



S MICHAEL AND MARTIN

Roman Catholic Parish of Hounslow
Archdiocese of Westminster

This Parish is served by the Spiritans

PARISH NEWSLETTER

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6th Sunday in Ordinary Time

15th February 2026

LENTEN REFLECTION

The Lenten Season is the fourth Season of the Liturgical Calendar. This is a period of 40 days which begins with the Ash Wednesday and ends with the Paschal Triduum. Ash Wednesday is the beginning of the Lenten Season. The ash, which is put on our forehead, is open to all, that is to say there is no age restriction. Furthermore, Ash Wednesday is a reminder and an invitation to us of who we are as Christians. It reminds us that we are dust and unto dust we shall return (Gen 3:19). It also invites us to repent and believe the gospel (Mk 1:15), the true way to salvation. According to the tradition of the Church, Ash Wednesday and Good Friday are the days when fasting and abstinence is compulsory for those who have the capacity and the health condition to do.

There are three pillars that hold and define the Lenten Season and there are

1. Prayer.
2. Fasting.
3. Almsgiving.

Why are they considered as the pillars of Lent? Prayer helps us to recognise where we are coming from, God. At this point in time, if this question of David is asked "where does my help come from?" what will be our response? For David his response was, "my help comes from the Lord who made heaven and earth" (Ps 121:2). Furthermore, prayer fosters our consciousness of God and makes us to appreciate God as our Father who loves and cares for us. More so, in prayer we lose nothing, but we rather gain all through it. While, fasting on the other hand helps us to detach ourselves from created things in order to attach us to God. Fasting enables us to focus on God as the center and the reason of our existence (Act 17:28). And almsgiving helps to bring our love of God to a concrete term through the loving of our neighbour. Almsgiving in the spirit and the understanding of Lent, comes beyond giving money or other valuables. It includes visiting the sick, the prison, the abandoned, the housebound, the orphanage, the hospital and wherever suffering exist. (Mt 25:31-46).

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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

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)

Parish Administrator: Priya Joseph
priyajoseph@rcdow.org.uk

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

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

2nd Assistant Priest & Chaplain at Heathrow

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

Airport: Fr Paul Ibekwe, CSSp.

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

Parish Safeguarding Representatives:

hounslowsg@safeguardrcdow.org.uk (Lorna – Admin)
hounslowsg1@safeguardrcdow.org.uk (Chinyere)

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

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.

My dear friends in the Lord, Lenten Season is a moment of grace. A moment when we are called to rediscover in Christlike nature in us. A moment when we are taught how to pray, fast and give alms and how also to these pillars of Lent can be the basis of our Christian faith. May God through His grace, make this time a blessing to us.

PARISH NOTICES

ASH WEDNESDAY MASS TIMINGS

LENT – 18th February Ash Wednesday, this starts our preparation for the celebration of **EASTER**. Masses will be at **7.30am, 9am, 10:30am, 12noon, 6pm and 7.30pm with the distribution of ashes**. There will be limited parking for Ash Wednesday (18th February): Please be mindful that we expect many cars, and we have limited parking space on Ash Wednesday.

DRAINAGE SYSTEM IN THE PARISH CENTRE

Please, note that the disabled toilet/ drainage system at the Parish Centre is currently malfunctioning and temporarily out of use. We are expecting the CASCADIA Water to come and repair it. The repair works will require digging the ground in front of the entrance to the Parish centre and car park, which will definitely obstruct easy access into the car park and Parish Centre. So, those who will be organising any event in the parish hall during the period the work will be going on (**23rd till 27th February**) are responsible to ensure safe entrance of the people they invited to the event into the Parish Hall, and those who usually park in the parish car park during weekday masses are advised to plan for alternative parking or come with public transport.

CAKE SALE – YOUTH JUSTICE & SERVICE PROJECT

The Youth Council and Justice & Service Ambassadors will be holding a cake sale with tea next Sunday 15th February after the 10:30am and 12:00noon Masses. All funds raised will support their Justice and Service project, focused on the beautification of our parish. Thank you for your support.

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!

NOVENA TO OUR LADY OF PERPETUAL HELP

On 18th February 2026 (Ash Wednesday) novena is cancelled. Also, no Novena's will be held from 25th March 2026 until 08th April 2026. On 15th April 2026, novenas resume as normal.

STATIONS OF THE CROSS (LENT SEASON)

Every Friday beginning from the 20th February, the Stations of the Cross will be led by a lay faithful, in the church after the 9am Mass, and after 7pm Mass, led by a Priest. In addition, Stations of the Cross, led by a lay faithful, takes place every Saturday after the 9am Mass.

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 fund 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 this 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>

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/UCOQzcJ9bOgrzoLwx49cpdpg> and channel name: [@SSMichaelandMartinRCChurchHoun](https://www.youtube.com/channel/UCOQzcJ9bOgrzoLwx49cpdpg). 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 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

6th Sunday in OT

Sirach 15:15-20 – 'He has not commanded anyone to be ungodly.'

Responsorial Psalm – *Blessed are those who walk in the law of Lord!*

1 Corinthians 2:6-10 – 'A wisdom God decreed before the ages for our glory.'

Matthew 5:20-22a, 27-28,33-34a,37 – 'It was said to those of old; but I say to you.'

NEXT SUNDAY'S MASS

1st Sunday of Lent

Genesis 2:7-9; 3:1-7 – The creation and sin of our parents.

Responsorial Psalm – *Have mercy on us, O Lord, for we have sinned.*

Romans 5:12-19 – 'Where sin increased, grace abounded all the more.'

Matthew 4:1-11 – Jesus fasts for forty days and is tempted.

WEEKLY OFFERTORY COLLECTION

07th/08th Feb 2026

Loose: £4,358.83

Envelopes: £1,284.60

TOTAL: £5,643.43

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, 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

Please see announcement on page 2.

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.