



Diocese of Westminster

Our Lady, Queen of Apostles

Served by the Society of the Divine Vocations - Vocationists

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Parish Priest: Fr Luigi Morrone, SDV

Assistant: Fr Ritche Podador, SDV

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The Office is open to the public on Monday, Tuesday, Thursday, Friday 9 AM to 1 PM

6th March 2022 – First Sunday of Lent



Lent is the proper time for conversion, is the time when we set off on a journey that will us from darkness to light, from being self-centred to focusing ourselves on the glory of God. We embark on this journey that will last forty days, and as we journey we will follow Christ who is always the example upon which we ought to model our lives. Our Lenten journey begins with the account of the temptations of Jesus as told by Luke in his Gospel. Jesus has just been baptised in the Jordan and He is led by the Spirit to the desert where He is tempted for forty days. This time is a preparation for what He will have to face in His ministry as well as showing solidarity with us who face temptations regularly. We know that when we fall to sin we become its slaves and that when we enter into

this system we cannot abandon it overnight, it takes time and even then as we try to better ourselves, we see that we face even more temptations and tests. That is because temptations need to happen, we must face them as these are the mean by which our faith is put to the test. In a way, the temptations we face become the verification process of our conversion but also of who we are and to whom we belong; Christ faced three temptations in the desert and all of them focus on his identity and His sonship. The temptations He faces may feel awkward as these feel out of time and out of touch as who would turn to stones for food, or go on the top of a building to see if God will save us, or even go on top of a mountain to desire to conquer the world? We learn from Christ's words and attitude towards these temptations as the devil always introduces them with "If you are the Son of God...", Jesus does not need to put His being the Son of God to the test because He knows He is and also has trust in the Father. It is in showing our faith in the face of temptation that we become children, spouses, and true Christians. We need to allow Christ to accompany us in these moments of temptations and with Him abandon ourselves to the arms of the Father. Have a blessed Sunday and a good week ahead!

Fr Luigi

***** PLEASE MAKE SURE YOU TAKE THE NEWSLETTER WITH YOU*****

**PLEASE MAKE SURE YOU FOLLOW THE NHS GUIDELINES
IN PREVENTING THE SPREAD OF CORONAVIRUS.**

IF YOU SHOW ANY OF THE SYMPTOMS PLEASE DO NOT COME TO CHURCH

Diocese of Westminster Reg. Charity No 233699

Vocationists Reg. Charity No 1135796

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[Our Lady Queen of Apostles Heston](https://www.youtube.com/OurLadyQueenofApostlesHeston)



[@olqaheston](https://www.instagram.com/olqaheston)

NOTICES

COLLECTION: Last Sunday's Collection was £849.04 (Loose Plate £562.04 - Envelopes £287.00). *May God bless you and reward your generosity!*

LENTEN ALMS: During Lent, you can leave your Lenten alms donations in the Donation Box which will be located by the Baptismal Font. If you wish to gift-aid your donations envelopes are available from the office. All donations will go towards the Cardinal's Lenten Appeal.

FACE-MASKS: Please make sure you wear a face mask or a face covering when attending Mass.

MASS BOOKINGS: As of this Sunday and with the lifting of restrictions there is no longer any need for Track & Trace and therefore you will no longer be required to book your place(s) at Mass nor you will be asked to Check-In when you come into Church.

BARBARA PUZEY RIP: Of your charity please pray for the Eternal Rest of Barbara Puzey who passed away on 24 February. More details about the funeral will be given once arrangements have been made.

PILGRIMAGE TO ITALY: We have no more places available for the Pilgrimage to Italy for the canonization of Blessed Justin Russolillo. If you have confirmed your participation you can now pay a £200 deposit, you can do it by cash or cheque payable to Vocationists Heston, if you want to pay by Bank Transfer please contact the Parish Office, please also provide a copy of the front page of your passport and also vaccination certificate (booster) as it is requested at the moment by the hotels to finalise the booking, this may change by May.

CARDINAL'S LENTEN APPEAL: This year, we celebrate 10 years of Caritas Westminster, the social action agency of the Diocese, working with parishes to restore hope, and enable people to lead a life of dignity. Funds raised in this year's Cardinal's Lenten Appeal will be shared between parishes and Caritas Westminster. The effects of the pandemic are making daily life harder for all. Price rises mean many families face an impossible choice: HEAT or EAT? The Church is responding, with thousands of people putting their faith into action by serving those in need. Cardinal Nichols has expressed his gratitude to everyone who supports the Appeal, with whatever they can afford. Just as a mosaic is made up of many different coloured pieces, each one unique, each person's contribution to this mosaic of hope will bring light into the lives of people across our Diocese. Please take a donation envelope. You can use the QR code to make your donation online. Thank you for your generosity.

CAFOD - This Family Fast Day, we remember that many people need our love and support all around the world. Children experiencing malnutrition like Amie's daughter Lombeh did in Sierra Leone or as we are seeing now in Ukraine, families affected by conflict. Your small act of love can make big things happen. Donations to CAFOD this Lent will reach families around the world, enabling local experts to provide support to families in times of need or conflict. You can donate in church using a CAFOD envelope or by visiting the CAFOD website: cafod.org.uk/lent

HELP FOR UKRAINE: We are all witnesses of the atrocity of the war taking place in Ukraine and the suffering this is causing to our brothers and sisters. We want to offer all the help we can that is why we are collecting goods that are urgently needed at this time, check the notice board and our social media to see what is needed. If you can deliver any of these directly to the Collection Point in Twickenham, please contact the Office for further details.

THE BIBLE IN A YEAR PODCAST, Fr. Mike Schmitz walks you through the entire Bible in 365 episodes, providing commentary, reflection, and prayer along the way. With this podcast, you'll finally understand how all the pieces of the Bible fit together to tell an amazing story that continues in your life today! Each episode is 20-25 minutes long and will allow you to read the ENTIRE Bible, feel more confident about your understanding of Scripture, experience the transformative power of God's Word in your daily life and start seeing the world through the lens of Scripture. For more information follow go to <https://bibleinayear.fireside.fm/>

ALTAR SERVERS ALBS: Thanks to your help and generosity we have raised £2931.06. May God bless and reward you.

ANNUAL MASS OF THANKSGIVING FOR THE SACRAMENT OF MATRIMONY: Westminster Cathedral, Saturday 14th May 2022 at 3 pm. 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 2022. 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).

VOLUNTEER FOR CAFOD- A vital aspect of the church is people being willing to share their talents, experience and energy. Could your New Year's resolution be volunteering for CAFOD? We have lots of different ways you can get involved such as: **In the parish** - where you will be highlighting CAFOD's work to support communities globally who are living with injustices and in poverty. **In local schools** - where you'll deliver assemblies and workshops about CAFOD's work. No experience is necessary. Full support, resources and regular training provided. DBS Check & references part of the application. **Coordinating volunteers** to help us support, encourage and bring together a small group of volunteers. If you'd like to know more, please get in touch with Tony tsheen@cafod.org.uk

| March 2022 | TIME | MASS INTENTION |
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| Saturday 5th | 7:00 pm Vigil Mass* | Sylvester and Rosada Baptista RIP |
| Sunday 6th 1st Sunday of Lent | 9:00 am Mass 11:00 am Mass* 5:30 pm Mass | Elisa Botelho, Thanksgiving Joseph Rozario RIP Francis Louis D'Souza RIP |
| Monday 7th | 9:30 am Mass 7:00 pm Mass | Helena Niedzwiedzka RIP Evaristo Conceicao, Felix Pereira and Juvenal Braganca RIP |
| Tuesday 8th | 9:30 am Mass 7:00 pm Mass | Helena Niedzwiedzka RIP Domingos and Deodita Quadros RIP |
| Wednesday 9th | 9:30 am Mass 7:00 pm Mass | Peter and Philomena D'Souza RIP Souls of the Botelho family and friends |
| Thursday 10th | 9:30 am Mass 7:00 pm Mass | Helena Niedzwiedzka RIP Thanksgiving to Our Lady Queen of Apostles |
| Friday 11th <i>Friday Abstinence</i> <i>CAFOD Fast Day</i> | 9:30 am Mass 6:15 pm 7:00 pm Mass | Runa Rebello RIP Stations of the Cross Thanksgiving for Alisha Fernandes Birthday |
| Saturday 12th | 7:00 pm Vigil Mass* | Our Lady of Perpetual Help |
| Sunday 13th 2nd Sunday of Lent | 9:00 am Mass 11:00 am Mass* 5:30 pm Mass | Lelis Fernandes and Virginia de Souza RIP Francis Assis D'Souza RIP Dulcina D'Souza RIPSea |
| Please note that we are still taking bookings for weekend Masses. On Saturday and Sunday, the Church opens 30 minutes before Mass while on weekdays the Church remains open all day for private prayers. (* Live Streamed on Facebook) | | |

UPCOMING EVENTS

EVERY FRIDAY IN LENT: Stations of the Cross 6.15pm

SUNDAY 6 MARCH: Confirmation Class 3 pm

THURSDAY 10 MARCH: FHC Parents' Meeting 7 pm (G1 Upper Hall / G2 Lower Hall)

SUNDAY 13 MARCH: FHC Class after 11 am Mass and Confirmation Class 3pm

SUNDAY 20 MARCH: MISSION APPEAL BY SPIRITAN FATHERS AT ALL MASSES

SUNDAY 17 APRIL: EASTER SUNDAY – EASTER RAFFLE (More details to follow)

CELEBRATION OF SACRAMENTS

BAPTISM: Use the application online available through our website. Please give us two-month notice for your preferred date, the application will be added to a waiting list and the celebrations will follow the order in which these come in. No Baptism will be celebrated until after Easter.

FIRST HOLY COMMUNION: Please refer to the timetable you received at the parents' meeting for lessons and upcoming activities.

CONFIRMATION: If you are a baptised Catholic 18+ and were never confirmed and wish to, please contact the Parish Office so you can be enrolled in the RCIA programme.

RCIA: If you have not been baptised or have been baptised in another Christian denomination and you are willing to become a Catholic or be received into the Catholic Church, please contact the Parish Office.

CONFESSIONS: Confession is available every morning before Mass or by appointment.

MARRIAGE: If you wish to get married in our Church we need between six and twelve-month notice for the date. If you need to do the paperwork this will be done six months before the wedding date. If your marriage is taking place abroad please enquire with the priest celebrating the marriage about documents needed and their validity, once we send the forms to the chancery we can no longer query them.

CHURCH DONATIONS AND COLLECTION

During these times, due to the current restrictions we are not able to pass around the Collection Bag around the Church therefore those who wish to give their donation envelopes at weekends you can do so on the way out of the Church. You can donate by bank transfer (single donations) or via Standing Order using the following details:

Account Name: WRCDT Heston

Sort Code: 40-05-20

Account Number: 11094912

Please add your Surname and First Name as a reference, to help our bookkeeper.

USEFUL PRAYERS

SPIRITUAL COMMUNION PRAYER OF ST ALPHONSUS

My Jesus, I believe that you are present in this Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.



PRAYER FOR VOCATIONS

Divine Jesus, Son of the eternal Father and Mary Immaculate, grant many of the faithful true generosity in following your call and bestow on them the grace of your Holy Spirit to persevere in overcoming all obstacles to their vocations. Give the church in this Diocese and throughout the world many holy priests and fervent religious. Through the intercession of the Most Blessed Virgin Mary, Blessed Justin, all the Angels and all Saints, we humbly ask you to hear our prayers and multiply the ministries by which we may serve one another in faith and love.

PRAYER AFTER COMMUNION OF BLESSED JUSTIN RUSSOLILLO

O my God and my all, Father, Son and Holy Spirit, may your will be done, your love reign, your glory shine always more in me and in everyone as in yourself, O my God and my all.

POPE FRANCIS' PRAYER TO THE VIRGIN FOR PROTECTION

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross, you participated in Jesus' pain, with steadfast faith. You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas — we who are put to the test — and deliver us from every danger, O glorious and blessed Virgin.

INVOCATION OF OUR LADY

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired with this confidence, I fly to you, O Virgin of virgins, my Mother. To you I come, before you, I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer me.

PRAYER FOR THE HOUSEHOLD

Hear us, Lord, and send your angel from heaven to visit and protect, to comfort and defend all who live in this house. Amen.

Let us pray for the sick people of our Parish: Janet Dee, Catherine Jennings, Peter Wade, Ann Duckmanton, Christopher Notter, Grace Gauci, Fr Simon Nguyen.

Let us pray for Barbara Puzey **who has recently passed away and for those whose anniversaries occur around this time** Sean Kenny, John Maloney, John Griffin, James Clarke, Olivia Mary Clara Wilkinson, Beatrice Cecilia Tuck, John Mason and John Ronan.

Eternal rest grant unto them, O Lord and let perpetual light shine upon them; may they rest in peace. Amen.