



Diocese of Westminster

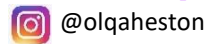
Our Lady, Queen of Apostles

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: Gill Satchell (Tuesday, Thursday & Friday)

Bookkeeper: Bejoy Ignatious

Parish Safeguarding Representative: Salette Coutinho and Melanie Keshwala

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



18th February 2024 – 1st Sunday of Lent

Reflecting on the themes of renewal, temptation, and transformation presented in the 1st Sunday of Lent Year B readings, consider these questions to deepen your engagement with the Lenten journey:

Covenant and Renewal: In what ways does the story of Noah and the covenant God establishes with him inspire you to renew your own commitment to God and His creation? How can you act as a steward of the earth and its creatures during Lent and beyond?

Temptation and Spiritual Resilience: Reflect on a time you faced temptation and consider the sources of strength that helped you overcome it. How can the example of Jesus' resistance to temptation in the wilderness inform your approach to challenges in your own spiritual life?

Repentance and Conversion: Lent calls us to turn back to God and embrace His message of hope and salvation. What are specific areas in your life where you feel called to repentance and deeper conversion? How can you make your journey of conversion a continuous process rather than a one-time event?

The Kingdom of God and Transformation: Jesus announces the coming of the Kingdom of God and invites us to believe in the Good News. In what ways can you participate more fully in the realization of God's kingdom on earth? How can your actions reflect the transformative power of the Gospel in your community?

Harmony with Creation: The harmony between Jesus, the wild beasts, and the angels in the wilderness presents a vision of peace and reconciliation. How do you see your relationship with the non-human parts of God's creation? What practical steps can you take to foster a greater sense of harmony with the natural world?

Personal and Communal Lenten Practices: Reflect on your Lenten disciplines of prayer, fasting, and almsgiving. How do these practices contribute not only to your personal growth but also to the well-being of your community and the broader creation?

Hope in Times of Trial: Considering the challenges and trials in your life, how does the message of hope and transformation in the Gospel of Mark inspire you to face them with faith and courage? How can you be a beacon of hope for others who are struggling?

These questions for the 1st Sunday of Lent Year B are intended to guide your reflection and prayer during this Lenten season, helping you to delve deeper into the themes of the Sunday readings and apply them to your life in a meaningful way.

<https://young-catholics.com/3144/1st-sunday-of-lent-year-b/>

***** 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.

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.

HESTON CATHOLIC SOCIAL CLUB: Extraordinary General Meeting, Friday, 1st March 2024 at 8.00 pm in the Club Lounge Bar. All are welcome to attend and elect a new committee.

STATIONS OF THE CROSS: Throughout the season of Lent we will celebrate the Stations of the Cross every Friday at 6:15 pm.

CARDINAL’S LENTEN APPEAL DONATION ENVELOPES are available at the back of the Church.

LENTEN ALMS: During the season of Lent, you will find a donation box by the Baptism Font where you can leave your donation of the Lenten Alms. Alms are donation that come from our fasting. As we fast from some food or the Friday abstinence from meat, that money we might have used to buy these we could donate it towards the Lenten Alms. The Lenten Alms will go towards the Cardinal Lenten appeal.

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). Details of attendees are sent to family@rcdow.org.uk

ALTAR SERVERS ALBS: Last year we run a fundraising to purchase new albs for the Altar Servers and those have been distributed, however, we have realised that some Altar Servers have kept the old albs as well. As we have new altar servers training, we would require albs for everyone, so if you have old albs at home please return them to us. Parents make sure that your children’s albs are clean before coming to Church.

DONATION ENVELOPES: We are at that time of the year when we need to put an order for Gift-Aid and Planned Giving envelopes and we want to make sure that we order the right number of boxes and do not have the Parish pay for boxes, which then will sit in the Office waiting to be collected. If you give your donations by Standing Order then we will not be ordering you a donation box, if you still wish to have a box of envelopes please let the Parish Secretary know so we can make sure we have our details up to date.

BACH’S ST JOHN’S PASSION: As part of its Lenten devotions, Westminster Cathedral Choir will perform J.S. Bach’s St John Passion on Thursday 14th March at 7.30pm. Tickets (£45/35/20) are available via Ticketmaster. The Cathedral Choir will be conducted by Simon Johnson, the Cathedral’s Master of Music, accompanied by a Baroque orchestra and soloists James Gilchrist (as the Evangelist) and William Thomas (Christus).

MASS ATTENDANCE CARD: We have noticed that a number of families do not have an attendance card for their children. The attendance card is for children who are 2yo up to those in Year 5 and you will need for when you are going to apply for a Catholic School as it will help priests make sure you have attended Mass regularly and therefore they can sign the form. If you do not have one please contact the office.

THE DIVINE MERCY APOSTOLATE, London is holding a Divine Mercy Lenten Retreat on Saturday 24 February 2024 from 1:30 pm - 4:30 pm at St. Lawrence Church, 1 Hamilton Road, Sidcup, Kent DA15 7HB. 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.

KNOCK PILGRIMAGE 2024: Escorted Tour 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.

CHORISTER OPPORTUNITIES AT WESTMINSTER CATHEDRAL CHOIR SCHOOL

Would any boys with musical potential in Years 2, 3 or 4 consider becoming a chorister at Westminster Cathedral? Becoming a chorister at Westminster Cathedral is a wonderful, one-off opportunity to join a thriving choir and school. There are no financial barriers to entry: all boys receive a generous scholarship with bursaries worth up to 100% of fees available on a means-tested basis. For more information contact Lucy Auger at lauger@choirschool.com.

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 to marry, 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 need 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.

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*)

FEBRUARY 2024	TIME	MASS INTENTION
Saturday 17th	7 pm Vigil Mass	Roylee – Thanksgiving
Sunday 18th +FIRST SUNDAY OF LENT	8 am Mass 9:30 am Family Mass 11:30 am Mass 5:30 pm	Visitation Pereira Sean Feeney - RIP Alex & Severine De Sousa - RIP Mitch - Thanksgiving
Monday 19th	9 am 9:30 am Mass 7 pm Mass*	Prayer of the Rosary Gloria Nazerth, Lourdes Hill & Deceased Members of Godinho Family -
Tuesday 20th	9 am 9:30 am Mass 7 pm Mass*	Prayer of the Rosary Myra – Birthday Maria Di Paola - RIP
Wednesday 21st	9 am 9:30 am Mass 7 pm Mass	Prayer of the Rosary John & Lucy De Sousa – RIP -
Thursday 22nd <i>THE CHAIR OF ST</i> <i>PETER THE APOSTLE</i>	9 am 9:30 am Mass 7 pm Mass*	Prayer of the Rosary Tony & Family – Private Intention -
Friday 23rd	9 am 9:30 am Mass 6:15 pm 7 pm Mass	Prayer of the Rosary Philip & Felcy De Sousa – RIP Stations of the Cross Emelia Telis - RIP
Saturday 24th	9:30 am Mass 10-10:45 am 7 pm Vigil Mass	Mary Vonne & Mary Antonia - Thanksgiving Adoration & Confessions Deacon of St Augustine’s Seminary
Sunday 25th +SECOND SUNDAY OF LENT	8 am Mass 9:30 am Family Mass 11:30 am Mass 5:30 pm	Celin Uraon – RIP (4 th Ann) + Nandu Uraon & Suresh Uraon – RIP Declan Mc Dermott – Anniversary Father Maxy & Marie Leiban – RIP -

***Mass will be celebrated in the Martyrs’ Chapel, please use the Car Park Entrance.**

Let us pray for the sick people of our Parish

Catherine Jennings, Ann Duckmanton, and Grace Gauci.

Let us pray for those whose anniversaries occur around this time

Malachy Fallon, Ann Toomey, Michael Higgins, Michael Desmond Lynch, Deacon James Richards,
Jean Lily Murphy, Ann McBirney, Bryan Wyborn, Mary Maloney Dykes, Maureen Powley, Sebastiao Correia,
Katie Herridge, Dr Michael Hee

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May their souls and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

UPCOMING EVENTS

EVERY FRIDAY IN LENT STATIONS OF THE CROSS AT 6:15 PM

FRIDAY 23 FEBRUARY: CAFOD Family Fast Day

SUNDAY 25 FEBRUARY: Second Collection for CAFOD

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.