



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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16th Sunday in Ordinary Time

21st July 2024

Instructions on Receiving Holy Communion with Proper Reverence (3)

HAND

St. Cyril of Jerusalem in the fourth century offered a beautiful and powerful catechesis on the mode of receiving communion in the hand that is still applicable today: "When you approach, do not go stretching out your open hands or having your fingers spread out, but make the left hand into a throne for the right which shall receive the King, and then cup your open hand and the Body of Christ, reciting the 'Amen.' Then sanctify with all care your eyes by touching the Sacred Body, and receiving it. But be careful that no particles fall, for what you lose would be to you as if you had lost some of your members.

TONGUE

If you choose to receive it on the tongue, great! This has been the centuries-old custom of our ancestors. The contemporary church offers little instruction in this area so here is some advice. You should practice in a mirror. It's really very simple – while your mouth is closed, make sure your tongue is touching the inside of your lower lip. Then, maintaining this tongue position, open your mouth as wide as you can by lowering your lower jaw. Your mouth and tongue are then in the correct position for the Priest to place the Host on your tongue. Not all bishops' conferences have requested permission to allow people to receive communion in the hand, and the traveling Catholic should be ready to adapt to local customs with respect to posture and mode of receiving Communion.

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 (Day off: Mon)

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

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

2nd Assistant Priest & Chaplain at Heathrow

Airport: Fr Terkura Igbe, CSSp.

terkuraigbe@rcdow.org.uk (Day off: Thurs)

PLEASE EMAIL OR CALL THE PRIEST DIRECTLY FOR AN APPOINTMENT

Parish Administrator: Priya Joseph

priyajoseph@rcdow.org.uk

Parish Catechist: Lionel Pereira
hounslowcat@rcdow.org.uk

Youth Worker: Ivan Čižmárik
ivancizmarik@rcdow.org.uk

Parish Centre Manager: Señorita Evans
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 (Lorna – Admin)
hounslowsg1@safeguardrcdow.org.uk (Chinyere)

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

ALTAR SERVERS TRAINING

The upcoming training for Altar Servers will continue on the 27th of July and the 3rd of August, with all sessions starting promptly at 10:00AM in the Church. Regarding Altar Servers Training, there are two groups: Group 1, from 10:00 AM to 11:00 AM, for surnames starting with E, F, N, P, S, V, and Group 2, from 11:00 AM to 12:00 PM, for surnames starting with A, B, C, D, G, L, M, R. They must attend all three sessions, the first session took place on the 20th July, the other two sessions will be on the 27th of July, and the 3rd of August.

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.

WELCOME FR DAVID ATUANYA, CSSp

We welcome Fr David Atuanya, CSSp will come to our parish for his summer vacation. He will be staying with us for some time.

DIOCESAN PILGRIMAGE TO WALSINGHAM

The annual Diocesan pilgrimage to Walsingham will take place on Saturday 21st September 2024, led by Cardinal Vincent and the Auxiliary Bishops of the Archdiocese. For Registrations, please email hounslow@rcdow.org.uk. We need your **FULL NAME(S), CONTACT DETAILS AND NUMBER OF SEAT(S) REQUIRED**. The fee is £27 per person. To avoid any disappointment, please **ENSURE** the details mentioned are complete. Bookings will close on Monday 16th September 2024.

WALK, WALK IN THE LIGHT.....

Walking is simple, free and one of the easiest ways to get more active, build stamina, become healthier

and its good for your mental Health. The S.C.S team are organising “Stepathon” for anyone who is interested walking 10k steps every day for 30 days (1st Aug to 31st Aug). Don't worry if you don't reach 10,000 steps each day — or even 7,500, for that matter. Instead, focus on what these goals represent: namely, moving your body regularly for physical and mental health. You can be active at your own pace, anywhere you are and it will be fun as part of the wider community. To know more or to take part please contact Sports and Cultural Team of SSMM ssmmscs@gmail.com (entry is free and deadline to enter is 8pm 28th July 2024).

WORLD DAY FOR GRANDPARENTS AND THE ELDERLY 2024

Thursday, 25th July at 5.30pm in the church - Praying the Rosary for Grandparents and the elderly. All are welcome, especially youth!
Sunday 28th July after 12pm Mass in the Parish Centre! All grandparents and elderly are invited to come over to enjoy some time together with music, refreshments, games with youth, and karaoke!
Contact: Ivan: ivancizmarik@rcdow.org.uk

VOLUNTEERS NEEDED: PROJECTOR/SLIDES TEAM

Are you passionate about enhancing worship experiences through technology? Our Parish is currently seeking dedicated volunteers to join our Projector/Slides Team who will operate the projector during weekend masses and other events. This is an opportunity to contribute to the worship experience and support our church community. If you are interested in joining the Projector/Slides Team, please contact Sam via text on 07450355567. Training will be provided for all volunteers, so no prior experience is necessary. Thank you for considering this opportunity to serve!

2024 SEA SUNDAY – THANK YOU

We have raised a total of £808.65 from the collection last weekend for Sea Sunday. Thank you for your kindness and generosity.

PARISH VOLUNTEER MASS

The next Parish volunteer Mass will be on Thursday 01st 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.

REGULAR NOTICES

MARRIAGE PAPERWORK PROCESS

You must give 6 MONTHS' NOTICE of MARRIAGE – whether it is happening HERE or ABROAD. PLEASE DO NOT LEAVE IT TO THE LAST MINUTE. Couples or individuals should speak to a Priest VERY EARLY IN THE PROCESS – so there is no last-minute rush. Marriage Preparation Courses are NOT offered EVERY MONTH. All couples who want to do their marriage paperwork in the parish **should contact** Fr Damian-Mary Moneke, CSSp (contact details are available on page 1).

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, 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/UCOQzcJ9b0grzoLwx49cpdpg> and channel name: [@SSMichaelandMartinRCChurchHoun](https://www.youtube.com/channel/UCOQzcJ9b0grzoLwx49cpdpg). 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 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. 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. Prior experience is not necessary, training will be provided.

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

16th Sunday in Ordinary Time

Jeremiah 23:1-6 – I will gather together the remnant of my flock and raise up shepherds for them

Psalm Response – *The Lord is my shepherd: there is nothing I shall want.*

Ephesians 2:13-18 – Christ Jesus is the peace between us

Mark 6:30-34 – They were like sheep without a shepherd

NEXT SUNDAY'S MASS

17th Sunday in Ordinary Time

2 Kings 4:42-44 – They will eat, and have some left over

Psalm Response – *You open wide your hand, O Lord, and grant our desires*

Ephesians 4:1-6 – One Body, one Spirit, one Lord, one faith, one baptism, one God

John 6:1-15 – The feeding of the five thousand

WEEKLY OFFERTORY COLLECTION

13th/14th July 2024

Loose: £4,316.59

Envelopes: £1,574.40

TOTAL: £5,890.99

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: Baby Angel Cardozo, Baby Perpetual Cardozo, Manuel Cardozo, Goldwyn Dias, Sean Feeney, Rosaria Castro, Remy Vaz, Marie Lynch, Baby Nyssa, Roque Antonio Wellington Vaz, Emmanuel Dankyi, Maria Viegas, Gina Coreixas (Mazzaschi).

PARISH GROUP MEETINGS

SINHALESE CHAPLAINCY MASS

Sunday 14th July at 4pm

GOAN CHAPLAINCY MASS

Sunday, 21st July at 4pm

SYRO-MALABAR CHAPLAINCY MASS

Sunday 04th August at 3pm

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

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.