



Catholic Church of the Holy Ghost & St. Stephen

44 Ashchurch Grove

London W12 9BU

Tel: 0208 743 5196

www.rcshepherdsbush.org



1 February 2026

Mass Times:

Sunday Masses

6.00 pm (Saturday)
9.15, 11.00 am & 6.00 pm

Weekday Masses

Mon. Tues., Fri & Sat.:
9.30 am
Wed.: 7.00 am
Thurs: 7.00 pm

Holy Days of Obligation

Mass: 9.30 am & 7.00 pm

Parish Office

Monday, Tuesday, Friday:
10:00 -14:00

Exposition of the Blessed Sacrament:

Sun 7.00-7.45 pm

Novena to Our Lady of Perpetual Succour

First Saturday: 8.45 am - suspended

Rosary

After 9.30 am daily Mass during the week

Confessions

Sat 10 am, 5.15-5.45 pm
Sun 7.00-7.45 pm
or by request

Baptism

See Parish Priest
Preparation obligatory

Marriage

See Parish Priest
Six months' notice required
Preparation obligatory

Parish Priest: Fr. Mark Vickers

Parish Secretary: Sherry Samele

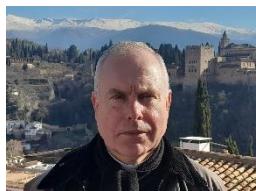
Catechetical Co-ordinator: Jack Harsley

E-mail: markvickers@rcdow.org.uk

E-Mail: shepherdsbush@rcdow.org.uk

E-Mail: shepherdsbushcat@rcdow.org.uk

Fourth Sunday in Ordinary Time - Year A



Fr. Mark writes: 'At that time: Seeing the crowds, Jesus went up on the mountain ... And He opened His mouth and He taught them.' The Sermon on the Mount is the most important and most sublime teaching ever given on how to live the moral life.

Consciously, it parallels God's gift of the Ten Commandments to Moses on Mount Sinai. The Sermon on the Mount in no way revokes or contradicts the Ten Commandments – rather it is the fulfilment of them. The Ten Commandments were literally handed down from on high; the Sermon on the Mount is given to the people by Jesus who is in their midst. While we can recognise the truth of the Ten Commandments, we may wonder how we gain the strength and the wisdom to fulfil them. When we listen to the Sermon on the Mount, we realise that Jesus is not speaking in the abstract. When He gives us the Beatitudes, He is talking about Himself. He practises what He preaches. Jesus lives the Beatitudes. He not only does that, He gives us the grace in the sacraments, particularly in Holy Communion and Confession, for us to do likewise.

Presentation of the Lord

Tomorrow, **Monday, 2 February**, is the Feast of the Presentation (Candlemass). We will be joined at the **9.30 am** Mass by the children of the Good Shepherd School. We begin Mass in the church porch with the blessing of candles before processing into church.

Confirmation

The sacrament of Confirmation will be celebrated here at **12 noon on Saturday, 20 June 2026**. The programme is for those in school Year 9+ attending Sunday Mass here. It begins with a parents' meeting in church at **7.30 pm** tomorrow **Monday, 2 February**. From **Monday, 9 February**, the young people meet on Monday evenings in school term time with a day retreat on **Saturday, 25 April**. There are application forms and programmes at the back of church. Please return the completed application form ASAP with the fee of £50 and, if not baptised here, a copy of their baptism certificate.

Blessing of Throats

This **Tuesday, 3 February** is the Feast of St. Blaise. We have the traditional blessing of throats after the **9.30 am** Mass.

Cardinal Nichols

We wish Cardinal Nichols a well-deserved retirement after his 16 years as Archbishop of Westminster. There will be a Mass of Thanksgiving for the Cardinal's ministry in the Diocese at Westminster Cathedral at **5.30 pm** this **Thursday, 5 February** which everyone is welcome to attend.

'Leo de Peru'

A good number came to watch the documentary about the Holy Father, 'Leo from Chicago', and found it moving and uplifting. That concerned his early years in the US. There is a second part, 'Leo de Peru' concerning his time as a missionary and bishop in Peru. We will show that in the Parish House basement at **4.00 pm** next **Sunday, 8 February**. Tea and coffee again from 3.45 pm. You are very welcome to join us – you don't need to have seen the first part to benefit from the second.

Westminster Cathedral Choir School

Westminster Cathedral Choir is one of the best Catholic choirs in the world – if not the best. The Cathedral Choir School offers an outstanding education and is open to boys who have a talent for and love singing. Entry is in Year 4, occasionally Year 5. There are no financial barriers to entry, with 100% bursaries available on a means-tested basis. For details of open days or more information please use the QR code on the poster at the back of church or contact Rachel Bonnet at rbonnet@choirschool.com

Last week's collection

£1,243.87

Thank-you

Readings at Sunday Mass

Year A - Volume 1, 130-133

Parish Office

Monday, Tuesday, Friday:
10:00 -14:00

Good Shepherd

Catholic Primary School
35 Gayford Road
www.goodshepherdrc.lbhf.sch.uk
020 8743 5060
Head: Mrs. Imogen Lavelle

Catholic Chaplaincies Charing Cross Hospital

020 3311 1042

Hammersmith Hospital

020 3313 4574

Safeguarding Officer

Tabitha Breninkmeijer
07956 260964
shepherdsbushsg@safeguardrcdow.org.uk

Planned giving scheme

(envelopes/standing orders)
Gary O'Brien
07392 203005

St. Vincent De Paul (SVP)

Mobile: 07925 560538

Mums & Toddlers

Fri. 10.30 am monthly
Contact Ellie
ashchurchmums@gmail.com

Young dads group

Thurs. 8.00 pm monthly
Input, discussion and curry
darioesposito79@yahoo.co.uk

Sunday Scriptures

Fridays, 4.45-5.45 pm
For further information:
jroberts@thetablet.co.uk

Catholic Book Club

Contact Lawrence
shepherdsbushcat@rcdow.org.uk

Sunday Scriptures Group

The Sunday Scripture group meets in the Parish House basement at 4.45 pm on Fridays. All welcome.

Food Bank

Thank-you for your donations. Please keep them coming. They are a lifesaver to many families. The food bank welcomes non-perishable foods, toiletries, laundry and cleaning products. (No clothes, books or electrical goods, please.)

Zephaniah 2:3, 3:12-13

1 Corinthians 1:26-31

Matthew 5:1-12

Psalm 146 Response: Blessed are the poor in spirit; for theirs is the kingdom of heaven.

Gospel Acclamation: **Alleluia, alleluia.**

**Rejoice and be glad,
for your reward is great in heaven.
Alleluia.**

Church cleaning: Saturday, 7 February: Elettra, Harriet & Nancy.

Mass Intentions for Week: 31 January - 8 February 2026

Saturday, 31 January

18.00 Gleeson family, RIP

Sunday, 1 February

9:15 Pro populo

11:00 Hayes family, int.

18.00 Sheila Kelly & family, int.

9.30 Della Panting, int.

Monday, 2 February

9.30 Gerard & Patricia Burke & family, int.

Presentation of the Lord

Tuesday, 3 February

7.00 Winifred Corrigan, RIP

St Blaise

Wednesday, 4 February

19.00 Edward Connor, int.

St Agatha

Friday, 6 February

9.30 James Finbar & Marcella Molloy & family, int.

St Paul Miki & Companions

Saturday, 7 February

9.30 Sarah Togher, RIP

Sunday, 8 February

18.00 Michael Ofori Wiredu, Anniv.

9:15 Sybil Jordan, int.

11:00 Virginia Arendt, RIP

18.00 Pro populo

PLEASE PRAY FOR THE SICK AND HOUSEBOUND OF THE PARISH:

Christopher Browne, Pasquale de Stefano, James Gerraghty, John Harrington, Kay Healy, Mary Hill, Georgie Ivors, Marilyn McDonald, Maria Nicholls, John O'Neill, Milly Redhead, Jay St. Clair, Mary St. Pierre, Rose Stanislaus, Gemma Sweny, & the Chiswick Nursing Centre residents.

Garden

The flower beds in front of the Parish House give great pleasure to both residents and passers-by. I am very grateful to Christopher Road, a local retired Catholic, who has maintained them so well over the last couple of years. Christopher is standing down. Is there anyone who might be willing to take over from him? The commitment is for around one hour each week. If so, please have a word with Fr. Mark.

Good Shepherd School

Congratulations to our parish primary school. For KS2 pupils, the Good School Guide rates the Good Shepherd as the best Catholic primary school in the country and the best 6th best of all primary schools in the country for pupil attainment. The Secretary of State for Education has recently written to the School, congratulating them on being one of the very best schools in the country on its excellent outcomes for disadvantaged pupils. This confirms what many of us knew already, but it is good to see the School's excellence recognised by others. Very well done to all the staff and pupils.

'Holiness is Your Goal'

'Do not seek to understand the truth through your senses, for you will run up against the limits of your senses ... Know that they help you to love, but do not love them ...'

True joy is not in the senses: it consists of going beyond them so as to infiltrate into the heart of light, to the place where you plunge into the heart of God, where you contemplate His light and are fused with His love ...

If you love your sense of touch, you will be prisoners of the exterior, turning away from the interior. Go beyond your senses and you will not drown in them ...

Master your senses so as to glorify God, and do not let them lead you to glorify His creatures.

Love even until the gift of yourself. Blood is the only ink with which love is written; the rest is just ink on paper. In Christ, every human being is a word in God's mouth until all humanity becomes a hymn of love. Glory to God,' St. Charbel Makhlouf