NEWS
**Nineteenth Sunday in Ordinary Time** 9 August 2026

## 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 of Jesus (First Friday only):** St Gabriel's: 10.30am - 11.00am

**Devotion to the Immaculate Heart of Mary (First Saturday only**)
St Bernard's 10.30am - 11.30am

**Holy Rosary:** Monday - Friday: after Mass

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

**Our Lady Queen of Peace Prayer Group**: St Bernard's: Monday 6.30pm.

**August the month of prayer to the Precious Blood of our Lord**

**LAST WEEK OFFERTORY COLLECTIONS: £954.48**
*Thank you for your generosity and commitment.*

**AUGUST BREAK:** As is traditional throughout August, the choirs and musicians will be resting their voices; our floral artists will rest their green fingers; the Repository Shops will take an opportunity to re-stock. This gives all those involved with these ministries a break over the Summer period to attend Mass without other responsibilities. We are grateful to them for their continued contribution to parish life.
Can you volunteer too?

**ST GABRIEL'S MONDAY CLUB**: Our St Gabriel's Monday club will gather on coming Monday 10th August 2026 at St Gabriel's Church hall from 1pm to 3pm for the elderly of the parish. They gather together every Monday afternoon to play bingo, share some time together with some tea and coffee. Come and join us in friendship.

**SPIRITANS FATHER MISSION APPEAL**: Spiritans mission is the evangelisation of the "poor" (Lk 4:18). Therefore we, Spiritans, go especially: to peoples, groups and individuals who have not yet heard the message of the Gospel or who have scarcely heard it, to those whose needs are the greatest, and to the oppressed. We willingly accept tasks for which the Church has difficulty in finding workers. The Spiritans will come to our church for appeal on 6th and 13th September 2026.

**DIOCESAN PILGRIMAGE TO WALSINGHAM:** The annual diocesan pilgrimage to the Shrine of Our Lady at Walsingham will take place this year on **Saturday, 19 September 2026.** There will be a bus going from our Church. We have booked a coach! Those who are interested to go for pilgrimage, please call parish office for booking and further information.

**QUEEN OF PEACE PRAYER GROUP**: The Queen of Peace prayer group has started their prayers on Mondays at St Bernard's Church at 5.30pm every week. Those who are interested to join them and pray for world's peace, you are most welcome.

## CATECHESIS: Information and news

**BAPTISM of INFANTS:** Expectant parents, or parents of new-born children are asked to register your name by calling parish office for baptism class. After attending the baptism class, you can contact Fr Raja after the Sunday Mass or send an email in order to know next steps to arrange Baptism.

*Our next baptism class will be on Sunday 9th August at St Bernard's Church Hall at 3pm.*

Please call parish office to book your name for the NEXT class.



**FIRST HOLY COMMUNION 2027**: For Children who will be in Year 3 in September 2026, application for the Holy Communion programme is now open and application forms can be collected at the parish office. Acceptance into the programme depends on already established habitual practice of the faith in the parish.



**SACRAMENT OF CONFIRMATION 2027**: For children in Year 9 or above in September 2026, Registration for the programme is now open, and forms can be collected in the parish office. Please call the parish office to find more details.

**THE HOLY FATHER'S PRAYER INTENTIONS FOR AUGUST**:

**For Evangelization In the city -** Let us pray that in large cities, often marked by anonymity and loneliness, we find new ways to proclaim the Gospel, discovering creative paths to build community.

**Of your charity, pray for the souls of those whose anniversaries occur at this time, among them:**

*Edith Powers; Aleksander Glebski; Paddy Regan; Vareed Edassery; Serena De Melo; Yong Lan Lee; William Corcoran; Eddie Wambeek; Lee Yoon Lan; Thomas Desmond; Douglas Bradie; Pat McDermott, Kenneth Baptiste; Anthonypillai Soosaipillai; Michael Nally; Sarah Rogers; Emily Ero; Kathleen Porter; Martha Jacobs; Michael Corcoran; Adrian Goves*

**ETERNAL REST GRANT UNTO THEM O LORD!**

**EDWARD NOLAN (RIP):** Edward Nolan passed away on Monday 13th July 2026. Her Funeral Mass will be on Wednesday 12th August 2026 at 11.00am at St Bernard's Church. Please remember him in your prayers.

**AMANDA WONG (RIP):** Amanda Wong was one of our faithful parishioners. She passed away on 26th July 2026. Her funeral mass will be on Monday 10th August at 10am at St Gabriel's Church. Her funeral service will be on 13th August 12 Noon at Breakspear Crematorium. Please remember her in your prayers.

## PARISH OFFICE HOURS & CHURCH OPENING TIMES:

**Parish office hours**: only on Monday, Wednesday, Friday from 9am to 2pm.
**Church opening hours**: *The church will be opened for prayers, during the Parish office hours and on Tuesdays & Thursdays from 10am to 1pm*.

**SVP SUMMER RAFFLE** – SVP summer raffle tickets are available for sale (£1 per ticket). This contribution goes towards SVP help and daily support to people in need in our community.

**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**.

**GABRIEL'S TABLE TENNIS CLUB**: The sessions are normally on **Tuesdays and Thursdays at 7 to 9pm** at **St Gabriel's Church Hall.** We have started table tennis for youth and children on **Saturdays 1pm to 3pm.** During funerals and hall hired by parishioners, we will not have table tennis games. Come and enjoy the game!



## THIS SUNDAY Reflection: POWER OF GOD

*I was a neurotic for years. Anxious, depressed, selfish. And everyone kept telling me to change. And I resented them, and agreed with them, and wanted to change, but simply couldn't, no matter how I tried.*
*What hurt the most was that, like the others, my closest friend kept urging me to change. So I felt powerless and trapped.*
*One day he said "Don't change. I love you as you are." Those words were music to my ears: "Don't change. Don't change. Don't change... I love you as you are."*
*I relaxed. I came alive. And, suddenly, I changed!*

*Song of the Bird—Tony de Mello*

**First reading (1 Kings 19:9a, 11-13a):** In the first reading, Elijah hides in a cave, tired and afraid of his enemies. A heavy wind, an earthquake, and a fire pass by, but God is not in them. God speaks in a small, gentle whisper, reminding us that God works closely and quietly in our hearts.

**Second reading (Romans 9:1-5):** St. Paul feels great sorrow and pain for his own people who do not yet know Christ. Paul cares so deeply that he wishes he could carry their burden himself.

**Gospel (Matthew 13:22-33):** In the gospel today, The disciples face a hard wind and high waves in their boat. Peter walks on water to reach Jesus, showing great initial trust. Peter looks at the strong wind, gets scared, and begins to sink. Jesus catches Peter immediately and reminds him not to doubt. When life gets hard, keep your eyes fixed on Jesus instead of your problems. Slow down and quiet your mind so you can hear God's gentle whisper. When you feel weak or overwhelmed, just say, "Lord, save me", and He will reach out His hand. Whether we are paralyzed by exhaustion like the prophet Elijah, battling the fierce headwinds of personal crisis like the disciples in the boat, or carrying the heavy burden of heartbreak like St. Paul, these scriptures remind us that our God is a God of rescue, intimacy, and profound mercy.
These readings invite us to trust God through life's storms. Elijah finds God not in loud forces, but in a quiet whisper. Peter walks on stormy waters toward Jesus, learning that fear grows when we look at the wind, but safety returns when we cry out for His hand.

**CALLING ALL SINGERS/MUSICIANS! MUSIC FOR SUNDAY MASS:**
The one who sings with love prays twice. 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!



**SAFE ENVIRONMENT**: As we are required to provide safe environment for all to worship in our parish. Please parents do not let your children (below 18 years) to use the toilet facilities unattended.

**BE AWARE OF EMAIL FRAUDSTERS**: There is a rise in scam emails targeting our parishioners. These emails impersonate the parish priest, often using a similar email name and masking the real email address. They typically request the recipient to purchase Amazon or other gift cards as gifts for the priest.
Never to purchase gift cards as gifts for the parish priest, based on an email request, unless they have verified the request directly in person or through a trusted means. Please double-check any suspicious email by directly contacting the parish office. Please avoid sharing personal or financial information in response to unsolicited emails.

**DEVOTION TO THE IMMACULATE HEART OF MARY:** On the 13th May 1917, Our Lady first mentioned devotion to her Immaculate Heart to the children of Fatima saying "You have seen hell, where souls of poor sinners go. To save them God wishes to establish in the world devotion to my Immaculate Heart. If what I say to you is done, many souls will be saved and there will be peace." On the 10th December 1925, Our Lady appeared to Lucia detailing how devotion to her Immaculate Heart was to be practiced. Confession, Rosary, Mass and Meditation are the 4 requirements to fulfil the devotion.



**Four Practices to fulfil the Five First Saturday's Devotion:**
1) **Confession:** Make a good confession. the Sacrament of Penance helps us to prepare us to receive fruitfully a Communion of reparation, removing those obstacles to our love for Jesus and Mary".
2. **Communion**. You should attend Holy Mass and receive Holy Communion with the intention of offering reparation for the offences against Our Lady's Immaculate Heart.
3. **Devote recitation and meditation on the Mysteries of the Rosary**: in Our Lady's company: "You can do this any time on the First Saturday. If possible, a special time to do this is after Mass and receiving Holy Communion.
4. **Reparation:** All of the conditions mentioned above – in numbers 1 to 3 – should be

fulfilled with the intention of making reparation to the Immaculate Heart of Mary. These minimum requirements for fulfilling the conditions of Our Lady's promise to obtain for us "at the hour of death the graces necessary for salvation." We have first Saturdays' devotion to the Immaculate Mary **at St Bernard's Church at 10am.**

## OTHER NEWS

**ST RAPHAEL'S PRIMARY SCHOOL - Applications for Reception 2026-2027**
We are still accepting applications for admission to Reception in September 2026. If you have a child who will be 4 years old by 31st August 2026, you are welcome to apply for a primary school place for September 2026. Visit website: https://www.st-raphaels.org/admissions/.
If you would like to book a visit, please telephone the school office (0208 8410848).

**SACRED HEART LANGUAGE COLLEGE** - Open Evening / Open Morning at The Sacred Heart Language College (Wealdstone): Those wishing to apply for a place in Year 7 for September 2027 are invited to visit the college during one of our Open Sessions on the following dates:
Open Evening: Tuesday 8th September 2026, 6:00 p.m. – 8:30 p.m.
Open Morning: Thursday 17th September 2026, 9:00 a.m. – 10:30 a.m.

**All Saints Catholic Academy Trust and John F Kennedy – Careers Event** All Saints Catholic Academy Trust is working with John F Kennedy (Hemel Hempstead) and St Joan of Arc (Rickmansworth) Catholic Secondary Schools to host a collaborative Year 12 Careers Event to prepare our students for the future of work. We are seeking financial sponsorship from local businesses to deliver a high impact experience. Whether you are a parent, governor, parishioner, local business owner, you can support us by:

- Sponsoring the event or funding a workshop
- Connecting us with a business contact, introduction, or lead.

Sponsors will benefit from direct brand exposure to thousands of local families, networking opportunities, and access to top future talent. Please contact governance@ascat.co.uk if you are interested in supporting

**Retrouvaille:** Designed specifically for severely troubled marriages, couples on the brink of separation, or those already divorced who want to try again.
**When Love needs First Aid - couples in crisis**
When we experience marital stress, we need help to move from isolation toward renewed communication, consolation, and hope. https://rcdow.org.uk/news/when-love-needs-first-aid/

**OPPOSE ASSISTED SUICIDE** - UNITE IN PRAYER AND COMPASSIONATE ACTION
The Terminally Ill Adults (End of Life) Bill is back in the House of Commons and seeks to legalise assisted suicide. This would undermine the sanctity and dignity of human life. We are against this Bill in principle and it remains deeply flawed and dangerous in practice. There will be a vote on Friday, 11 September 2026 – please contact your MP asap.

**Faith Sharing Group Leaders' Gathering**
**Saturday 12th September**
**2:00-5:00pm**
**St Monica's, Palmers Green**

This day is particularly aimed at current or aspiring Faith Sharing Group Leaders, as we will have a first look at autumn's Faith Sharing Resource and hear about how Faith Sharing Groups work in different parishes. During the day there will also be the opportunity to tell us about the support your parish would need to establish or develop Faith Sharing Groups.
For more information and to book please scan:

**Called to Serve Day**
**Saturday 4th October,**
**10:00am-4:00pm, SPEC Youth Ministry Retreat Centre, Pinner**

This day, led by the Agency for Evangelisation, Caritas Westminster and Westminster Youth Ministry is for all currently or wishing to be involved in catechesis, youth work or social action. To book, please scan the QR code or email catadmin@rcdow.org.uk
£10 suggested donation.

**SOME FINANCE MATTERS:**

**1) 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.

**2)CONTACTLESS MACHINES:**
We would like to invite parishioners to use our contactless (DONA) machine for your contributions. You can contribute your offertory now with Dona app. ***Thank you to everyone for your commitment and generosity.***

**DONATION TO THE 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.