

HYMNS FOR SUNDAY MASSES

ENTRANCE	315 Lead us heavenly Father
KYRIE, SANCTUS & AGNUS DEI	German Mass
GOSPEL ACC	185 (Verse Said)
OFFERTORY	934 Dear Lord and Father of mankind
MEMORIAL ACC	Sung
OUR FATHER	Said
COMMUNION	952 On Eagle's Wings
RECESSIONAL	180 Led by the Spirit

There will be a second collection next weekend for Cafod Lent Fast Day.

STATIONS OF THE CROSS

There will be Stations of the Cross before Mass on Fridays instead of Benediction during Lent.

MASS INTENTIONS

It might be a relative's birthday, wedding, baptism or you just want to thank them for their kindness. What better way to show your appreciation than to have a Mass offered for their intentions? We are also aware that unless we are living Saint's, all of us will need the prayers of our living relatives and especially the Mass offered for the repose of our souls when we die. Therefore, when someone dies, it is our duty to pray for them and to have Mass offered for them. We offer Mass at the time of their death, their anniversary, perhaps on their birthday or other notable dates in their lives. Having Mass offered is a way of showing our love both for the living and the dead. Please book these through the Parish Office.

FLAME 2023

Flame 2023 takes place on Saturday 4th March and is open to people aged 14 to University age. There's live music, speakers and workshops and it is always a fantastic day out. The tickets are £24 and can be purchased through the Parish office. We have our Confirmation candidates and Catechists attending so there will be a responsible adult attending this event with the young people. The attendees from Kensal Rise will be in a group the whole day, meeting at Willesden Green Tube Station in the morning and returning the same day. For more information, take a leaflet from the back of the Church.

First Holy Communion & Confirmation Cards are available

Confirmation Class on Mondays 6:30pm—7:30pm	"The Comeback of Jesus" on 27th February in Kensal Rise
First Holy Communion Class on Mondays 5:30pm—6:30pm	"God Helps me get it right" & Parent Meeting at SMM Church on 27th February

MASS INTENTIONS

25th February 2023 – 4th March 2023

Date	Time	Intention
Sat 25th	5pm	Jose Ramos RIP
Sun 26th	8am	Amy Dolan (Birthday Intentions)
	10am	People of the Parish
	11:30am	Italian Mass
Tues 28th	10am	Joan Carter (Birthday Anniversary)
Wed 1st	10am	Rekindling of love between an estranged couple
Thur 2nd	10am	Maura Lane RIP
Fri 3rd	10am	Mrs Nuala Derbyshire (Get Well)
Sat 4th	5pm	People of the Parish

Main Altar Sanctuary Lamp	People of the Parish
Sacred Heart	Joan Carter (Birthday Anniversary)
Our Lady	Sean Houlihan RIP

Thank you for your generous contribution during these times. We currently do not have a card machine so for bank transfers, the details are -
HSBC Bank: WRC DT Kensal Rise
 Sort code: 40-05-20 Account no: 41094882

LENT SMALL PRAYER GROUP

The Small Prayer Group meet every Thursday during Lent after 10am Mass. Please do pop up to the Newman Room to take part!

CAFOD Syria-Turkey Earthquake Appeal

CAFOD is responding with support of provision of food, water, shelter, medical assistance and winter kits for survivors. Your donations in recent months have made that quick response possible. Let us join CAFOD in praying for our sisters and brothers affected by the earthquakes and the winter weather. Your support for CAFOD throughout the year allows our Catholic agency to act quickly when disasters strike. For more details visit CAFOD's Syria Turkey Emergency Appeal online at <https://cafod.org.uk/give>.

CAFOD Family Fast Day – Lent Appeal

This Lent, your donations to CAFOD's Family Fast Day Appeal will help families fighting the climate crisis and ensure that our Church network can quickly respond to emergencies, like the recent earthquake in Syria and Turkey. Give today using the envelope or at cafod.org.uk/give and please join us in praying for CAFOD's development and emergency response work all over the world.

CARDINAL'S LENTEN APPEAL

Parishioners can pick up a Cardinal's Lenten Appeal donation leaflet at the back of church. Funds raised this year will be shared between the four pillars of the Cardinal's Lenten Appeal: Marriage & Family Life; Youth & Evangelisation; The Education Service and Caritas Westminster.

**THE TRANSFIGURATION
CATHOLIC CHURCH
KENSAL RISE**



Chamberlayne Road, NW10 3HT

FIRST SUNDAY OF LENT

PARISH TEAM

Parish Priest
Monsignor Roger Reader
rogerreader@rcdow.org.uk

Assistant Priest
Fr Allan Alvarado Gil
allanalvarado@rcdow.org.uk

Italian Chaplaincy
Fr Natalino Mignolli

Parish Secretary
Chelsea Bottomley
kensalrise@rcdow.org.uk
 Parish office open: Mondays,
 Tuesdays, Wednesdays &
 Thursdays 9:30am - 2:00pm

Sunday Masses: (Sat 5pm)
 Sun 8am & 10am

Italian Mass: Sun 11:30am

Weekday Masses:
 Tues, Wed, Thurs & Fri 10am

Confession: Sat 4pm before
 Mass or by appointment

Exposition: Tuesday,
 Wednesday, Thursday & Friday
 before Mass

LAST WEEK'S OFFERING
 £365.83

JANUARY'S STANDING ORDERS
 £3,427

JANUARY CONTACTLESS INCOME
 £185.84

Thank you for your
 contribution to the Parish!

 This Parish is part of Westminster
 Roman Catholic Diocesan Trust
 (WRC DT) Registered Charity No:
 233699

Tel: 020 454 23716

Email: kensalrise@rcdow.org.uk

Web: www.transfigparishkensalrise.org.uk

Facebook Page: www.facebook.com/COTTKR

26th February 2023

LENT

Prayer - Fasting - Almsgiving

It was very good to see so many of you at Mass in both Kensal Rise and Willesden Green for Ash Wednesday. I was also in St Mary Magdalen's Junior School and everywhere the ashes were reverently received. Let's now ensure that this good beginning continues throughout Lent.

I hope that, as always, Lent will be a time for you grow closer to Jesus Christ. You can think of it as 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 three things we try to do in Lent are:

FASTING – on Good Friday for adults aged between 18 & 59 (other as well out of devotion) to eat only one full meal. We also abstain from meat on all other Fridays. Many people also give something up for Lent – no chocolate for me! - and this is a form of fasting. It's a way of learning self-discipline. Pope Francis also has some inspiring words to say about other ways to fast quoted elsewhere in the newsletter.

PRAYER – This is a good time to get into the habit of daily prayer, at beginning and the end of each day. The Rosary can help us to pray, the Psalms can help us to pray. It's especially good to pray the Stations of the Cross. You can look at the YouCat App every day, or join your priests as they offer the Prayer of the Church on the Unversalis app.

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 by giving time – maybe time away from the iPhone, TV or Device and given to family and friends in real time. As you give, please consider both The Cardinal's Appeal and the CAFOD family fast day.

I pray that Lent will be a time of grace and growth for us all in the parishes of the Transfiguration and Willesden Green.

Monsignor Roger

- Fast from hurtful words and speak kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your heart with joy.
- Fast from selfishness and be compassionate.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

Pope Francis

PLEASE PRAY FOR ALL THOSE IN THE PARISH WHO ARE SICK AND/OR HOUSEBOUND AND ALSO THOSE WHO HAVE NOBODY ELSE TO PRAY FOR THEM