



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) [YouTube](https://www.youtube.com/channel/UC...)

2nd Sunday in Ordinary Time

18th January 2026

FAST AND ABSTINENCE

A fitting prayer then, as part of our Friday penance, would be to ask Almighty God to turn away all threats to mortal life. The act of abstinence itself can be offered consciously as a prayer for life and in reparation for sins against life. It can also be put at the service of others if we make a sacrifice and give financial savings made from our abstention (or fasting) to charities which assist those who are poor or suffering. If we are unable to make that financial sacrifice, we can still perform, 'work of charity', an act of kindness and love to another person who is in need or suffering in some way. Canon 1251 states: 'Abstinence from eating meat or another food according to the prescriptions of the Conference of Bishops is to be observed on Fridays throughout the year unless they are solemnities; abstinence and fasting is to be observed on Ash Wednesday and on the Friday of the Passion and Death of Our Lord Jesus Christ.'

Canon 1252 states: 'The law of abstinence binds those who have completed their fourteenth year. The law of fasting binds those who have attained their majority, until the beginning of their sixtieth year. Pastors of souls and parents are to ensure that even those who by reason of their age are not bound by the law of fasting and abstinence, are taught the true meaning of penance. Those under 14 years of age, sick, the elderly and frail, pregnant women, seafarers, manual worker according to need, guests at a meal who cannot excuse themselves without giving great offence to their hosts or causing friction, and those in other situations or mortal or physical impossibility are not required to observe abstention from meat; in other words, we should act prudently.

To be continued

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 (Day off: Mon)

Assistant Priest: Fr Ignatius Nguyen Quy Quan, CSSp
guyquannguyen@rcdow.org.uk (Day off: Wed)

2nd Assistant Priest & Chaplain at Heathrow

Airport: Fr Paul Ibekwe, CSSp.
paulibekwe@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.



We congratulate all those who are celebrating their birthdays & wedding



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

PARISH NOTICES

LEPRA – SECOND COLLECTION

There will be a second collection for Lepra during the weekend Masses on 24th/25th January. Please see posters in the Church porch area for further information.

MASS FOR THE SICK

There will be Mass for the sick on Tuesday 27th January at 12noon. There will be anointing of the sick during the Mass.

FEBRUARY COFFEE MORNING

There will be coffee morning on the Sunday 01st February after the 9am and 10.30am Masses in the Parish Centre and will be hosted by the SCS team. Open to all, and new parishioners most welcome.

REAPPOINTMENT OF ALL PARISH GROUP LEADERS

The Parish Priest wish to reappoint all the PGL for another two years tenure, which will take effect from 3rd February. Should any of the current leaders wish not to continue, please inform the Parish Priest **BEFORE** the 3rd of February. We thank them immensely for the amazing work they are doing with their team members in different parish groups. We pray that the Holy Spirit will continue to inspire and endow them with humility and wisdom to continue to serve the parish.

MASS FOR THE SICK – WESTMINSTER CATHEDRAL

On Saturday 7th of February 2026, we will be holding our Mass for the Sick at the Cathedral at 2pm, celebrated by the H.E. Cardinal Vincent Nichols,

during which Anointing of the Sick will be offered. Please email the parish office, hounslow@rcdow.org.uk, confirming the below:

Tickets are in three categories:

1. Wheelchair users who require anointing
2. Walking sick who require anointing
3. Those assisting the sick, who do not require anointing.

WORLD YOUTH DAY 2027 – SEOUL

The Diocese of Westminster is preparing a pilgrimage to World Youth Day 2027 in Seoul. Due to limited places, each parish may nominate one young person to represent the parish. Our parish will support and raise fund for the pilgrimage of the nominated participant. Young people who will be 18 or over by July 2027 are invited to express their interest, especially those involved in the life of the parish. **Expressions of interest close on Tuesday 10 February.**

For more information and to express your interest, please use the following link or QR code: <https://forms.office.com/e/MfNnHjipGf>



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 19th January.

GRATITUDE TO TWO PARISHIONERS

We would like to immensely thank two parishioners who polished and cleaned one of our Ciboria.

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).

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

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/UCSSMichaelandMartinRCChurchHoun). 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 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.

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

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

2nd Sunday in OT

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.'

NEXT SUNDAY'S MASS

3rd Sunday in OT (Sunday of the Word of God)

Isaiah 9:1b-4 – In Galilee of the nations the people have seen a great light.

Responsorial Psalm – *The Lord is my light and my salvation.*

1 Corinthians 1:10-13,17 – 'I appeal to you that all of you agree, and that there be no divisions among you.'

Matthew 4:12-17 – 'Jesus went to Capernaum so that what was spoken by the prophet Isaiah might be fulfilled.'

WEEKLY OFFERTORY COLLECTION

10th/11th January 2026

Loose: £4,136.82

Envelopes: £1,197.92

TOTAL: £5,334.74

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

1st Sunday of the month at 3pm

SINHALESE CHAPLAINCY MASS

2nd Sunday of the month at 4pm

GOAN CHAPLAINCY MASS

3rd 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.