

## Presbytery

337 Harrow Road, London, W9 3RB  
Tel: 020 7286 2170

## Parish Priest

Fr. Michael Jarmulowicz  
michaeljarmulowicz@rcdow.org.uk  
Also in Residence (for advanced studies)  
Fr Daniel Isah

## Harrow Rd Office

Parish Administrator: Mrs Jennifer Ellis  
Office Hours: Mon & Friday 9 - 3 pm  
Tel No: 020 7286 2170  
E-mail: harrowroad@rcdow.org.uk  
Website: parish.rcdow.org.uk/harrowroad

## Paddington Office

Parish Administrator: Mrs Mandy O'Sullivan-Whitting  
Office Hours; Thursday 10 - 2 pm  
Tel No: 020 7286 2672  
E-mail: paddington@rcdow.org.uk  
Website: parish.rcdow.org.uk/paddington

## Mass Times

Monday: 10:00 am (Harrow Road)  
Tuesday: 10:00 am (Paddington)  
Wednesday: No Mass  
Thursday: 10:00 am (Paddington)  
Friday: 10:00 am (Harrow Road)  
Saturday: 10:00 am (Paddington)  
6:00 pm (Harrow Rd)  
Sunday: 9:30 am (Paddington)  
11:30 am (Harrow Rd)

## Eucharistic Adoration

One hour before weekday and both Saturday  
Masses

## Confessions

During periods of exposition of the Blessed  
Sacrament, and on request.

## Sunday Readings

Parish Mass Book—page 115 (Sat) & 118 (Sun).  
Is 60:1-6. Eph 3:2-3, 5-6. Matt 2:1-12

Parishes of  
**OUR LADY OF LOURDES & ST VINCENT DE PAUL**  
(HARROW RD)  
and  
**OUR LADY OF SORROWS, (PADDINGTON)**  
**JANUARY - MONTH OF THE HOLY NAME OF JESUS**  
**7<sup>TH</sup> JANUARY 2024**  
**EPIPHANY OF THE LORD — YEAR B**

## New Year Same Disastrous Outcomes?

It's a well-known saying that if you continue to do the same thing you will get the same results. Yet despite this obvious truth we continue to approach life in exactly the same old ways and repeat the same disastrous outcomes. We tend to get through life relying on the knowledge we already have, instead of searching for something new.

Today the Church commemorates the first manifestation of Christ to the Gentiles. We call it the 'Epiphany' a word derived from the Greek meaning 'to appear' or 'to be shown forth'. The Epiphany is about searching for meaning purpose and revelation. The Magi were men of great learning, intellect and wealth, yet they weren't prepared to sit back and imagine they knew it all. Guided by a star and motivated by a hunger for truth, they stepped out of their comfort zone and set out across the desert not knowing what they would find or how long it would take. It was a journey of faith and great courage.

In the same way as the star got the wise men questioning, so too we find guiding stars in our lives that make us question. What circumstances get us looking for deeper meaning? The desire to leave a mind-numbingly meaningless job, the need to make sense of a family illness, or the curiosity to research the background to a motivational book are all circumstances in which we might find our 'guiding stars'. Today's gospel reading is an invitation for all God's people to step out of their comfort zones and search for a new way of life and a better truth.

## Monday—The Baptism of the Lord.

What does Jesus' baptism say to us? Jesus' thirty years of preparation before his public baptism remind us that it takes time to get ready for God's mission. How many countless hours did Jesus spend in prayer? What study, what thought, what vision must he have undergone before appearing in front of John asking for baptism?

What do we learn from Jesus' baptism? January is a time for new beginnings and fresh resolution. John the Baptist was an expert on this. John's ministry was all about repentance and reform ... that's what his baptism was all about. But anyone who has ever seriously tried to change themselves will know how difficult change really is. We all fondly imagine that change is just beyond our reach, and all we have to do is reach that little bit further. Perhaps we would be

*(Continued overleaf)*

## Mass Intentions for both parishes for week beginning Saturday 6<sup>th</sup> January 2024

Saturday	6:00 pm	Briony Lyons (RIP)	Sunday	9:30 am	People of the Parish
Sunday	11:30 am	Joseph Ballister (Thanksgiving)	Monday	10:00 am	Bernard John-Charles (RIP)
Tuesday	10:00 am	Joseph Thornicroft (Sick)	Wednesday	10:00 am	No Mass
Thursday	10:00 am	-	Friday	10:00 am	John Lyons (RIP)
Saturday (13.1)	10:00 am	Nina Mercado (Bday)	Saturday	6:00 pm	Aggie Eldora (B'day)
Sunday (14.1)	9:30 am	Margaret & Catherine Geary (Anniv)	Sunday	11:30 am	People of the Parish

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more giving if we had more money. Perhaps we would be more helpful to others if we could manage our time better. Perhaps we would manage to be tidier if we had a home extension. Perhaps we could be happier if we found a perfect partner. Perhaps we could feel better fulfilled if we changed our job, passed a few more exams, moved to the country, lost weight, got a promotion, had a baby... the list goes on and on. Yet every January we find ourselves in much the same situation as the previous year. Those who were baptised by John were baptised as a sign of their intent to change from their old ways, but knowing how difficult change can be, we can't help wondering how successful they must have been. Perhaps John appreciated this too when he said "I have baptised you with water, but he will baptise you with the Holy Spirit."

When we look for change in our lives, perhaps we are looking in all the wrong places. Perhaps all we need to do is to ask the Holy Spirit for help. We are told that the same Holy Spirit that empowered Jesus at the outset of his ministry, is the same Holy Spirit that is given to us in our baptism. Validating our baptism anew every day, knowing that we are filled with the Holy Spirit ..... perhaps change isn't just beyond our reach after all. The past doesn't have to equal the future.

## Diocesan News

There is an opportunity to reflect on the **life of St. Paul**, as a model missionary disciple via a 10-WEEK Zoom course run by Mission Northampton from Wednesday 10th January 2024 to Wednesday 20th March 2024 (7.30-9pm). To Register for the course, goto: <https://northamptondiocese.org/courses/secrets-of-paul-online/>

**Catholic Listeners** have launched a website and phone line to respond to people, who are searching for answers about the Catholic faith. They have a website <https://catholiclisteners.com> and phone line 0800 448 0704. It is sponsored by the diocese and run from the Jesuit church at Farm Street.

**Retrouvaille in England and Wales** is a lifeline for Troubled Marriages. Retrouvaille is a programme designed to help heal and renew marriages. The word Retrouvaille simply means rediscovery. Rediscover yourself, your partner, and a loving relationship in your marriage. For further information including details of programmes taking place in the New Year please visit: <http://www.retrouvaille.org.uk/>

## Parish News

**Apologies** May I heartily apologise for the confusion I caused about the mass time for New Years

Day and to those who missed mass expecting it to be (as per original timetable) at 11:30.

**Mary's Meals.** Volunteers will be coming to our Masses next weekend. This charity began in 2002 from humble beginnings in Dalmally, Scotland. Feeding hungry children in some of the world's poorest communities Mary's Meals has grown at a fantastic rate thanks to the support of so many ordinary people – their prayers, voluntary efforts and donations. Your help next weekend will be very much appreciated

**Crib Offerings** will be donated to the Catholic Children's Society to support their work with local children and families, many of whom are facing severe hardship due to the cost-of-living crisis. Thank you for your support.

**Looking Forward to 2025!** Pope Francis has requested that "I would greatly desire that we devote 2024, the year preceding the Jubilee event, to a great "symphony" of prayer. Prayer, above all else, to renew our desire to be in the presence of the Lord, to listen to him and to adore him." To help this aim of Pope Francis' the Bishops Conference has prepared a 5 week course ('**We Dare to Say**') to be used during lent, concentrating on the words of the Our Father.

We have been asked us to order the course books by Monday so that proper numbers can be printed. So please sign up at the back of the church if you would like a course book—cost per booklet will be £4.

## Funeral Notices

The Reception and Requiem Mass of the late **Mava Jean Kifu** will take place on **Friday 12th January 2024 at 11:00 am** at the church of **Our Lady of Lourdes, Harrow Rd**, followed by burial at East Finchley Cemetery.

The Reception and Requiem Mass of the late **Wilhelmina Angol** will take place on **Friday 19th January 2024 at 11:00 am** at the church of **Our Lady of Lourdes, Harrow Rd**, followed by burial at Kensal Green Cemetery.

The Reception and Requiem Mass of the late **Carlos Teixeira Da Arrochela Lobo** will take place on **Thursday 1st February 2024 at 11:00 am** at the church of **Our Lady of Lourdes, Harrow Rd**, followed by burial at St Mary's Cemetery.