.rcdow.org.uk/harrowsouth/donate>. *(Also, should you cease being a tax payer, please let the office know).*

2) DONATE BY STANDING ORDER: Would you consider donating your offering by Standing Order instead of cash? If so, there's a form in the foyer or just ask for advice from the office or the clergy. Standing Orders make it easier to keep track of your outgoings, easier for the parish to plan what our income is, and easier and more secure as we handle less cash.

3) CONTACTLESS MACHINES: The contactless machines at both churches are working with Wi-Fi changes. You can contribute your offertory now with Dona app. ***Thank you to everyone for your commitment and generosity in hard and uncertain times.*** We would like to invite parishioners to use our contactless (DONA) machine for your contributions.

SACRAMENTAL PREPARATION IN OUR PARISH:

Families and candidates should not come with particular expectations or sense of entitlement to what should happen when: candidates should come to the sacraments when they are ready, and the first step to being ready is that habitual Sunday worship in line with the "Obligation" should be the established norm for the families of small children - and the children be part of this - or chosen personally by those of teenage years and above. After that, we can start to look at the base on which to build.

If you have any questions or observations, contact Fr Raja Sebastian.

VOLUNTEERING IN THE PARISH: As things move on from the Covid period, it is important to keep an eye on all the nuts-and-bolts things that keep our churches running:

Cleaning and grounds care: Church cleaning is a really useful gift to offer your parish, and is also a great aid to spiritual life as we care for the place of worship. Cleaning teams currently meet for an hour on occasional Saturday mornings at 8.30am. There will also be occasional cleaning sessions on Fridays at St Gabriel's after 10am Mass. Can you join? Many hands make swift and light work. Please contact the Parish Office to be added to the contact email list. Similarly, there is now an enthusiastic team to give occasional care to the grounds of our sites. This provides a time of fellowship and a real sense of achievement! Could you join the team? Contact Parish Office as above.

Welcomers (Stewards): You can offer yourselves serving the Lord and community by becoming welcomers for each Sunday masses. We want to welcome everyone coming to celebrate the Eucharist by providing book and newsletters to the celebration. Those who are interested, please give your names calling the parish office.

OTHER NEWS

DIVINE MERCY LENTEN RETREAT: The Divine Mercy Apostolate, London is holding a Divine Mercy Lenten Retreat **on Saturday 16 March 2024 from 1:30 pm - 4:30 pm** at St Scholastica 17 Kenninghall Road Clapton London E5 8BS
The Retreat will include teachings on the Message of Mercy, Stations of the Cross, Holy Mass, Hour of Mercy with Adoration and Benediction and Veneration of the Image of Merciful Jesus. All Welcome. Please call Millie on 07957594646 for more information

VOLUNTEERING FAIR: Caritas Volunteer Service will hold a volunteering fair on Saturday, 9 March, 3pm - 5pm, at Westminster Cathedral Hall. This is a chance for anyone in the diocese who feels they are called to give of their time and energy, to come and meet representatives of charities who are recruiting volunteers. Find out more here: <https://caritaswestminster.org.uk/event/volunteering-fair-2/>

INCLUSIVE MASS: Caritas St Joseph's regularly support inclusive Masses. These Masses will celebrate the gifts of all people and are for **everyone**, and especially those who have learning disabilities, their friends and families. The next Mass takes place in Enfield on 9 March. Find out more here <https://caritaswestminster.org.uk/events/>

WESTMINSTER DIOCESE ANNUAL REPORT & ACCOUNTS 2022: A copy is available in the Parish Office, and a summary at the back of church. If you wish to read further the details financial report for the diocese, and an activity report, see the poster in church for a QR code link, or visit www.rcdow.org.uk/about-us.

GOOD COUNSEL NETWORK CAMPAIGN INFO: "There have now been over ten million abortions in Great Britain since the Abortion Act was passed 55 years ago, in October 1967. With this terrible number of lives lost, please pray and fast for the end of abortion in this country. GCN have sent a link to an article about the 10 million abortions that have taken place in Britain since the Abortion Act was passed on 27th October 1967. Also see what you can do to help end abortion. Please also share the article: <https://mariastopsabortion.blogspot.com/>. There are cards in the foyer to help you get involved.

PILGRIMAGE TO FATIMA: A DAY WITH MARY organises pilgrimage to Fatima from **Friday 7th June to Friday 14th June 2024. COST £ 870 .00/ per person, twin room (T). £ 950 Single room (S).** All rooms are en suite. DEPOSIT £ 300 to be sent with the booking application. Confirmation will be sent by post (or e-mail if preferred and indicated). Bank transfer also acceptable. This pilgrimage cost includes British Airways Return flight: London Heathrow – Lisbon- London Heathrow and chartered coach travel with 6 Days full board accommodation, 1day Half board. Booking Form with full details available on request or at www.adaywithmary.org

NEWS FROM "RETRouvaille"; A PROGRAMME FOR COUPLES STRUGGLING IN THEIR MARRIAGES:

Help Your Marriage – Do you feel alone? Are you frustrated or angry with each other? Do you argue ... or have you just stopped talking to each other? Does talking about it only make it worse? Retrouvaille is a programme to support couples who have difficulties in their marriage. It brings a positive focus, new hope and helps nourish and grow your marriage. Tens of thousands of couples headed for divorce have successfully saved their marriages by attending and using the tools provided. The programme helps spouses uncover or re-awaken the love, trust and commitment that originally brought them together. It helps them through difficult times whether they are disillusioned or in deep misery. There is no group therapy or group work. For confidential information about 'Retrouvaille' or to register for the next programme commencing with a weekend in Welwyn Garden City on 14-16 June 2024, call or text 07887 296983 or 07973 380443 or email retrouvailleukinfo@gmail.com - or visit www.retrouvaille.org.uk

Retrouvaille – Do you need help in your marriage? Retrouvaille has helped many couples find new hope, nourishment and growth in their marriages. If you want to uncover or reawaken the love, trust and commitment that brought you together and work through difficult times in your marriage contact Retrouvaille confidential for more information about our 2024 programmes. There is no group therapy or group work. Our next programme commences with a weekend in Welwyn Garden City on 14-16 June 2024. Call or text 07887 296983 or 07973 380443, email retrouvailleukinfo@gmail.com - or visit www.retrouvaille.org.uk

Rediscover Your Marriage – Retrouvaille offers you the chance to rediscover yourself, your spouse, and a loving relationship in your marriage. 10s of 1000s headed for divorce have successfully saved their marriages by attending and using the tools provided. There is no group therapy or group work. The next programme commences with a weekend in Welwyn Garden City on 14-16 June 2024. Call or text 07887 296983 or 07973 380443, email retrouvailleukinfo@gmail.com - or visit www.retrouvaille.org.uk

CELEBRATE Trust is a Catholic ministry that inspires and equips people of all ages to live an authentic Christian life in the power of the Holy Spirit, in support of the family, to form the next generation and encourage local community. Just download the Advent Family & Matchbox Manger and share the joy.

THE SECRETS OF ST PAUL: reflection on life of St Paul: An opportunity to reflect on the life of St. Paul, as a model missionary disciple via a 10-WEEK Zoom course run by Mission Northampton from Wednesday **10th January 2024 to Wednesday 20th March 2024** (7.30-9pm) <https://northamptondiocese.org/courses/secrets-of-paul-online/>

HOME FOR UKRAINE MATCHING SERVICE: Caritas Social Action Network, in partnership with St John of God Hospitaller Services, an international Catholic charity with many services for the vulnerable in the UK and Ireland, are matching Ukrainian people displaced by the brutal war with people in the Catholic community willing to host them in their homes for six months. If you have room in your home and in your heart to consider welcoming a stranger displaced by war, then we'd love to hear from you. Please visit <https://sjog-homesforukraine.uk/> for more information.

ESCORTED PILGRIMAGE TO KNOCK & Co Mayo, 10th March 2024. £899.00 pps. Price includes flight, 10kg hold luggage, 5 nights' in 4* Castlecourt Hotel, Westport with Dinner, Bed & Breakfast. Lunch on three days. All entertainment, excursions and transport included. Visit Knock, Galway City, Kylemore Abbey, Croagh Patrick & Ashford Castle. Single supplement on Enquiry. Contact Patricia or Natali on 01268 762 278 or 07740 175557 or email knockpilgrimages@gmail.com.

SPREAD THE PRO-LIFE MESSAGE: SPUC: We need your help to broadcast the pro-life message loud and clear across all platforms and to everyone you meet. We want to build a culture of life. People need to know the facts about abortion and to hear the pro-life case.

- 1. Leafleting Teams:** Could you join one of our leafleting teams? To make sure everyone gets the pro-life facts, we have to go back to what every political organisation or campaigning charity does and deliver them to people's doorsteps.

2. **Social Media:** Could you be one of our online advocates? Follow @SPUCProLife and @SPUCScotland on Facebook, Twitter, Instagram and YouTube and don't be shy about standing up for what you believe in. Are you a content creator? If you are, why not create something that speaks for the pro-life cause and share it with us?
3. **WHITE FLOWER APPEAL 2024:** The society for the Protection of Unborn children (SPUC) vision is for a world where abortion is unthinkable. This year appeal calls for the Government to end the pills-by-post DIY abortion policy. As well as ending the lives of precious babies, this policy lacks safeguards against illegal late-term abortions, and puts mothers at physical and psychological risk. 86% of GPs are concerned that this scheme leaves women vulnerable to coerced abortion. Please be as generous as you can to help SPUC defend unborn babies and their mothers by highlighting this urgent crisis.

“RIGHT TO LIFE UK” NEED OUR HELP: RTL writes: You may have heard about the recent tragic case of a woman being sent abortion pills by the abortion provider, BPAS, who had not accurately established the gestation of her baby, Lily, who was then aborted at between 32 and 34 weeks, which is around 8 months gestation. Rather than take responsibility for sending out abortion pills 22 weeks beyond the legal limit for at-home abortions, BPAS is running a major campaign to fully ‘decriminalise’ abortion, which would introduce abortion up to birth!

ABORTION TIME LIMIT AMENDMENT - RIGHT TO LIFE UK: Ask your MP to support the abortion time limit reduction amendment

Support an amendment to reduce our abortion time limit from 24 weeks to 22 weeks. Research indicates that a significant number of babies born at 22 or 23 weeks can now survive outside the womb, leaving a contradiction in our abortion law.

Take action: Collect a postcard today from the back of the church and post it to your MP urgently in support of this amendment!

COULD YOU BE A FOUNDATION GOVERNOR AT A CATHOLIC SCHOOL? Foundation Governors are appointed in the name of the Archbishop and form the majority of the governing body of a Catholic school. They have a legal duty to preserve and develop the Catholic character of the school and to ensure that the school is conducted in accordance with its trust deed.

Governing boards have three core functions:

1. Ensuring clarity of vision, ethos and strategic direction;
2. Holding executive leaders to account for the educational performance of the organisation and its pupils, and the performance management of staff; and
3. Overseeing the financial performance of the organisation and making sure its money is well spent.

The ministry of Foundation Governor is an important one, because the Catholic character of our schools depends on committed Catholics being willing to undertake this service. The Archbishop is therefore very appreciative of all those who offer to assist him in this vital task. Because of our baptism, all Christians are all called to serve the Church’s mission.

General Criteria: To become or remain a foundation governor, a person must be and remain: a practising Catholic; providing education for his or her own children, if of school age, in a Catholic school or college (unless exceptional circumstances apply); able to give priority of attendance at meetings of the governing body to ensure representation of the Archbishop; in possession of a valid DBS disclosure certificate. To become or remain a foundation governor, a person must not be disqualified from becoming or remaining

a governor in accordance with: the current School Government Regulations (or the college's Instrument of Government); the Charities Acts; and the Criminal Justice and Court Services Act 2000.

Specific Criteria: In respect of the school or college for which a person is or is to be a foundation governor, he or she must not at any time be: related to any member of the school or college staff, teaching or non-teaching; related to any governor whether elected, appointed or ex-officio, of the school or college; employed (whether as a teacher or otherwise) at the school.

A person (other than the parish priest) will not normally be re-appointed as a foundation governor of a particular school or college if he or she has just completed three consecutive terms on that particular governing body.

WELCOME TO YOU CAN UK: We are a religious group for practicing young Catholic adults in the UK, and stay in touch through a network of WhatsApp Groups. Our simple mission is to connect all young Catholic adults with one another. No one can practice their Faith on their own! Within the YouCAN "family" are: **YouCAN** for young Catholic adults between ages 18 and 35; **YouCAN+** for Catholics between ages 30 and 45; **YouCAN Families** for Catholic families with children under 18 years. For more information you see <https://youngcatholicadultnetwork.uk/>

COST OF LIVING HUB: The rising costs of fuel, food and other essentials are combining with existing disadvantage and vulnerability within our communities to put many households at greater risk of both immediate hardship and reduced opportunity and wellbeing. Councils and local partners have delivered remarkable services and support and will continue to do what they can to protect people against higher costs, targeting help at those facing the most complex challenges. This hub has been designed to share best practice and help councils to support their residents with the rise in the cost of living. Examples of the work of councils and resources can be found for each topic area in the pages below. We will be updating the hub on a regular basis. If you would like your council's work featured please email welfare@local.gov.uk.

INTRODUCING CATHOLIC LISTENERS: Catholic Listeners; Diocese of Westminster, a new confidential listening helpline has been set up for those who are returning to the faith. The number is 0800 448 0704. This service is based on the Landings ethos of compassionate listening. Although not a counselling service, they have a professional team trained on signposting to other services and agencies. They aim to help those in need of a safe space to talk. For further information please contact Ade at Catholiclisteners@gmail.com. Last month Catholic Listeners launched a website to respond to people, who are searching for answers about the Catholic faith online. Catholic Listeners: <https://www.jesuit.org.uk/news/catholic-listeners-launch-next-phase-with-new-website>



Support our parish.

You can make a donation to the parish by scanning the QR code or making a card payment on the card machine at the entrance of both of our churches.