



Diocese of Westminster

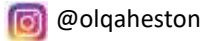
Our Lady, Queen of Apostles

Served by the Society of the Divine Vocations - Vocationists

15 The Green, Heston, Hounslow TW5 0RL

020 8570 1818 - heston@rcdow.org.uk

www.parish.rcdow.org.uk/heston



Parish Priest: Fr Luigi Morrone, SDV

Assistant Priest: Fr Rionelle Hinampas, SDV

Parish Secretary: Bejoy Ignatious (Mon), Gill Satchell (Tue & Thur) **Bookkeeper:** Bejoy Ignatious

Parish Safeguarding Representative: Salette Coutinho and Melanie Keshwala

Parish Office Hours: Monday, Tuesday & Thursday – 9.30 am – 1.00 pm

5th November 2023 – 31st SUNDAY OF THE ORDINARY TIME

HOW DO WE RECEIVE HOLY COMMUNION?



It has been noted at Mass, and especially at the moment of the distribution of Holy Communion, that not everyone, unfortunately is showing the due reverence to the Eucharist. When we come to Church we find ourselves in the presence of Christ, His true presence, in the Tabernacle and this is clearly indicated by the Sanctuary light which is next to it (if you are not sure sure what this is, it is the red candle on the golden stand). Upon entering the Church we have noticed that many do not bless themselves, nor sign themselves with the sign of the cross and very few, nowadays, are genuflecting. We try to teach the children why these actions are important and yet, those of us who ought to lead by example, we are not doing enough. This also links with the reverence we show to the Eucharist upon

receiving Holy Communion. When receiveing Holy Communion, the Church does not say explicitly what is the position to assume, however, what the Church asks for is that we show reverence, some people may stand others may kneel, what matters is that reverence is shown to the Body of Christ. Peolple may genuflect before receiving Communion so it is important that we leave some space between each other. While waiting for the person in front of you to receive recollect yourself for a moment and bow your head as a gesture of adoration. **You can receive Communion either on the tongue or on the hand.** When the Priest or the Minister of the Eucharist says “The Body of Christ” or “The Blood of Christ” we always respond “Amen”, unfortunately, lately we have people whispering it, people staring blankly saying nothing, others arriving before the priest or minister not knowing themselves, perhaps, if to receive on the had or on the tongue expecting us to read their mind and understand, and the small minority showing reverence and declaring loudly their “Amen”. **If receiving on the tongue,** the communicant should open the mouth wide and extend the tongue far enough so that the Sacred Host may be placed upon it without danger of falling. Please note that it is important to extend the tongue, not just open the mouth. **If one is receiving in the hand** the following is normative: upon approaching the minister, extend the hands in the middle of the chest. The left hand is extended, with the right hand under the left in support. **The individual should then step to the side and receive the Host carefully and reverently.** It is unseemly to “pop” the Host into the mouth as one walks away. Remember “Who” you are receiving! **Please note that it is never acceptable to put out only one hand due to the danger of dropping the host.** Those who do not have the easy use of both hands (or whose hands are not perfectly clean for whatever reason) should receive on the tongue. It is very important that all understand that one does not have the right to receive Holy Communion as one pleases. One may only receive in the manner dictated by Church Law. Only those practicing Catholics who are in the state of grace may receive Holy Communion. Being in the state of grace means not having knowledge of having committed any mortal sins (missing Mass on Sunday through your own fault is a violation of the Third Commandment and a mortal sin!). Those who are not in the state of grace must first be reconciled to God and the Church by means of the Sacrament of Reconciliation (Confession) before presenting themselves for Holy Communion.

"The Penny Catechism" - Part 4. GOD THE HOLY GHOST AND GRACE

32. How does the Holy Ghost show His love for us? The Holy Ghost shows His love for us by making us holy and pleasing to God.

33. How does the Holy Ghost make us holy? The Holy Ghost makes us holy by giving us sanctifying grace.

34. What does sanctifying grace do? Sanctifying grace makes our soul glow with God's holiness.

35. How long does sanctifying grace remain in the soul? Sanctifying grace remains in the soul until we commit mortal sin.

***** NOTICES *****

POLITE NOTICE – If your child becomes noisy and disruptive can you please take them to the room at the back of the church for the duration of the mass. Also, accompany the kneelers when you are using them and do not drop them so to avoid loud noise especially at Consecration time. Thank you.

SWITCH OFF YOUR PHONE: When you enter the Church, it may be possible that you hear “the call of God”. However, it is unlikely that He will call you on your mobile. It may be a good exercise to switch it off or at least put it on silent before you enter the Church. If you want to talk to God, find a quiet place, pray and talk to Him.

SECOND COLLECTION: Sick & Retired Priests’ Fund. By giving a gift to the Sick & Retired Priests’ Fund today, you can help us to ensure all of our sick and retired priests are cared for at their time of need. The fund is used to meet essential costs, like making a flat accessible to a disabled priest, or that a priest has regular visits from a carer after undergoing surgery. Thank you for your generosity and please remember to pray for our clergy, in active ministry, retired or ill.

CHRISTMAS CHOIR: We are eight weeks away from the celebration of Christmas and we have already begun preparation and planning, especially with the choir. We want to make sure that the Midnight Mass of Christmas will be even more solemn through the music ministry. We are inviting all those who wish to join the choir for this occasion to speak to Sandra Thurley, or the clergy. Rehearsals will begin on Saturday 11 November at 10.30 am in the Upstairs Hall.

ST FRANCIS XAVIER FEAST: The feast of St Francis Xavier will be celebrated by Goan Community on 3rd December 2023. Konkani mass at 1pm in our Church followed by dance in Pope John Centre hall behind the church. Tickets are on sale please see poster at back of the church for more details. All profits are distributed for charities in UK (Our Church) and Goa. If anyone would like to help or give a sponsorship, please contact Gabriel Fernandes on 07424318717

CARITAS ADVENT CALENDAR: Caritas Westminster has prepared a different Advent Calendar that should help us think of those who are less fortunate or may be struggling at this moment. The calendar gives a suggestion for items to be donated to foodbanks for each day leading to Christmas. You can find it at <https://www.caritaswestminster.org.uk/food-security-918.php#AGC> During advent we will have a trolley at the back of the Church for those of you who wish to give any donation.

FIRE WARDENS: As part of our H&S requirements, we need to have Fire Wardens to help in case of evacuation. We need some people to help at any of the Masses. If you are willing to help please contact the Parish Office. Training will be offered to those who will be helping.

PARKING: We are lucky to have a rather large car park, something that not all Churches can afford. When you come to Church, please use the Car Park entrance on Eton Avenue rather than parking outside the Church. Often, there are too many cars with some blocking the fire exit at the front making it difficult to have any activity outside the Church.

JOHN CORBETT JR RIP: Please pray for the eternal rest of John Corbett Jr and for his family and friends who are grieving their loss. His Funeral will be celebrated on Thursday 16 November at 10.30 am.

BINGO NIGHT: Join us for our Parish Bingo Night on Friday 10 November at the Pope John Centre. Doors open at 7pm for 7.30 pm start. Books will be sold at the door £5 each, there will be a raffle, as well as some light refreshments available for purchase during the break. Join us and support us, as the fund raised will go towards our Building Fund.

CHRISTMAS FAIR: We are holding our Christmas Fair on Saturday 9 December 12noon to 3 pm, and like past years, this is a joint effort with The Rosary Catholic Primary School. We are looking for donations of bottles for our Tombola and our Bottle Stall, as well as Toiletries Sets and any other donation. Please do not bring clothes, books, DVD or electrics without a PAT test or that are not brand new and sealed.

NOVEMBER DEAD LISTS: November is the Month dedicated to the Holy Souls and we want to offer our prayers for deceased members of our families as well as for friends who no longer are with us. Envelopes for the Dead List are available at the back of the Church, please return them to the Parish Office. Masses will be offered for these intentions during the month.

PILGRIMAGE TO ASSISI: We are looking into the possibility of arranging a Pilgrimage to Assisi, the town of St Francis and St Clare and where Blessed Carlo Acutis is buried, in April after the Easter holidays. The cost should be between £500 and £600, depending on accommodation and the programme we will follow. If you are interested, you can speak to the Parish Office or Gabriel Fernandes. Please note that the pilgrimage is not suitable for those who need assistance to walk, cannot walk long distances, uneven surfaces and steep streets as Assisi is a medieval town and roads can be very steep and not smooth.

BLESSING OF GRAVES: A calendar with dates of the blessing of graves within the deanery has now been published, you can find the time and dates of the Blessing for each cemetery.

MASS ATTENDANCE CARDS: Attendance cards for all children from 2 years of age up to year 5 is ready to be collected from the Parish Office. This is a tool to help priests signing School Forms and to ensure you are practicing Catholic; all parents are encouraged to get a card for their children, even those who are at Mass every weekend. Please remember to bring your old card so we can keep record of your child mass attendance.

VOLUNTEERS AND SKILLS AUDIT: We are running an audit to see how many among our parishioners are willing to volunteer and what skills and talents we have among us. This will not mean that you will need to volunteer and offer your service immediately; it is just for the priests to know who is available and what talents they can rely on. Please return the form to the Parish Office through the letterbox.

VOTIVE CANDLES: Each stand has a lighter with it so please use it to light your candles and not use candles to light other candles, please also **refrain from taking candles around the Church**, especially lit candles as it poses a risk for yourself and others around you.

THE ROSARY CATHOLIC PRIMARY SCHOOL is seeking new Foundation Governors to serve on our Governing Body. Like all school governors, Foundation Governors work to support the Leadership team and staff but also have a special responsibility to support the Christian ethos of the school. This is an important voluntary role, offering the opportunity to make a positive difference, working with the team to promote the school's success. If you would be interested in receiving more information about the role and an application form, please email Mrs Dulko at admin@rosary.hounslow.sch.uk

*****SACRAMENTS*****

BAPTISMS: Please use the form on the Parish Website to enquire about the Baptism for your child. We celebrate Baptisms on a Saturday only; we ask that you give us minimum 6 weeks' notice.

MARRIAGE: If you are planning on getting married we can only start the paperwork needed by the diocese 6 months prior your wedding day. Whether you are marrying in the UK or abroad we ask that you give us minimum 6 months' notice, especially if we need to arrange a marriage course. Please do not leave it to the last minute!

***** 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, Saint 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 SAINT 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.

INVOCATION OF OUR LADY – THE MEMORARE

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.

ANIMA CHRISTI

Soul of Christ, sanctify me; Body of Christ, save me; Blood of Christ, inebriate me; Water from the side of Christ, wash me. Passion of Christ, strengthen me; Within Thy Wounds hide me. Suffer me not to be separated from Thee. From the malignant enemy, defend me; in the hour of my death call me. And bid me come to Thee That with Thy Saints I may praise Thee for ever and ever.

PRAYER FOR ASKING FAVOURS THROUGH THE INTERCESSION OF ST JUSTIN RUSSOLILLO

O Most Holy Trinity, Father, Son and Holy Spirit, for the wellbeing of the Church you endowed with extraordinary gifts Saint Justin Maria Russolillo, and you made him a pious and zealous Priest, an apostle of "Divine Vocations" and a fervent promoter of your Glory, Love and Will for the Universal Sanctification and for the "Divine Union" of all souls, grant us the grace of experiencing the power of his intercession while imitating his devotion, humility, patience, zeal and kindness. May the Grace (...) that you will grant us through his intercession, be of spiritual advantage to us, for your own glory and for the growth of Your Kingdom on earth. *(Three "Glory Be" in honour of the Holy Trinity)*

NOVEMBER 2023	TIME	MASS INTENTION
Saturday 4th	7 pm Vigil Mass	Purgatory Souls - RIP
Sunday 5th 30th SUNDAY OF THE ORDINARY TIME	8 am Mass 9:30 am Family Mass 11:30 am Mass 5:30 pm Mass	Sean Mahon – RIP For Souls of Lelis Fernandes & Virginia De Souza All the Souls of the Fernandes Family Ismenia & Augusto Afonso + Deceased Family Members - RIP
Monday 6th	9 am 9:30 am Mass 7 pm Mass*	Prayer of the Rosary Lehana Pereira – Birthday Mariano & Maria Barreto - RIP
Tuesday 7th	9 am 9:30 am Mass 7 pm Vigil Mass*	Prayer of the Rosary All Souls pf the Fernandes Family Diego & Piedade Barreto - RIP
Wednesday 8th	9 am 9:30 am Mass 7 pm Mass (Novena)	Prayer of the Rosary Francisco & Maria Luisa Paixao Pereira Joaquim & Wilfred D’Sousa - RIP
Thursday 9th <i>The Dedication of the Lateran Basilica</i>	9 am 9:30 am Mass 7 pm Mass	Prayer of the Rosary Cecilia Cardozo & Family – Well-being Souls of the Pereira Family
Friday 10th <i>St Leo the Great</i>	9 am 9:30 am Mass 7 pm NO MASS	Prayer of the Rosary Dead List & Souls of Carneiro Family
Saturday 11th <i>St Martin of Tours</i>	9:30 am Mass 10-10:30 am 7 pm Vigil Mass	All the Souls of Paixao Pereira Family Adoration and Confessions Erral Fernandes - RIP
Sunday 12th 32nd SUNDAY OF THE ORDINARY TIME	8 am Mass 9:30 am Family Mass 11:30 am Mass 5:30 pm Mass	Feligio Eleuterio Mendes – RIP For the Souls in Purgatory, especially the forgotten Souls Joseph Rozario – RIP Mateus Gurjao
* The Mass is celebrated in the Martyrs’ Chapel; please use the entrance from the Car Park. Doors open 30 minutes before Mass.		

Let us pray for the sick people of our Parish

Catherine Maloney, Francis D’Souza, Elizabeth Jarney, Conceicao Maria Correia, Joe Silverlock, Ivy Theresa Ward, Kate Stokes, Johanna Kearney, Denzil Pereira, Mary Ambrose, Maria Nalewajka, Mary Burns, Gladys Edwards, John Paul Tobin

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

DATES OF UPCOMING EVENTS

5 NOVEMBER: Confirmation Class 10.30am (Upstairs Hall)

10 NOVEMBER: PARISH BINGO NIGHT

11 NOVEMBER: Christmas Choir Rehearsals 10.30 am (Upstairs Hall)

12 NOVEMBER: FHC Class after 9.30am Mass

19 NOVEMBER: Confirmation Class 10.30am (Upstairs Hall)

19 NOVEMBER: SDV Appeal in support of Vocationist Missions

26 NOVEMBER: FHC Class after 9.30am Mass

26 NOVEMBER: Mission Appeal – Comboni Sisters

9 DECEMBER: CHRISTMAS FAYRE

CHURCH DONATIONS AND COLLECTION

Have you considered giving your donation to the Parish via bank transfer (single donations) or via Standing Order? If you wish to do so, you can use 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.

If you wish to Gift-Aid your donation, forms are available at the back of the Church or on the website. Gift-aid is available to all UK taxpayer and comes at no extra cost to you.