



# 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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## THE BAPTISM OF THE LORD

## 11<sup>th</sup> January 2026

### FAST AND ABSTINENCE

Traditional devotions such as making the sign of the cross with care and reverence, praying the Angelus and saying a prayer before or after meals, are straightforward actions which both dedicate certain moments in our daily lives to God and demonstrate our love and trust in his goodness and providence. If these devotions have been lost or even forgotten, particularly in our home and schools, we have much to gain from learning them again.

Every Friday is set aside as a special day of penitence, as it is the day of the suffering and death of the Lord. It is important that all the faithful again be united in common, identifiable act of Fridays to abstain from meat, or some other form of food or to observe some other form of penance laid down by the Bishops' Conference. The Bishops have decided that this penance be fulfilled simply by abstaining from meat and by uniting this to prayer. Those who cannot or choose not to eat meat as part of their normal diet should abstain from some other food of which they regularly partake. This decision came into effect on Friday, 16 September 2011.

Re-emphasising the importance of penitence is but one of the responses the Bishops wish to make to the growing desire of people to deepen and give identity to the spiritual aspects of their lives. It is also clear than many of us forget our obligation to do penance on a Friday. On a Sunday our prayer is in thanksgiving to God for the new and eternal life brought to us by Christ's resurrection from the dead. On a Friday our prayer is in thanksgiving for the gift of mortal life that we have been given, a life which Christ willingly scarified on the cross for our sake. *To be continued next week....*

### 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

### 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)

**Assistant Priest:** Fr Ignatius Nguyen Quy Quan, CSSp  
[quyquannguyen@rcdow.org.uk](mailto:quyquannguyen@rcdow.org.uk) (Day off: Wed)

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

**Airport:** Fr Paul Ibekwe, CSSp.

[paulibekwe@rcdow.org.uk](mailto:paulibekwe@rcdow.org.uk) (Day off: Thurs)

**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)

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

**Parish Administrator:** Priya Joseph

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

## **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.**



**We congratulate all those who are celebrating their birthdays & wedding**



**anniversaries this month. We also welcome all our new parishioners.**

## **PARISH NOTICES**

### **MAINTENANCE OF THE CHURCH PORCH AREA**

The repairs, cleaning and polishing of the Church porch area and emergency exit floor tiles will take place during the week commencing 19<sup>th</sup> January. The best quote we have received is £5,228.40.

### **CHRISTMAS RETREAT COLLECTION**

We raised a total of £2,235.61 during the Christmas retreat collection which took place on 21<sup>st</sup> December 2025. The amount will be passed to Fr Joseph Edattu VC, to support the Divine Retreat Centre.

### **CHRISTMAS/NEW YEAR MARQUEE/CHAIRS SET UP**

We would like to thank all the those who helped to set up and pack up the Marquee and the chairs for the Christmas and New Year Masses. The parish has spent £3,300.00 for the Marquee hire and £1,116.00 for additional chairs hire.

### **CHRISTMAS OFFERINGS 2025**

Loose: £13,405.51

Envelopes: £2,005.00

**TOTAL: £15,410.51**

### **STANDING ORDERS AND CONTACTLESS GIVING DECEMBER**

Standing Orders: £2,857.00

Contactless donations: £6,138.50

### **NEW YEAR'S EVE & DAY OFFERINGS 2025**

**Loose - Total - £10,169.87**

### **CRIB OFFERING 2025 – THANK YOU**

This Christmas we raised a total of £2,258.87. Our Crib Offering will be donated to the Catholic

Children's Society to support their work with disadvantaged children and families. This will help provide mental health services, family support and emergency grants for vulnerable children in our Diocese. Thank you for your generosity.

### **PARISH CENTRE OVEN**

We are pleased to confirm Parish Centre has now a new oven. The Parish has spent a total of £2,550.00 to purchase and install the new oven.

### **CATHOLIC PRACTICE CERTIFICATE (CCP) SIGNING**

Parents are advised to come to the Parish office, between 10am-12noon, either on **Tuesdays or Thursdays** for signing of the CCP. Please ensure you have your Mass attendance card from the previous year. If you are new to the parish, bring a letter from your PREVIOUS parish confirming your attendance. No appointments required!

## **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).

### **MASS ATTENDANCE CARDS AND STICKERS**

Parents are reminded to take note of this development, and to remember that **they are responsible** for bringing their children to the church for weekend Masses, and on time as well. **The new Mass Attendance Card (Green card) (Sept 2025- Jun 2026) is for children in Year 5 and below only.** This Card will be requested by the Priest before signing of the *Certificate of Catholic Practise (CCP) for Catholic Schools*. Stickers will be given when you

ENTER THE CHURCH BEFORE MASS BEGINS.

- Please ensure your card has a recent PHOTO of your child and their FULL NAME.
- All parents are reminded that a sticker will only be issued if the child is present for the Mass.

- Stickers will not be given if the card is not presented. We will stop issuing stickers once the First Reading starts.

## 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

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/@SSMichaelandMartinRCChurchHoun). Kindly note:

The Camera will be broadcasting only the Sanctuary.

## ADMISSION IN A HOSPITAL

If you are admitted to any hospital (or a family member), and desires to receive Holy Communion or Sacrament of Anointing, kindly inform the staff there to call a Priest on duty for you. You have to notify them by telling them that you are a Roman Catholic. There is a Priest on duty every day in any hospital. For those going to West Middlesex Hospital, all the parishes in Hounslow Deanery take turns to respond to hospital calls on daily basis.

**St Michael and St Martin Church Hounslow covers West Middlesex Hospital every Thursday from 6am to Friday 6am.** However, should any sick parishioners require a priest, please do not hesitate to contact us at any time.

## 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 programmes. 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).

## BAPTISM PREPARATION COURSE

in our parish is held once every two months. Parents are advised to register for the preparation course even before the delivery. Use the online form available on the Baptism page of the Parish website to sign up. Please read the Baptism webpage for requirements & other details.

### Leave a legacy

Please consider including our parish in your will or leaving a legacy for the parish. For further details please email us on **[hounslow@rcdow.org.uk](mailto:hounslow@rcdow.org.uk)**

### 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.*

## PRAYER FOR THE SICK AND HOUSEBOUND

**God our Father, your Son accepted our sufferings to teach us the virtue of patience in human illness. Hear the prayers we offer for sick brothers and sisters. May all who suffer pain, illness, or disease realize that they have been chosen to be saints and know that they are joined to Christ in his suffering for the salvation of the world. We ask this through Christ our Lord. Amen.**

**Sts Michael and Martin, Pray for us.**

## TEXTS FOR THIS SUNDAY'S MASS

### **The Baptism of the Lord**

**Isaiah 42:1-4,6-7** – 'Behold my servant, in whom my soul delights.'

**Responsorial Psalm** – *The Lord will bless his people with peace.*

**Acts 10:34-38** – 'God anointed Jesus with the Holy Spirit.'

**Matthew 3:13-17** – 'When Jesus was baptised he saw the Spirit of God coming to rest on him.'

## NEXT SUNDAY'S MASS

### **2<sup>nd</sup> Sunday in OT Time**

**Isaiah 49:3,5-6** – 'I will make you a light for the nations, that my salvation may reach to the end of the earth.'

**Responsorial Psalm** – *Behold, I have come, Lord, to do your will.*

**1 Corinthians 1:1-3** - 'Grace to you and peace from God our Father and the Lord Jesus Christ.'

**John 1:29-34** – 'Behold, the Lamb of God, who takes away the sin of the world.'

## WEEKLY OFFERTORY COLLECTION

**03<sup>rd</sup>/04<sup>th</sup> January 2026**

Loose: £3,222.23

Envelopes: £1,248.90

**TOTAL: £4,471.13**

*Thank you very much for your generosity. May God continue to bless you as you support our parish*  
**NB: On average, it costs £50,000+ monthly to run our parish.**

## IN YOUR PRAYERS – REMEMBER

**OUR SICK:** Sarah Asher, Joaquim De Souza, Fr Derek McGuire, Jennita Aluan, Nizelle Soares, Peter Newton, Hubert Teles, Amy Burns, Steve, Sandra, Carson Javier Dabasia, Igor Sitarska and Don Lynch.

**DECEASED:** Leo Machado, Bella Felix, Cynthia Souza, Clifton Dominic Colaco, Elcina Alpesh Makwana, Tadeusz Z Wolanski, Heather Philomena Marklew, António José Visitação da Cruz Barreto, Fr Bernard Scholes, Sybil Knox, Carlos D'Silva, Mary Maher, Emma Noronha.

## PARISH/PRAYER GROUP MEETINGS

### SYRO-MALABAR CHAPLAINCY MASS

1<sup>st</sup> Sunday of the month at 3pm

### SINHALESE CHAPLAINCY MASS

2<sup>nd</sup> Sunday of the month at 4pm

### GOAN CHAPLAINCY MASS

3<sup>rd</sup> Sunday of the month at 4pm

### MASS OF THE SICK

Last Tuesday of the month at 12noon.

### ST ANTHONY NOVENAS

Tuesday at 7pm in the Church.

### NOVENA TO OUR LADY OF PERPETUAL HELP

On Wednesday at 5pm in the Church

### DEVOTION TO THE SACRED HEART OF JESUS &

### IMMACULATE HEART OF MARY

Every Thursday 5pm in the Church

### DIVINE MERCY DEVOTION

First Friday of each month at 3pm

### EUCHARISTIC ADORATION

Every 2nd Thursday of the month after evening Mass.

## 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.

## GHANAIAN COMMUNITY- MEETING DAY

1st Sunday of every month after the 12.00 noon Mass in the Parish Centre.

## UCM MEETINGS

2nd Tuesday of the month after 9am Mass and 4th Tuesday of the month after 6pm Mass 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.