



Diocese of Westminster


Our Lady, Queen of Apostles

Served by the Society of the Divine Vocations - Vocationists

15 The Green, Heston, Hounslow TW5 0RL

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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

4th February 2024 – 5th Sunday of the Ordinary Time



[This Sunday] we continue to read from Mark's Gospel, learning more about the ministry of Jesus. Jesus cured Simon's mother-in-law, and she immediately began to serve Jesus and his disciples. Jesus also cured many others who were brought to him, healing their illnesses and driving out demons. As we will see throughout Mark's Gospel, Jesus did not permit the demons to speak because they knew his identity and would have revealed it to those who were present. On the morning after this busy day, Jesus retreated in prayer, but was pursued by Simon and others who brought

news that many people were looking for him. At this point in Mark's Gospel, we begin to see a distinct role for the inner circle of Jesus' disciples—they act as intermediaries between Jesus and the people. Jesus reports to his disciples that they need to leave Capernaum to preach in other places. Today's Gospel completes a picture of Jesus' ministry: preaching, curing the sick, driving out demons, and then moving on to continue this work in another place. Mark's Gospel tells us that Jesus did this throughout Galilee. Jesus' compassion and healing of the sick is a sign of the Kingdom of God. The Church continues to extend Christ's healing presence to others in its ministry to the sick. In the Sacrament of the Anointing of the Sick, the Church prays for spiritual and physical healing, forgiveness of sins, and comfort for those who are suffering from illness. In today's Gospel we also notice the importance of prayer in Jesus' daily life. Jesus rose early in the morning, removed himself from the crowds, and went to a deserted place to pray. When the disciples found him, he told them that it was time to move on. We believe that in his prayers Jesus found guidance and direction from God. We also bring our decision-making to God in prayer, asking for his guidance and direction in our lives.

<https://www.loyolapress.com/catholic-resources/liturgical-year/sunday-connection/fifth-sunday-of-ordinary-time-b-sunday-connection/>

"The Penny Catechism"

8. HOLY COMMUNION

68. How did our Lord show His special love for us! Our Lord showed His special love for us, by making Himself a food for our souls.

69. What do we call this heavenly food? We call this heavenly food Holy Communion (Holy Eucharist).

70. What is Holy Communion? Holy Communion is the receiving of the Body and Blood of our Lord under the appearance of bread.

71. How often should we receive Holy Communion? We should receive Holy Communion often, even daily if possible.

***** NOTICES *****

JANUARY COLLECTION: Throughout the month of January we have collected £4,384.44, of which £805.03 was gift-aid donations. The amount raised for the Columban Missionaries is £886.89

PARISH OFFICE: We have offered the position of Parish Administrator/Secretary to Gill Satchell who has been covering the position since October together with Bejoy. We are grateful for their help through these past months. **From this week the Office will be open on Tuesday, Thursday, and Friday 9.30 am to 1 pm.**

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.

CRANFORD PARISH: Our neighbouring Parish of Our Lady & St Christopher, Cranford will be closed for a few weeks as urgent repairs need to be carried out on their Church. During this time, you may see an increase of activities here at Heston as we are offering them a help by using our Church where their sacraments and funerals may be celebrated.

BLESSED PALMS: If you have Blessed Palms from past Palm Sundays please bring them to the Parish Office so we can collect them for our Burning of Palms in preparation for Ash Wednesday. Please make sure that Blessed Palms are brought to us by Sunday 11 February.

CAKE SALE: Next Sunday the Vocationist Cooperators will hold a Cake Sale after 9.30am Mass to raise funds for Vocations. Donations of home baked or store bake cakes are welcome!

AVAILABILITY FORM: Readers and Eucharistic Ministers should have received the Availability form via email, if you have not paper copies are available at the back of the Church. Make sure you hand in your form or email it to the Office by no later than Friday 17 February. If you have given your email and have not received it, please write to the office at heston@rcdow.org.uk. Emailing the forms helps us to be more efficient and use less paper.

FIRST CONFESSIONS: Please pray for the children enrolled in the FHC Programme for this year as next Saturday they will celebrate their first confession. Please pray for them as they prepare for this special day. There will be rehearsals on Thursday 8 February at 3.45 pm. First Confessions will be celebrated on Saturday 10 February at 11 am.

BURNING OF PALMS: The burning of palms will take place on Tuesday 13 February after the 9.30 am Mass. Afterwards, we will share pancakes with the FHC Children outside the Church if the weather allows it.

ASH WEDNESDAY: Wednesday 14 February, this year, marks Ash Wednesday and the beginning of the Lenten season. Ash Wednesday is an obligatory day of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence. For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

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.

MASS INTENTIONS: We are now booking mass intentions for 2024 up until June.

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.

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 3rd	7 pm Vigil Mass	Paddy Martin - Anniversary
Sunday 4th +FIFTH SUNDAY OF ORDINARY TIME	8 am Mass 9:30 am Family Mass 11:30 am Mass 5:30 pm	Margaret Pitt (Birthday Rememberance) Lelis Fernandes & Virginia De Souza – RIP Rebecca Stoke – RIP (9 th Anniversary) Guilhermina Fernandes – RIP (1 st Anniversary)
Monday 5th <i>St Agatha</i>	9 am 9:30 am Mass 7 pm Mass*	Prayer of the Rosary - Francis & Shilpa Fernandes – Wedding Anniversary
Tuesday 6th <i>St Paul Miki & Companions</i>	9 am 9:30 am Mass 7 pm Mass*	Prayer of the Rosary Alzira & Joachim Fernandes - RIP -
Wednesday 7th	9 am 9:30 am Mass 7 pm NO MASS	Prayer of the Rosary Edward Stokes - RIP -
Thursday 8th <i>St Jerome Emilani</i>	9 am 9:30 am Mass 7 pm NO MASS	Prayer of the Rosary Moore & Marron Family – Living & Deceased -
Friday 9th	9 am 9:30 am Mass 7 pm Mass*	Prayer of the Rosary Ida & Elvis Fernandes - RIP Mary Joseph - RIP
Saturday 10th <i>St Scholastica</i>	9:30 am Mass 10-10:45 am 7 pm Vigil Mass	Souls of Miscarried Babies Adoration & Confessions Private Intention
Sunday 11th +SIXTH SUNDAY OF ORDINARY TIME	8 am Mass 9:30 am Family Mass 11:30 am Mass 5:30 pm	Mary Lobo - Anniversary - Joseph Rozario -
*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

Stefan Jakubek, Colin Uraon, Archbishop Derek Worlock, Indie Delicata, David Francis McGrath, Ann Allinson, Joe Flannery, Eddie Hickey, Mary Lobo, Edward Gaskell, Zygmunt Berej, Nora Scanlon, Vincent Valenzio Vettese
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

4 FEBRUARY: Confirmation Class after 9:30 am Mass

5 FEBRUARY: New Readers' Training at 6 pm

8 FEBRUARY: FHC First Confession Rehearsals

10 FEBRUARY: FIRST CONFESSIONS

11 FEBRUARY: Vocationist Cooperators Cake Sale

13 FEBRUARY: Burning of Palms after 9:30 am Mass

13 FEBRUARY: Parish Finance Committee Meeting (PFC Member ONLY)

14 FEBRUARY: ASH WEDNESDAY (Day of Fasting and Abstinence)

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.