



# SS MICHAEL AND MARTIN

Roman Catholic Parish of Hounslow  
Archdiocese of Westminster

*This Parish is served by the Spiritans*

PARISH NEWSLETTER

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[Facebook](https://www.facebook.com/ssmmhounslow) [Instagram](https://www.instagram.com/ssmmhounslow) [TikTok](https://www.tiktok.com/@ssmmhounslow)

**14<sup>th</sup> Sunday in Ordinary Time**

**07<sup>th</sup> July 2024**

## Instructions on Receiving Holy Communion with Proper Reverence (1)

As the communicant in front of you receives Holy Communion, you are to make a sign of reverence. You then approach the Priest or Extraordinary Minister of Holy Communion (hereinafter Minister) with hands extended. The Minister then lifts the Holy Communion and shows it to the communicant and says "The Body of Christ". The communicant says "Amen". If one receives on the tongue, the communicant approaches the Minister who lifts the Holy Communion and shows it to the communicant and says "The Body of Christ." The communicant then says "Amen," opens his/her mouth and extends his/her tongue (Please be sure to hold still until after the Holy Communion is placed on your tongue!). Please Do Not Move.

After bowing as a sign of reverence, whether you receive on the tongue or the hand -- DO NOT MOVE -- until the Minister has placed the Holy Communion on your tongue or hand and removed his/her hand. **Please consume the Holy Communion IMMEDIATELY after receiving it.**

### If One Receives on the Hand

Unless health challenge hinders one, hold your top hand flat. And do not move, until the Minister has placed the Holy Communion on your hand and removed his/her. Do not move your hand, arms, fingers, etc. **Please consume the Holy Communion IMMEDIATELY after receiving it.**

### If Your Hand/Hands are Impeded

Never receive Holy Communion in the hand when your hands are impeded; e.g., carrying a cane or some other walking-assistance device, carrying a child in your arms, carrying a purse, have a tissue or handkerchief in your hand, having a cast on your hand, etc. Never receive Holy Communion by extending only one hand. Never reach and grab the Holy Communion!

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#### SUNDAY MASSES

Sat Vigil 6.15pm  
7:30am, 9am,  
10.30am,  
12noon  
6pm

#### WEEKDAY MASSES

Mon – Sat 9am  
Mon -- Thu 6pm  
Fri 7pm

#### CONFESSIONS

Friday 6pm –  
6:30pm  
Saturday 9:30am –  
10:15am & 4:30pm  
– 5:15pm

#### PARISH ROSARY

Mon – Sat at  
8:15am

#### HOLY HOUR & BENEDICTION

Saturday 4.30-  
5.30pm

#### THE ANGELUS

Before every evening  
Mass

**PARISH OFFICE HOURS: MONDAY – THURSDAY 9:30AM – 1PM (FRIDAY THE OFFICE IS CLOSED)**

**Parish Priest:** Fr Damian-Mary Moneke, CSSp.  
[damianmoneke@rcdow.org.uk](mailto:damianmoneke@rcdow.org.uk) (Day off: Mon)

**1st Assistant Priest:** Fr Ignatius Nguyen Quy Quan,  
CSSp

[guyquannguyen@rcdow.org.uk](mailto:guyquannguyen@rcdow.org.uk) (Day off: Wed)

**2nd Assistant Priest & Chaplain at Heathrow**

**Airport:** Fr Terkura Igbe, CSSp.

[terkuraigbe@rcdow.org.uk](mailto:terkuraigbe@rcdow.org.uk) (annual leave)

**PLEASE EMAIL OR CALL THE PRIEST  
DIRECTLY FOR AN APPOINTMENT**

**Parish Administrator: Priya Joseph**

[priyajoseph@rcdow.org.uk](mailto:priyajoseph@rcdow.org.uk)

**Parish Catechist:** Lionel Pereira  
[hounslowcat@rcdow.org.uk](mailto:hounslowcat@rcdow.org.uk)

**Youth Worker:** Ivan Čižmárik  
[ivancizmarik@rcdow.org.uk](mailto:ivancizmarik@rcdow.org.uk)

**Parish Centre Manager:** Señorita Evans  
[senoritaevans@rcdow.org.uk](mailto:senoritaevans@rcdow.org.uk) – (07542 531 956)  
(BOOKINGS TAKEN BY PHONE MON, THURS,  
FRI 7.00-8.30AM TUES/WED 4.00-5.00PM, OR BY EMAIL)

**Parish Safeguarding Representatives:**  
[hounslowsg@safeguardrcdow.org.uk](mailto:hounslowsg@safeguardrcdow.org.uk) (Lorna – Admin)  
[hounslowsg1@safeguardrcdow.org.uk](mailto:hounslowsg1@safeguardrcdow.org.uk) (Chinyere)

## **If One Receives on the Tongue**

Open your mouth wide, stick out your tongue, and hold still. Please do not move your neck, head, tongue, mouth, or body. Hold still, and do not move until the Priest has placed the Holy Communion on your tongue and removed his hand. Please do not lick the Minister's finger - just hold still and all will be well!

### **MISSION STATEMENT**

**Building a united and peaceful family of Jesus Christ's disciples, where everyone is welcome, respected, have a sense of belonging, grow spiritually, feel free to participate and feel the need to contribute.**

## **PARISH NOTICES**

### **PARISH ROOF REPAIR WORKS**

The roof repair works have been completed and the scaffolding will be removed next week. We are working on the logistics for the internal decorations of the whole Church, which will take approximately 8 weeks to be completed.

### **NEW EDITION OF THE LECTIONARY**

A new edition of the Lectionary, the book which contains the readings which are proclaimed at Mass, will come into use in England and Wales in Advent 2024. The new edition uses the English Standard Version- Catholic Edition for the readings and the Abbey Psalms and Canticles for the Responsorial Psalms. For more information please refer to the notice board outside the Church.

### **ST MARK'S END OF YEAR MASSES**

On Friday, **19th July** St Mark's Catholic School will celebrate End of Year Masses at 9.15am and 11.05am. **Parish morning Mass will be at 8:00am on that day.**

### **HEALTH AND SAFETY TRAINING (USHERS)**

**There will compulsory be Health and Safety training on Thursday 25th July 6:30pm – 8:30pm and Saturday 14th September 10am – 12noon for ALL the ushers.** The training will take place in the Church. All ushers are encouraged to attend this training which will be provided by the Diocese Health and Safety team.

## **EURO CUP FINAL 2024**

**Watch the Euro Cup Final 2024 in the Parish Centre. Sunday, 14 July at 8pm.** All young adults 18-35 years old are invited to come along! Contact person: [ivancizmarik@rcdow.org.uk](mailto:ivancizmarik@rcdow.org.uk)

## **2024 SEA SUNDAY**

This celebration of the Sea Sunday comes up on 13/14 July. It is a Sunday set aside for supporting seafarers and fishers worldwide. There are envelopes at the entrance of the Church. Kindly take some and return them next Sunday.

## **PARISH VOLUNTEER MASS**

The next Parish volunteer Mass will be on Thursday 01<sup>st</sup> August at 7pm. Refreshments that will be provided by the Parish. If any group would like to help to serve the refreshments immediately after Mass, please email the parish office [hounslow@rcdow.org.uk](mailto:hounslow@rcdow.org.uk).

## **GIGGLES NURSERY VACANCY**

A Manual Handler to Set up and clear away the nursery furniture and equipment Mondays 7am - 8am, Friday 4pm-5.30pm. Nursery will be required you to provide a right to work & two suitable references enquiries:

email [giggleshounslow@googlemail.com](mailto:giggleshounslow@googlemail.com)

## **MASS ATTENDANCE CARDS AND STICKERS**

Please note there will be **NO** distribution of Mass attendance cards and stickers during the month of July and August. The process will resume from 07<sup>th</sup>/08<sup>th</sup> September along with new cards this year. Parents are strongly advised to keep the previous attendance cards. Further instructions will be published in due course.

## **CAR PARK NOTICE**

Parishioners are requested to avoid any drop offs at the car park entrance. This is a serious hazard and can cause an accident with other vehicles. **All drop offs should be strictly in the car park.**

## **PETER'S PENCE COLLECTION – THANK YOU**

We raised a total of £762.64 from the collection that took place last weekend. Thank you for your generosity. God bless you.

## REGULAR NOTICES

### HOW TO REGISTER IN THIS PARISH?

The first thing to do is to complete the **PARISH REGISTRATION FORM (GREEN FORM)** which is available in the parish office and also in the porch area of the church. Thereafter, you are requested to slip the completed parish registration form into the **MAILBOX in the Presbytery door**. Please allow at least two weeks for the Parish Registration forms to be processed. To obtain your family ID number, please send an email to the parish office [hounslow@rcdow.org.uk](mailto:hounslow@rcdow.org.uk), providing your full name and date of birth.

### PARISH MASS LIVE STREAMING

We would like to inform parishioners and volunteers that every Sunday 12noon Mass will be live streamed, including special occasion Masses. Please find the link - <https://www.youtube.com/channel/UCOQzjcJ9b0grzoLwx49cpdpg> and channel name: [@SSMichaelandMartinRCChurchHoun](https://www.youtube.com/channel/UCOQzjcJ9b0grzoLwx49cpdpg). Kindly note: The Camera will be broadcasting only the Sanctuary.

## CATECHETICAL PROGRAMMES

### WHERE TO FIND INFORMATION ON PARISH SACRAMENTAL PROGRAMMES:

Type [parish.rcdow.org/Hounslow](http://parish.rcdow.org/Hounslow) in your browser. Then navigate to PARISH WEBSITE → PARISH LIFE → SACRAMENTAL PREPARATION; it has general information on the various programs. The next place to check is the Parish Newsletter. If the information you seek is not found on either of these then email the Parish Catechist Lionel Pereira on [hounslowcat@rcdow.org.uk](mailto:hounslowcat@rcdow.org.uk). Please reserve phone calls for urgent matters.

### REGISTRATION FOR 2024-25 SACRAMENTAL PREPARATION PROGRAMMES

- began on Monday 17th June 2024. Online registration forms for Walk With Me, First Holy Communion & Confirmation are available on the parish website. Registration will remain open until Sun 28th July, or until all available places are filled, whichever comes first.

### VOLUNTEER CATECHISTS & ASSISTANTS

The places available for each Sacramental preparation programme is dependent on the

number of volunteer catechists available. One DBS-checked adult catechist is needed for every eight children to meet the child safeguarding regulations. Parents are encouraged to volunteer as catechists so that we can accept all applicants. If you wish to serve in the Lord's vineyard, are willing to give of your precious time, want to learn more about your faith and share it with others, then please send an email to [hounslowcat@rcdow.org.uk](mailto:hounslowcat@rcdow.org.uk). Prior experience is not necessary, training will be provided.

### THANKSGIVING MASSES FOR CONFIRMATION & HOLY COMMUNION 2023-24

Thanksgiving Mass for our First Holy Communicants will be held on Sunday, 14th July at 2:00pm. Please continue to pray for the 122 young people who received Confirmation and the 142 children who received their First Holy Communion and their families.

**BAPTISM PREPARATION COURSE** - Parents of infants and those seeking Baptism may register for the course using the online form available on the Baptism page of the Parish website. The next course will be run in July 2024. Read the Baptism webpage for requirements & other details.

#### Online Giving/ Standing Order

To make your donation online, please visit:  
<https://parish.rcdow.org.uk/hounslow/donate/other-ways-to-give/>

#### Bank Transfer

To make a one-off donation please use the parish bank account details:

Account Name: **WRCDT Hounslow**

Sort Code: **40-05-20**

Account Number: **11095463**

Reference: **Surname and First Initial**

#### QR Code

Scan on the QR code below to donate

*If you are a UK taxpayer, please Gift Aid your donation. The government will top up your gift by 25 percent, meaning a £20 offering becomes £25, at **NO** cost to you.*



## TEXTS FOR THIS SUNDAY'S MASS

### **14<sup>th</sup> Sunday in Ordinary Time**

**Ezekiel 2:2-5** – These rebels shall know that there is a prophet among them

**Psalm Response** – *Our eyes are on the Lord till he shows us his mercy*

**2 Corinthians 12:7-10** – The Lord's power is at its best in weakness

**Mark 6:1-6** – 'A prophet is only despised in his own country'

## NEXT SUNDAY'S MASS

### **15<sup>th</sup> Sunday in Ordinary Time**

**Amos 7:12-15** – 'Go, shepherd, and prophesy to my people Israel'

**Psalm Response** – *Let us see, O Lord, your mercy, and give us your saving help*

**Ephesians 1:3-14** – God chose us in Christ before the world was made

**Mark 6:7-13** – 'Take nothing with you'

## PARISH GROUP MEETINGS

### **SYRO-MALABAR CHAPLAINCY MASS**

Sunday 07<sup>th</sup> July at 3pm

### **SINHALESE CHAPLAINCY MASS**

Sunday 14<sup>th</sup> July at 4pm

### **GOAN CHAPLAINCY MASS**

Sunday, 21<sup>st</sup> July at 4pm

### **ST ANTHONY NOVENAS**

Every Tuesday at 7pm.

### **NOVENA TO OUR LADY OF PERPETUAL HELP**

Wednesday at 5pm

### **CHURCH CLEANING**

Thursdays after 9am Mass. Thank you

### **DEVOTION TO THE SACRED HEART OF JESUS AND IMMACULATE HEART OF MARY**

Thursday at 5pm

### **DIVINE MERCY DEVOTION**

First Friday of each month at 3pm

## WEEKLY OFFERTORY COLLECTION

**29<sup>th</sup>/30<sup>th</sup> June 2024**

Envelopes: £1,476.11

Loose: £4,155.34

**TOTAL: £5,631.45**

**Thank you very much for your generosity. May God continue to bless you as you support our parish**

## IN YOUR PRAYERS – REMEMBER

**OUR SICK:** Fr Derek McGuire, Jennita Aluan, Nizelle Soares, Peter Newton, Hubert Teles, Andrew Logadasan, Steve, Sandra, Carson Javier Dabasia, Amy & Denzil Burns, Terry Lynch, Igor Sitarska and Don Lynch.

**DECEASED:** Goldwyn Dias, Sean Feeney, Rosaria Castro, Remy Vaz, Marie Lynch, Baby Nyssa, Roque Antonio Wellington Vaz, Emmanuel Dankyi, Maria Viegas, Gina Coreixas (Mazzaschi), Lewis Barallon, Malcolm Rose and John Lynch.

## FIRST FRIDAYS EXPOSITION

The Blessed Sacrament will be exposed on every first Friday of the month for adoration and silent prayers after the morning Mass and end at 5pm.

## ST VINCENT DE PAUL SOCIETY (SVP) MEETINGS

Weekend: 2nd Saturday after the Foodbank at 12pm in the Parish Centre.

## LIVING WORD CATHOLIC CHARISMATIC RENEWAL PRAYER GROUP

Invites parishioners to our weekly prayer meeting/fellowship every Friday evening in the Parish Centre. Time: 7pm - 9pm. All are welcome. Email us at livingwordccr@gmail.com; contact Sam (447450355567), Graham (+447908287917) for other enquiries.

## PRAYER FOR THE SICK AND HOUSEBOUND

**Father, we thank you for the gift of your Son in the Eucharist. We now place before you all the sick and housebound of our parish. As they share in this Eucharist with us, we pray that they may come to know the depth of your love for them and, the joy, the peace and healing of your presence. We make our prayer through Christ our Lord. Amen.**