The Catholic Parishes of
The Transfiguration, Kensal Rise
and
St Mary Magdalen, Willesden Green.



A Season of Renewal

2026



https://www.transfigparishkensalrise.org.uk/ https://parish.rcdow.org.uk/willesdengreen/

Journeying Through Lent Together

The word Lent derives from the old English word for Spring. This is a time for a spiritual spring clean, to get rid of the grime in our lives and follow Jesus more faithfully. Many of you will know that there are three things we try to do in Lent: **FASTING, PRAYER and CHARITY.** Below are some events taking place in both of our churches that will support us in living out these Lenten commitments in a meaningful way.

I pray that Lent will be a spring time of grace and growth for us all in our parishes of The Transfiguration, Kensal Rise and St Mary Magdalen, Willesden Green.

Monsignor Roger



ASH WEDNESDAY—18th February Mass with the Imposition of Ashes:
KENSAL RISE at 10:00am and 7:00pm.
WILLESDEN GREEN at 9:30am and 6:30pm

FASTING – on Ash Wednesday for adults aged between 18 & 59 (others as well out of devotion) to eat only one full meal. We also abstain from meat on Ash Wednesday and all Fridays. Many people also give something up for Lent – this is a form of fasting. It's a way of learning self-discipline.



STATIONS OF THE CROSS—every Friday during Lent.
KENSAL RISE at 9:00am before Mass.
WILLESDEN GREEN at 6:00pm
Friday, 13th March – Stations of the Cross at WG, led by the Youth Group
Saturday, 21st March, 3:00pm – Stations of the Cross at WG (in Konkani)

PRAYER – This is a good time to get into the habit of daily prayer, at beginning and the end of each day. It's especially good to pray the Stations of the Cross. Our churches are open in the day time for you to drop in for a moment of private prayer.

THE HOLY ROSARY AND PRAYER



The Rosary can help us to pray. At WG it is prayed every weekday straight after morning Mass (at 9:30am).

Maybe come early for Mass and spend time in prayer before the Blessed Sacrament.

Please pray for the people from both parishes who are preparing to be received into the Catholic Church at Easter this year.

YOUTH GROUP

The next Willesden Green Youth Group, led by the Westminster Youth Ministry, is on Sunday, 8th March at 4:30pm. More details in the newsletter.

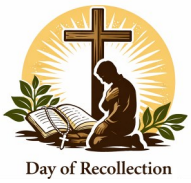


THE LENT COURSE for both parishes starts on:
Wednesday February 25th at 7.00pm:
We Dare To Ask features five sessions on the theme of our Baptismal Vocation. Each session uses scripture, prayers, a reflection and questions, to help us prepare to renew our baptismal promises at Easter.

This course runs for five weeks and takes place in the upstairs hall of The Church Of The Transfiguration. Course booklets will be available for free; tea and coffee will also be provided.

A small Prayer Group is held on Thursdays in Lent, starting on 26th February for 5 weeks. It also takes place in KR in the 'Newman Room' (upstairs hall) at 10:30am (after the 10:00am Mass.)

DAY OF RECOLLECTION



A Day of Recollection for both parishes will be held at the Convent of Jesus and Mary Infant School, 21 Park Ave, London NW2 5AN, on **Saturday 14th March from 11:00am to 3:00pm.**

The day will be led by Fr Francis Thomas, (a vocation from Willesden Green). An opportunity will be offered for spiritual renewal and deeper preparation during this sacred season.



A **MASS OF THANKSGIVING** celebrating the 30th anniversary of Monsignor Roger's ordination to the priesthood will be held on **Thursday, 19th March at 7:00pm at Kensal Rise.** The preacher for this occasion will be Bishop James Curry, and the music will be provided by the Schola Cantorum of the Cardinal Vaughan Memorial School.

All are warmly invited, and thanksgiving will be offered for Monsignor Roger's faithful ministry and service.



A **PENITENTIAL SERVICE** will be held at the beginning of Holy Week on **Monday, 30th March at 7.00pm in Willesden Green**. A number of priests will be present, providing an opportunity for individual confession. This will be the main occasion to receive the Sacrament of Reconciliation in preparation for Easter.
For those unable to attend, additional opportunities for confession will be available in both parishes. Please refer to the newsletter for further details.



CHARITY – if we give something up, we can also put something positive in its place. This is a good time to help those in need both by giving money and also giving time. Both The **Diocesan Lenten Appeal** and the **CAFOD Family Fast Day** can help us to do this. Further details can be found in the parish newsletter.

Details of Holy Week and Triduum services will be published in the parish newsletter later in March.

LENT & EASTER

ASH WEDNESDAY
LENT BEGINS



Emphasises our mortality and our need for ongoing repentance.

PALM SUNDAY



Commemorates Jesus' triumphal entry into the city of Jerusalem.

HOLY THURSDAY



Celebrates the Last Supper with the disciples and Passover.

A SPECIAL LENTEN FAST

Give up harsh words: use generous ones.

Give up unhappiness: take up gratitude.

Give up anger: take up gentleness and patience.

Give up pessimism: take up hope and optimism.

Give up worrying: take up trust in God.

Give up complaining: value what you have.

Give up stress: take up prayer.

Give up judging others: discover Jesus within them.

Give up sorrow and bitterness: fill your heart with joy.

Give up selfishness: take up compassion for others.

Give up being unforgiving: learn reconciliation.

Give up words: fill yourself with silence, and listen to others.

Source: CAFOD

GOOD FRIDAY



We remember the Passion and Jesus' sacrifice for us on the cross.

40

The 40 days of Lent are based on two accounts: the 40 years of wandering by the Israelites and our Lord's 40 days in the wilderness at which point He was tempted by Satan.

EASTER SUNDAY
HE HAS RISEN!



Alleluia!
The principal feast of the ecclesiastical year.
Jesus has risen!

PILLARS OF LENT

PRAYER
FASTING
ALMSGIVING

The key to understanding the meaning of Lent is simple: **Baptism**

face forward