

NEWSLETTER

**FOURTH
SUNDAY IN
ORDINARY TIME**

Love the Lord and walk in his ways.

‘The Lord in my light and my salvation; whom then shall I fear?’ He who understood the manner of his enlightenment, the source from which it came, and the sort of man who received it, was a good disciple. He saw the light: not the light that fades into the darkness, but that light ‘which the eye does not see’. Minds flooded with this light do not run headlong into sin or stumble into vice.

The Lord said: ‘Walk while you have the light.’ What light did he mean, if not himself, who said: ‘I, the light, have come into the world-come, so that those who see should not see and those who are blind should receive the light’? This then is the Lord our light, the sun of righteousness, whose rays have enlightened his Catholic Church spread throughout the world, of whom the prophet foretold when he cried, ‘The Lord is my salvation: whom then shall I fear?’

The man who is enlightened neither stumbles nor strays from the path; and he knows how to stay the course. He who sees his native land from afar bears adversity; he is not cast down by the things of this world, but is strengthened in God; he humbles his heart and endures, and by his humility has patience. That true light which ‘enlightens every man who comes into the world’ gives himself to those who fear him, pours light on whom he wills, where he wills, reveals himself to whom the Son wills.

He who formerly sat in darkness and in the shadow of death, in the darkness of evil and the shadow of sin, is appalled when the light rises. Then he looks closely at himself; he comes to his senses, and overcome with shame, he repents and says: ‘The Lord in my light and my salvation: whom then shall I fear?’ My brothers, this is indeed a great salvation. This salvation fears no sickness, dreads no fatigue, sees no pain. Therefore we must cry out, not only with our lips, but also in our hearts, with complete and perfect faith: ‘The Lord in my light and my salvation: whom then shall I fear?’ If it is the Lord who enlightens, the Lord who saves, whom then shall I fear? Though the mist of temptation rise up, the Lord in my light. They may come, but can make no headway; they can assault our hearts, but are not able to overcome them. Though the blindness of lust comes upon me, ‘the Lord is my light’. So the Lord is our strength, he who gives himself to us; and we give ourselves to him. Hasten to your physician while you can, lest when you wish to do so, you are no longer able.

Bishop John of Naples

SECOND COLLECTION THIS WEEKEND FOR RACIAL JUSTICE

“As we celebrate the Presentation of the Lord on Monday, let us pray for all new parents and pregnant mothers. During this transitional time, amidst the challenges, may they too see the light their child brings and find the support they need in our community. Lord hear us”.

MASS INTENTIONS

Jan 31st, 2026

6pm - For Piotr (B'day)

Feb 1st, 2026

9 am — Pro Populo

11 am - For Rev

Richard Moth

For weekday mass intentions please, see the notice board on the left hand side of the main door of the church.

Confession on Saturday between 5.15-5.45 pm or by appointment.

A Prayer after Communion

Grant O Lord, we pray, that, benefiting from participation in heavenly things.

We may be helped by what you give in this present age and prepared for the gifts that are eternal. Through Christ our Lord. Amen

Readings for this & next Sunday

1st Reading— Zephaniah 2:3;
3-12

Psalm 146; 2, 4-9, R 8

2nd Reading -
1 Corinthians 1:26-31

Gospel - Mathew 5; 1-12

1st Reading— Isaiah 58:6-10

Psalm 112;4-5. 6-7. 8-9

2nd Reading -
1 Corinthians 2-1-5

Gospel – Mathew 5; 13-16,

Anointing Of The Sick, will be on 8th February 26, at the 11am Mass, all are welcome.
Please put this date in your dairy.

Fighting assisted suicide in the Lords.

Since Christmas, there have already been three debates in the Lords on the Leadbeater assisted suicide Bill. One involved the Bill's sponsor in the Lord's, Lord Falconer, calling for more parliamentary time, then there were two more days of committee stage. Friday's debate was especially revealing with Lord Falconer being [quite clear that he's ok with people ending their lives because of financial constraints](#).

All the resources on this Bill, including a tool to write to members of the House of Lords could be found on the [campaign page](#).

Assisted suicide in Wales

There is an urgent threat in Wales, with the Senedd due to vote on a legislative consent motion on 27th January, which would allow assisted suicide to be introduced in Wales. Please go to **Oppose assisted suicide in Wales**

The big threat we need to turn our attention to in the coming weeks is the decriminalisation of abortion. MP's passed an amendment to the Crime and Policing Bill, which would remove women from the criminal law regarding abortion. Effectively permitting self-induced abortion at any gestation, for any reason.

The Crime and Policing Bill has now passed to the House of Lords for debate and scrutiny. Since the amendment was incorporated into the Bill, the clause on decriminalising abortion is now Clause 191 of the Crime and Policing Bill.

The Lords [debated the Bill at Second Reading](#) on 16th October 2025, with peers who spoke on the subject opposing the policy by almost three to one. The Bill is now at Committee stage, where peers can suggest amendments. Those related to abortion have been grouped together, and will be debated on the last day of committee stage. This currently set for 27th January 2026, but an extra day has been allocated and so abortion may be debated on 2nd February. Amendments tabled include removing Clause 191 from the Bill, the pills by post policy, and mandatory investigations for underage abortions.

Do please write to members of the House Lords asking them to fight the extreme abortions up to birth amendment. Remember this was not in any manifesto. It was passed after just 43 minutes of backbench debate, with very little notice. Do write to the peers them to fight back on this amendment. Thank you.

CHOISTER OPPORTUNITIES AT WESTMINSTER CATHEDRAL CHOIR SCHOOL

Dear All, I am writing to ask whether there might be any Catholic boys with musical potential, in Years 2,3 or 4 in your parish, who might consider becoming choristers at Westminster Cathedral. Every September Westminster Cathedral Choir School welcomes up to six choristers into Years 4-5. Becoming a chorister at Westminster Cathedral offers boys opportunity to sing both here in central London, and on tour internationally, in one of the world's great choirs. Boys also receive an outstanding education at one of London's leading schools, up until the end of Year 8. Choristers board during the School week only, heading home to their families from Friday until Sunday at 9.45am.

There are no financial barriers to entry: all boys receive generous scholarship, with bursaries worth up to 100% of fee available on a means-tested basis. We are in inclusive and diverse community: almost all our choristers join us from Catholic primary schools in the maintained sector; the only universal element is a love of singing!

Our next Zoom session, lasting 30 minutes, is at 6.30 on Wednesday 11 March. Families simply contact Rachel Bonnet for a link. Email rbonnet@choirschool.com

This year we are also running an Open Week for Prospective Chorister Families from Monday 23rd until Friday 27th February, when we open our doors to show families the exceptional musical and academic opportunities that being a chorister brings, and introduce them to the boys who do it.

Neil McLaughlan, Head

"On 11 April 2026, we're hosting a fun charity event to raise funds for our local food bank, and we'd love for you to be involved. There'll be a barbecue, live music from a local band, a DJ, and a raffle with prizes donated by local businesses. We're also inviting the Church to set up a stall on the day. Whether it's baking, crafts, or anything else, to help support the cause. If you'd like to take part or find out more, please get in touch. Let's come together and support our community! Contact no: [020 7987 1365](tel:02079871365) Email: info@thewatermansarms.co.uk"

Racial Justice Sunday 2026 is this coming Sunday 1 February.

Please, follow the links below to see the supporting materials

<https://www.cbcew.org.uk/bishop-mcaleenan-true-love-recognises-the-value-of-everyone/>

<https://www.cbcew.org.uk/racial-justice-sunday/>

WESTMINSTER DIOCESE JUSTICE & PEACE LECTURE 2026

The second annual Justice and Peace Lecture which will be given by Charles Wookey, formerly CEO of Blueprint for Business, and for the last three decades advisor on social and ethical issues to archbishops of Westminster and at the Bishops' Conference of England and Wales. He will speak on the topic 'Living out Catholic Social Teaching in Today's Britain'. A response will be given by the young scholar Dr Charles Bury of the University of Manchester. The lecture will take place at Farm Street Church of the Immaculate Conception, 114 Mount Street, London W1K 3AH, on March 25th 2026 at 7pm. Access to the church is from Farm Street or Mount Street. After the lecture in the church all are invited to a buffet reception in the Arrupe Hall. All are welcome. If you would like to attend please reply to justiceandpeace@rcdow.org.uk by March 1st 2026.

Come in Procession

On 11th February we celebrate the 34th World Day of the Sick, for which Pope Leo XIV has chosen the theme: *"The compassion of the Samaritan: loving by bearing the pain of the other"*. The World Day of the Sick, established by St. John Paul II in 1992, is a special moment of prayer and reflection for the entire Church to recognise the face of Christ in our sick and vulnerable brothers and sisters. Focusing on the Gospel figure of the Samaritan who cares for the man who fell into the hands of thieves, we are reminded of our call to love our neighbour. Like the Good Samaritan that bent down to help the injured man along the road, the Christian community is also called to stop and help those who suffer and be evangelical witnesses of closeness and service to the sick and most vulnerable.

One of the ways in which we do this in our diocese, is through supporting the sick and the vulnerable on our diocesan pilgrimage to Lourdes each summer. In doing this we are answering the call of Our Lady to St Bernadette to encourage people to go to Lourdes in procession. We are also following the example of pilgrims who for nearly 170 years have travelled to this great shrine where so many have received healing and discovered God's love.

In 2023, the 71st healing to be proclaimed a miracle was that of the pilgrim from Liverpool, Jack Traynor, whose catastrophic injuries from World War One were miraculously healed during a visit to the grotto. Many other healings, although less dramatic, have had an enormous impact on the lives of so many, and this is a good news story we should want to share.

Travelling with the diocesan pilgrimage is also an opportunity for all of us to discover more about the Westminster Diocese, and the opportunities we have to love our neighbour not only on pilgrimage but also when we return home. The pilgrimage this year takes place on 17th-24th July 2026. If you are interested in joining our pilgrimage as a volunteer, a member of our medical team, a praying pilgrim or an assisted pilgrim, or if you feel you are able to support others to go to Lourdes in 2026, please do go to <https://rcdow.org.uk/pilgrimages/lourdes/> or contact the pilgrimage office on 0207 798 9173 for further details.

Little Sisters of the Poor: 4 Day Retreat for Young Women

Please see the below invitation, which you may wish to pass on to anyone who it may be of interest.

The Little Sisters of the Poor are inviting young women, aged 17-35, for a 4 day retreat at St Anne's Home, 77 Manor Road, Stoke Newington, N16 5BL. It will start at 3pm on 2 April (Holy Thursday) and finish 6pm on 5 April (Easter Sunday), although attendees are welcome to stay for 1-2 days if they are unable to stay for the full four days. A donation is suggested to cover the cost of accommodation. To register and find out more please email Sister Caroline ms.stanne@lsplondon.co.uk.

Diocese of Westminster
Roman Catholic Parish of St Edmund of Abingdon, Millwall
297 Westferry Road, Millwall. E14 3RS

Telephone: 020-7987-4114; Email: millwall@rcdow.org.uk; <https://parish.rcdow.org.uk/millwall/>



Fr Christopher Silva

Parish Priest,

Mrs Katherine Woznicka

Parish Administrator

The office may be contacted by phone:

Monday to Friday 9am-2pm

Closed on Bank Holidays

Mrs Diane Winship - Safeguarding Representative

Mr Tomasz Daszkiewicz - Data Protection

Parish Officer

LAST WEEK'S COLLECTIONS:

loose: £154.00 envelopes: £180.00 contactless collection last weekend: £387.00
total: **£721.00**

Standing orders in 2025: January- £3982, in February- £1883, in March - £2576
in April - £2638, in May- £2394, in June- £2085, in July- £2956, in August—£2016,
in September—£2730, in October—£1996, in November—£1906, in December—£2390,

As a Charity, we rely on your weekly donations. We will be grateful for your financial support. Your New offertory envelopes will be available at the end of March for collection after Mass or from the parish office. If you wish to have an offertory envelope, then give your details to the parish office, where a new box of envelopes will be made available to you. Alternatively, you could make your donation via bank transfer. The parish account is on our website.

WRCDT CHARITY NO: 233699

Thank you for your Generosity

We have created a specified fund for utility bills & building maintenance and we encourage you to give specified donations towards one of the funds. As we need to share our general donation with the diocese, we find it difficult to meet our parish ends. Your donations towards a specified fund let us keep **100% of the money** in our parish. If you give by a card, just chose: utility bills or building maintenance on the screen, if you transfer by bank: type 'utility bills' or "building maintenance" in description, or you can give money in a prepared envelope that can be found on the table in the church's lobby.

Counting of the Collection

Dear Friends, To comply with guide lines set by the Diocese, they require us to create a Rota of Counters to Count the collection. Therefore we are appealing for volunteers who would be willing to count the collection after the 11 am Mass on a Sunday or on an alternative date.

You need to count in pairs, with another member of our community. It will take probably half an hour, once a month if we have enough volunteers to cover each week. We also ask students of six forms to step forward. **If you are interested, please give your details into the Parish Office.**

Prayer to Saint Michael the Archangel

Dear Saint Michael, I thank you for your unending protection in my life and the Immense love you have shown me. Keep me always connected to the divine currents that flow only from our Saviour Jesus Christ.

Light up my life and dispel the darkness that threatens to consume us. Today I declare that I am a child of God and I will call upon his name. I acknowledge Christ as the true source of all power and happiness in my life. I call upon the Holy Spirit to fill me with fire and purpose, that I may spread His love and deeds to those that I encounter. I pray that you may help me put energy into my work and appreciate that work is worship to God. May I never be in the dark but always rely on God as my protector, saviour and guide. Saint Michael the Archangel, pray for us. Amen.