

**HYMNS FOR SUNDAY MASSES**

ENTRANCE	644 Alleluia, sing to Jesus
KYRIE, GLORIA, SANCTUS & AGNUS DEI	Mass of Christ the Saviour
GOSPEL ACC	540 (verse said)
OFFERTORY	908 Blest are the pure in hear
MEMORIAL ACC	Sung
OUR FATHER	Said
COMMUNION	302 Breathe on me
RECESSIONAL	861 Forth in thy name O Lord

**SACRISTANS NEEDED**

We are very fortunate to have dedicated Parishioners to prepare our Church for daily Mass. We are however, looking for new volunteers so if you can spare some time before and after Masses, please speak to Gina, Lydia or Catarina and they will be more than happy to show you the ropes! Thank you.

**CAN YOU HEAR ME?**

Many parishioners have commented that they are not able to hear during Mass. This is because our sound system is over 15 years old and is in desperate need of an update! The Parish has obtained 4 quotes for an entire replacement and the best option will cost the parish in the region of £15k. We have recently installed a new card machine in the Porch of the church as requested by the Diocese. There is an option to make a donation to the Sound System Fund on there should you wish to contribute! Thank you.

**ANNUAL MASS FOR MATRIMONY**

The annual Mass for Matrimony will be celebrated in the Cathedral by the Cardinal on Saturday 13th May at 2.30pm for couples celebrating significant wedding anniversaries. More information to follow soon. Please contact Chelsea with any queries.

**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.

<b>Confirmation Class</b> on Mondays 6:30pm—7:30pm	"Why the World is Broken" on 30th January in Kensal Rise
<b>First Holy Communion Class</b> on Mondays 5:30pm—6:30pm	"Lord have mercy" at SMM school on 30th January

**MASS INTENTIONS**

28th January 2023 – 4th February 2023

Date	Time	Intention
Sat 28th	5pm	Rekindling of love between an estranged couple
Sun 29th	8am	People of the Parish
	10am	Marie Hurley (Anniversary)
	11:30am	Italian Mass
Tues 31st	10am	The Cahill Family RIP
Wed 1st	10am	Mikey Griffin RIP
Thur 2nd	10am	Terry Rea, Hannah Rea & Sheila Kenny RIP
Fri 3rd	10am	Lauretta (Birthday Intentions)
Sat 4th	5pm	Ilda Santos (Anniversary)

Main Altar Sanctuary Lamp	People of the Parish
Sacred Heart	Marie Hurley (Anniversary)
Our Lady	Maura Lane 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: WRCDT Kensal Rise**  
 Sort code: 40-05-20 Account no: 41094882

**WORLD DAY OF THE SICK**

On Saturday February 11th 2023, the Feast of Our Lady of Lourdes, and the 31st World Day of the Sick, Cardinal Vincent will celebrate Mass in the Cathedral at 2.30pm. During this Mass anointing of the sick will be offered.

To help us with planning for the Mass and the anointing, please can you book tickets through the Parish Office by taking a slip from the Porch and filling out your details. Please then put it through the Presbytery Door.

Please let us know if you wish to attend asap as there are a limited amount of tickets available which finish sales on 3rd February 2023.

**SUNDAY 8am MASS READERS**

As many of you are aware, we are having an additional Mass on Sundays at 8am from today. If you would like to read at 8am Mass, please contact John Ireland on john@johnireland.me or give Chelsea a call.

**LENT SMALL PRAYER GROUP**

The resources for the small prayer group have arrived for Lent. More information will follow next week about when and where these meetings will take place.

**THE TRANSFIGURATION  
CATHOLIC CHURCH  
KENSAL RISE**



Chamberlayne Road, NW10 3HT

**FOURTH SUNDAY IN ORDINARY TIME**

Tel: 020 454 23716

Email: kensalrise@rcdow.org.uk

Web: www.transfigparishkensalrise.org.uk

Facebook Page: www.facebook.com/COTTKR

29th January 2023

How happy are the poor in spirit  
(Mt 5:1-12)

**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

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**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

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**LAST WEEK'S OFFERING**  
 £348.20

**DECEMBER'S STANDING ORDERS**  
 £2,959

Thank you for your  
 contribution to the Parish!

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

**Meditation:** What is the good life which God intends for us? And how is it related with the ultimate end or purpose of life? Is it not our desire and longing for true happiness, which is none other than the complete good, the sum of all goods, leaving nothing more to be desired? Jesus addresses this question in his sermon on the mount. The heart of Jesus' message is that we can live a very happy life. The call to holiness, to be saints who joyfully pursue God's will for their lives, can be found in these eight beatitudes. Jesus' beatitudes sum up our calling or vocation - to live a life of the beatitudes. The word beatitude literally means "happiness" or "blessedness".

**God gives us everything that leads to true happiness**

What is the significance of Jesus' beatitudes, and why are they so central to his teaching? The beatitudes respond to the natural desire for happiness that God has placed in every heart. They teach us the final end to which God calls us, namely the coming of God's kingdom (Matthew 4:17), the vision of God (Matthew 5:8; 1 John 2:1), entering into the joy of the Lord (Matthew 25:21-23) and into his rest (Hebrews 4:7-11). Jesus' beatitudes also confront us with decisive choices concerning the life we pursue here on earth and the use we make of the goods he puts at our disposal.

Jesus tells us that God alone can satisfy the deepest need and longing of our heart. Teresa of Avila's (1515-1582) prayer book contained a bookmark on which she wrote: Let nothing disturb you, let nothing frighten you. All things pass - God never changes. Patience achieves all it strives for. Whoever has God lacks nothing - God alone suffices.

Is God enough for you? God offers us the greatest good possible - abundant life in Jesus Christ (John 10:10) and the promise of unending joy and happiness with God forever. Do you seek the highest good, the total good, which is above all else?

**The beatitudes are a sign of contradiction to the world's way of happiness**

The beatitudes which Jesus offers us are a sign of contradiction to the world's understanding of happiness and joy. How can one possibly find happiness in poverty, hunger, mourning, and persecution? Poverty of spirit finds ample room and joy in possessing God as the greatest treasure possible. Hunger of the spirit seeks nourishment and strength in God's word and Spirit. Sorrow and mourning over wasted life and sin leads to joyful freedom from the burden of guilt and spiritual oppression. God reveals to the humble of heart the true source of abundant life and happiness. Jesus promises his disciples that the joys of heaven will more than compensate for the troubles and hardships they can expect in this world. Thomas Aquinas said: "No one can live without joy. That is why a person deprived of spiritual joy goes after carnal pleasures." Do you know the happiness of hungering and thirsting for God alone?

**Prayer**

Lord Jesus, increase my hunger for you and show me the way that leads to everlasting peace and happiness. May I desire you above all else and find perfect joy in doing your will.

**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**

*Fr Allan*