



Second Sunday of Lent - Yr A

28th February/1st March 2026

MASS TIMES & INTENTIONS

Sat 28 9.30am 6pm	Melissa Pereira (B'day) Jerry & Evangeleena Dias	T'GIVING T'GIVING
Sun 1/3 8am 9.30am 11am 7pm	Holy Souls in Purgatory Wilfred Bansale Mathew Fernandes People of the Parish	RIP RIP (A) RIP INT
Mon 2 9.30am 11.00am	People of the Parish FUNERAL MASS - ANN COTTIS	INT RIP
Tue 3 9.30am 7pm	Noel Burke Roshan Meranchi Galappathi (B'day)	RIP T'GIVING
Wed 4 9.30am	Michael Gilbert	RIP (A)
Thur 5 9.30am	Antonio Manuel Fernandes	RIP (2nd A)
Fri 6 9.30am 7pm	Mark Kiely People of the Parish	RIP INT
Sat 7 9.30am 6pm	Aquino Pereira (Birthday) Davina & Richie	T'GIVING T'GIVING
Sun 8 8am 9.30am 11am 7pm	Bridget & William Burke Zephana Fernandes (8th B'day) Brian Beagan Paddy Byrne	RIP T'GIVING RIP (4th A) RIP

Sanctuary Lamp is lit in Thanksgiving - Josph Danladi

OTHER REGULAR MASSES, LITURGY

Confessions and Adoration: Saturday 10.15am-11.15am
 Confessions: Saturday 4pm-5pm
 Morning Prayer: Monday to Friday 9.10am
 Rosary: Monday & Friday 10am; St Anthony Devotion: Tues 10am
 Novena to Mother of Perpetual Help: Wednesday 10am
 Sacred Heart Devotion First Friday 10am
 Prayer & Intercessory Group: 3rd & 4th Saturday 7pm
 Polish Mass: Every Sunday 1pm;
 Malayalam Mass: 3rd Sun 2.30pm
 Filipino Mass: 4th Sat 2.30pm;
 Nigerian Mass: 4th Sun 2.30pm

During Lent, the Church leads us into a holy season of prayer, fasting, and almsgiving. My focus here is on fasting. Let us not forget that fasting is ordered towards repentance, purification, and deeper union with Christ. It trains the body so that the soul may be more attentive to God. It creates space for prayer. It sharpens our awareness of the poor. It reminds us that "man does not live by bread alone." If repentance and conversion are not at the heart of our fasting, then the exercise becomes empty. In that case, one might as well just eat and stop pretending. But if fasting leads us to humility, confession, forgiveness, and renewed obedience to the Gospel, then it becomes a grace. On the other hand, a fast that keeps the stomach empty but leaves the heart untouched is not acceptable before God. The prophet Isaiah already warned against this in Isaiah 58. If one refrains from food but continues in gossip, injustice, hatred, or pride, then the fast has lost its meaning. The external act without interior conversion becomes empty. Also unacceptable is fasting that harms one's health. The Church never requires the sick, pregnant or nursing mothers, the elderly, or those with serious medical conditions to observe fasting in a way that endangers them. Charity begins with prudence. Again, it is important to know that the Church's law of fasting does not forbid water. In fact, staying hydrated is important. Water, and even necessary medicine, does not break the fast. The purpose of fasting is discipline and penance, not self-destruction. May our fasting this Lent lead to a sincere turning of the heart to God.

Have a blessed week

Fr Andrew

SCRIPTURE READINGS (Year A)

Today: Second Sunday of Lent p.155
Morning Prayer Week 2

Next week: Third Sunday of Lent p.159

REST IN PEACE

We pray for the repose of the souls of Esther Doris Rozario, Ann Cottis, Joan Mary Collins and Cordelia Ikejiafor, who have died recently. May they rest in eternal peace. Funeral details can be found on the noticeboard.

PARISH OFFICE OPENING TIMES

Mon, Wed, Thur: 10.00am-12noon & Fri: 12.30-2.30pm
Tues, Sat & Sun: Office Closed

SAINT OF THE WEEK

Saints Perpetua & Felicity, 182-203
Memorial: 7 March Martyrs

"I know God will not give me anything I can't handle.."

PARISH CONTACTS

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Marinha Bragança

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CATECHESIS CORNER

When describing the period of the consecration at Mass, Bishop Robert Barron speaks wonderfully about the power of God's word and the working of the Holy Spirit, through the ministry and actions of the priest. Listen carefully to the words of the Eucharistic Prayer, especially at the consecration, which you will notice moves from a third-person narrative to a first-person narrative – “do this in memory of me” – as the bread and wine are changed into the Body and Blood, Soul and Divinity of Jesus Christ. This unique change is known as transubstantiation and marks the presence of Jesus in the Eucharistic species – ‘the whole Christ is truly, really, and substantially contained’ (CCC 1373, 1374). In this, one might ask: Is this the only ‘real’ presence of Christ in the Church? To which the answer is ‘no’. The Catechism teaches us that ‘this presence is called “real” because it is presence in the fullest sense: that is to say, it is a substantial presence by which Christ, God and man, makes himself wholly and entirely present’ (CCC 1374). What a gift and ‘highly fitting that Christ should have wanted to remain present to his Church in this unique way. Since Christ was about to take his departure from his own in his visible form, he wanted to give us his sacramental presence; since he was about to offer himself on the cross to save us, he wanted us to have the memorial of the love with which he loved us ‘to the end’, even to the giving of his life’ (CCC 1380). May we prepare well for this present, eternal encounter.

PARISH YOUNG ADULTS GROUP (AGED 18-35) St Lawrence parish is launching a brand-new Young Adults Group for those aged 18–35 who want to live their Christian faith more fully and intentionally. In a fast-paced world that often pushes Christ to the margins, this group offers a space to slow down, reflect and support one another in putting Christ at the centre of daily life. Meeting weekly, the group will include a monthly catechesis on Fridays at 7 pm, presenting the Gospel in a fresh new way. On other weeks, we will gather for 7pm Mass on Fridays, followed by an informal discussion at Wetherspoons, where we will talk honestly about our lives, faith and how we can live more faithfully for God. As Pope Leo XIV reminds us: “Aspire to great things, to holiness, wherever you are. Do not settle for less.” This group is an opportunity to build genuine community, share challenges and encourage one another because none of us is meant to journey alone. All young adults are warmly welcome, starting 6th March 2026, 7pm, in the Parish Centre.

ANNUAL MASS OF THANKSGIVING FOR THE SACRAMENT OF MATRIMONY - Westminster Cathedral, Saturday 23rd May 2026 at 2:30pm. The Archbishop is inviting to this Mass all couples in the Diocese, who are celebrating their 5th 10th, 25th, 30th, 40th, 50th and 60th (and every year over 60) wedding anniversary of Catholic marriage in 2026. If you are celebrating an anniversary, please give your parish clergy the following details: husband and wife's names, wedding date, full postal address and contact email (or telephone number, if no email).

WIDOWED, SEPARATED AND DIVORCED Beginning Experience Weekend 8th to 10th May 2026 at Worth Abbey. Beginning Experience is a peer ministry to the widowed, separated and divorced led by trained volunteers. Their work is carried out at special weekend gatherings which encourage participants to deal with the natural process of grief and loneliness. For further details please contact Mary on 07730 884315 or Email: beginningexperience.soe@gmail.com

STABAT MATER CONCERT - As part of a Lenten devotion, on Wednesday 18 March at 6.45pm in Westminster Cathedral, the Cathedral Choir and the Britten Sinfonia will perform a concert of reflection on the ancient Marian hymn, contemplating the sorrow of the Blessed Virgin Mary at the foot of the Cross: The Cathedral offers an opportunity to buy tickets at a discount of 50%. Discounted tickets are available in Sections A, B and N at : <https://www.ticketmaster.co.uk/event/1F00638BCD835BA6?did=50off> Password: WCSBDO. See poster in porch.

LENT AT ST LAWRENCE'S

ADORATION OF THE BLESSED SACRAMENT - Every weekday morning from 8.15am-9.00am.

STATIONS OF THE CROSS - Every Friday after the 9.30am Mass and after the 7pm Mass.

SMALL FAITH-SHARING GROUP - Every Monday during Lent, there will be a small faith-sharing group in the Presbytery after the 9.30am Mass. It lasts 45minutes to an hour. We are following a Diocesan Lenten resource “We Dare to Ask”, led by a member of the Pastoral Team.

CAFOD FAST DAY - FRIDAY 27TH FEBRUARY - Collection 28 February/1st March. The theme this year is “*Love your neighbour as yourself.*” Please take an envelope and return with your donation. The collection will be open throughout Lent.

CAFOD – BIG LENT WALK - The walks will take place on the following Wednesdays in Lent at 10.30am:

4th March Powder Mill Lane Cemetery; 11th March Feltham Cemetery; 18th March Hounslow Cemetery; 25th March Bedfont Cemetery and 1st April Hanworth Crematorium.

We will start with a short prayer by the grotto then walk to the cemetery, say the rosary and walk back finishing with a prayer at the grotto. This will be followed by a simple soup lunch in the Parish Centre.

LENT PASSION PLAY- SAVE THE DATE - To help us step into Holy Week, RISE Theatre – a Christian Theatre Company – will be performing a Lent Passion Play here at St Lawrence on **Thursday 12th March at 7.30pm** (doors will open at 7.00pm). This will be a seated performance, with no standing availability in the church. It is a free event (donations are welcome), and entry will be via a first come, first served basis. Further details will be provided in due course.

DIOCESAN LENTEN APPEAL 2026 - “*Because we are formed in faith, we are sent in love*”. The annual appeal supports one shared mission: helping people encounter Christ and live that faith in love and service, through Education, Youth & Evangelisation, Marriage and Family Life and Social action. The Appeal is open throughout Lent. Please use the envelopes provided for your donation.

FLOWERS - PLEASE DO NOT bring flowers to decorate the altar or any of the statues in Church during Lent.

LOURDES PILGRIMAGE 2026 FUNDRAISING

- Saturday 14th March 7pm - Race Night

- 2 Coffee Mornings - dates to be published shortly

The pilgrimage dates are 17th – 24th July. The costs will be £1,216 per person, based on two sharing, including coach transfers from Toulouse Airport (our arrival airport) to Lourdes and travel insurance and pilgrimage levy. Please do not delay – register your interest today! If you need help with your booking please contact Florie.

SCHOOL CAR PARK AND ACCESS ROUTES Regrettably, we are unable to use the school car park at the moment for our weekend parish Masses. We will keep you updated going forward and we apologise for the inconvenience caused.

COFFEE MORNING - The Confirmation Group are hosting a Coffee/Tea & cake morning after the 9.30am and 11am Masses in the Parish Centre on Sunday 15th March. The proceeds will go towards Youth Fund. Please come along and support them and treat your wife, mother or nan on Mother's Day.

THANK YOU FOR YOUR GENEROSITY

21st/22nd February: Loose - £1,644.96 Envelopes - £182.77
Total: £1,827.73

HSBC BANK ACCOUNT NAME: WRCDT FELTHAM
Account Number: 71095528 Sort Code: 40-05-20

Please add your Surname, First Name as a reference, to help our bookkeeper, and indicate if it is for a Donation, Baptism, Mass, etc.