



The Little Way

The Newsletter of St Theresa of the Child Jesus Church, Headstone Lane

Nineteenth Sunday in Ordinary Time (A)

9 August 2026

Fr Antonio Writes:

Calm Over Chaos

A friend of mine who is a teacher once said that when he was preparing to become a teacher, a professor reminded him that the most effective way to command the attention of a room full of boisterous students is to lower his voice. Matching their volume only adds to the chaos. But approaching with a low, calm voice demands attention due to the contrast in volume. Prior to the scene in which Elijah encounters God on Mount Horeb, he was fleeing for his life. He was distraught. Likewise, in the Gospel the Apostles were in distress as they were tossed about on the sea. Chaos, anxiety, and distress are unfortunately all too common experiences. But God breaks through our worries and brings peace. God speaks to Elijah in a whisper. Christ walks calmly toward the disciples in the rocking boat. God doesn't match the chaos and the volume of our broken world. When Christ says, "Peace be with you," it is a genuine extension of peace to our weary souls from the Prince of Peace. The challenge for us comes in finding the quiet to experience the peace that Christ offers.

Doing the work of God does not mean that we always have to get louder. Proclaiming the Good News may mean that our words grow softer while the gentleness and peace from the Spirit become more visible. I find it interesting that as the crowds are dispersing and the Apostles are getting into a boat, Jesus finds a spot of solitude to pray. All too often in my own ministry, I see the tasks that need to be completed and disregard my own need for solitude. But it is in this quiet that we hear the voice of God that gives life to ministry and that guides us in the path of holiness. God will not add chaos to the world – peace is in his nature and he cannot act contrary to his nature. And so in the midst of our busyness and brokenness, God lowers his voice and calls us to attention.

Particularly with the expansive nature of technology, it can be difficult to block out the world in order to silence our minds and hearts. But we know from Christ's example of prayer and from Elijah's experience on Mount Horeb that God speaks to us in the quiet. Spend some time this week in quiet solitude to make yourself available to encounter God and hear his voice.



Please keep being patient ...

As many of you know, we have not had a parish administrator since June 2025. For over a year now, Fr Antonio has had to take on much of the administrative tasks required to keep the parish going in addition to his pastoral duties as parish priest. He thanks the kind volunteers who have helped lighten his load somewhat, including Pauline Lynam who has taken on the responsibility for taking bookings for Mass and lamp intentions.

We are now in the process of recruiting for a new parish administrator and communications assistant but we do not expect the post to be filled until the autumn. So please

carry on being patient with Fr Antonio for he can only do so much at any given time. Do not be upset if he does not return your call or reply to your email immediately! He will always prioritise urgent enquiries.

Whenever possible, email rather than call with your queries as Fr Antonio is often not around to take calls (remember, his pastoral duties does not permit him to stay in his office all day!). When emailing, use his personal email address (antoniopineda@rcdow.org.uk) rather than the parish email address (headstonelane@rcdow.org.uk) as he checks the latter only occasionally.

Death Anniversaries

We remember those whose anniversaries occur at around this time, including those in our parish:

Andrew Joseph Lynam and Ann Connolly

Eternal rest grant unto them oh, Lord,
and let perpetual light
shine upon them.



LAMP INTENTIONS



Sanctuary Lamp

Sponsored by the Lynam family for Joe Lynam (RIP/Anniv).



Our Lady's Chapel Lamp

Sponsored by Hannah Prunty for Sean Prunty (RIP).



St Anthony's Lamp

Sponsored by Elizabeth Abraham for the Abraham family (In Thanksgiving).



St Theresa's Lamp

Sponsored by Elizabeth Abraham for the Abraham family (In Thanksgiving).

MASS INTENTIONS

Sunday, 9 Aug
5:00 pm (Vigil)
10:00 am

Nineteenth Sunday in Ordinary Time
Irene O'Leary (RIP)
Rossamma Anthony Palathunkal (RIP)

Monday, 10 Aug
9:30 am

Saint Laurence
Eucharistic Service

Tuesday, 11 Aug
9:30 am

Saint Clare
The Prunty family (Int)

Wednesday, 12 Aug
9:30 am

Saint Jane Frances de Chantal
Joe Lynam (RIP/Anniv)

Thursday, 13 Aug
9:30 am

Saints Pontian and Hippolytus
Mary and Peter Connolly (RIP)

Friday, 14 Aug
9:30 am

Saint Maximilian Kolbe
Jack Dineen (RIP)

Saturday, 15 Aug
9:30 am

Saturday of week 19 in OT
Michael Doran (RIP/Anniv)

BOOKING MASS AND LAMP INTENTIONS

To offer a Mass or sponsor a lamp for a particular intention, email Pauline Lynam at paulinelynam1@gmail.com or call 020 8428 3260, option 2. Alternatively, you can book Mass intentions online: www.sttheresa.org.uk/mirf. Dates get booked up quickly so book as early as possible. The Mass offering recommended by the diocese and suggested lamp sponsorship for a week—for those who can afford it—is £10.

**Parish Bank Details
for Donations and
Standing Orders**

Account Name: WRCDT Headstone Lane
Sort Code: 40-05-20
Account Number: 51308297
Reference: Surname and First Initial

REGULAR PRAYERS AT SUNDAY MASS

The Confiteor

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I
have failed to do,
through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed
Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

The Gloria

Glory to God in the highest,
and on earth peace to
people of good will.
We praise you, we bless you, we
adore you,
we glorify you,
we give you thanks
for your great glory,
Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God,
Son of the Father,

you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the
Father,
have mercy on us.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.

The Nicene Creed

I believe in one God, the Father
almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial
with the Father;
through him all things were made.
For us men and for our salvation he
came down from heaven,

and by the Holy Spirit was incarnate
of the Virgin Mary,
and became man.
For our sake he was crucified under
Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand
of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord,
the giver of life,
who proceeds from the Father
and the Son,
who with the Father and the Son is
adored and glorified,
who has spoken through the prophets.
I believe in one, holy, catholic and
apostolic Church.
I confess one Baptism for the
forgiveness of sins
and I look forward to the resurrection
of the dead
and the life of the world to come.
Amen.

PRAYERS AND READINGS FOR THIS SUNDAY

Entrance Antiphon

Cf. Ps 73: 20, 19, 22, 23

Look to your covenant, O Lord,
and forget not the life of your poor ones for ever.
Arise, O God, and defend your cause,
and forget not the cries of those who seek you.

Collect

Almighty ever-living God,
whom, taught by the Holy Spirit,
we dare to call our Father,
bring, we pray, to perfection in our hearts
the spirit of adoption as your sons and daughters,
that we may merit to enter into the inheritance
which you have promised.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.

First reading

First Book of Kings 19:9a, 11-13a

'Stand on the mount before the Lord.'

In those days: Elijah reached Horeb, the mount of God. There he came to a cave and lodged in it. And behold, the word of the LORD came to him. And he said, 'Go out and stand on the mount before the LORD.' And behold, the LORD passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the LORD, but the LORD was not in the wind. And after the wind an earthquake, but the LORD was not in the earthquake. And after the earthquake a fire, but the LORD was not in the fire. And after the fire the sound of a low whisper. And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave.

Responsorial Psalm

Ps 85(84):9ab, 10, 11-12, 13-14. R8

R Show us, O LORD, your mercy,
and grant us your salvation.

I will hear what the LORD God speaks;
he speaks of peace for his people and his faithful.
His salvation is near for those who fear him,
and his glory will dwell in our land. **R**

Mercy and faithfulness have met;
justice and peace have kissed.
Faithfulness shall spring from the earth,
and justice look down from heaven. **R**

The LORD will bestow his bounty,
and our earth shall yield its increase.
Righteousness will march before him,
and guide his steps on the way. **R**

Second reading

Letter of St Paul to the Romans 9:1-5

'I wish that I were accursed for the sake of my brothers and sisters.'

Brothers and Sisters: I am speaking the truth in Christ. I am not lying. My conscience bears me witness in the Holy Spirit —

that I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my brothers and sisters, my kinsmen according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises. To them belong the patriarchs, and from their race, according to the flesh, is the Christ, who is God over all, blessed for ever. Amen.

Gospel Acclamation

Psalm 130(129):5

Alleluia, alleluia.
I long for you, O LORD,
my soul longs for his word.
Alleluia.

Gospel

According to Matthew 14:22-33

'Command me to come to you on the water.'

After the crowd had eaten and were satisfied: Immediately Jesus made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone, but the boat by this time was a long way from the land, beaten by the waves, for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified, and said, 'It is a ghost!' and they cried out in fear. But immediately Jesus spoke to them, saying, 'Take heart; it is I. Do not be afraid.' And Peter answered him, 'Lord, if it is you, command me to come to you on the water.' He said, 'Come.' So Peter got out of the boat and walked on the water and came to Jesus. But when he saw the wind, he was afraid, and beginning to sink he cried out, 'Lord, save me.' Jesus immediately reached out his hand and took hold of him, saying to him, 'O you of little faith, why did you doubt?' And when they got into the boat, the wind ceased. And those in the boat worshipped him, saying, 'Truly you are the Son of God.'

Prayer over the Offerings

Be pleased, O Lord, to accept the offerings of your Church,
for in your mercy you have given them to be offered
and by your power you transform them
into the mystery of our salvation.
Through Christ our Lord.

Communion Antiphon

Ps 147: 12, 14

O Jerusalem, glorify the Lord,
who gives you your fill of finest wheat.

Prayer after Communion

May the communion in your Sacrament
that we have consumed, save us, O Lord,
and confirm us in the light of your truth.
Through Christ our Lord.

Don't wait until Sunday to read the newsletter ... Subscribe to the eBulletin and The Little Way will land in your inbox every Thursday!

To sign up, simply send your name and email address to headstonelane@rcdow.org.uk.



PARISH NOTICEBOARD

The Assumption of the Blessed Virgin Mary

The usual date for the celebration of the Assumption of the Blessed Virgin Mary—a holy day of obligation—is 15 August. However, this year that date falls on a Saturday and whenever a holy day of obligation falls on either a Saturday or Monday, it is moved to the nearest Sunday. The Assumption will therefore be celebrated on Sunday, 16 August this year.

Scam Alert

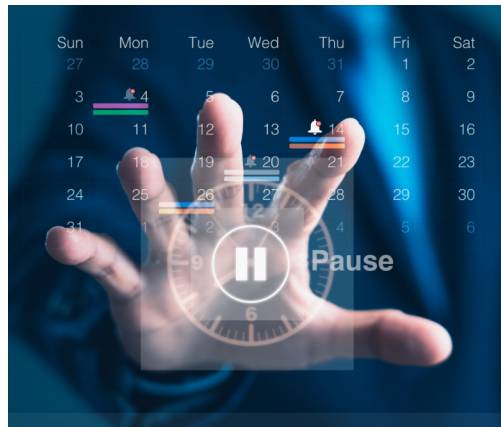
Please be alert to the danger of fraud especially from emails appearing to come from priests or even bishops. If you receive an unsolicited request for money or gift cards, especially if there is a sense of urgency attached to it and an excuse why you are unable to speak in person, please do not respond. You can check the message's authenticity by contacting the parish office.

Vacancy: Parish Administrator/ Communications Assistant

St Theresa's is looking for a Parish Administrator/Communications Assistant to help ensure that our parish runs smoothly. The post is part time, 12 hours per week at £16 per hour. If you are organised and have a passion for communications, you could be the person we are looking for. Deadline for applications is 14 August. Email or talk to Fr Antonio for details, or apply online: <https://tinyurl.com/4zxeffz>.

Worldwide Rosary

Radio Maria UK is hosting a Worldwide Rosary on Wednesday, 26 August at 3:00 pm at the Shrine of Our Lady of



No Saturday Adoration and Confessions for the Rest of August

To allow Fr Antonio some free time this summer, there will be no Adoration and Confessions on the last three Saturdays of August (15, 22 and 29 August). He apologises for any inconvenience this may cause but you can always book an appointment for Confession using his online calendar: www.sttheresa.org.uk/book. Be reminded again that a few minutes before Mass begins is *never* a good time to ask for confession as confessions should never be rushed. Normal services resume in September.

Willesden. If you cannot attend in person, the Rosary will be broadcast live across their network of Radio Maria stations worldwide, with almost a billion people praying together. We are all warmly invited to join them and add our voices to this extraordinary moment of global prayer. Further information is available at the Radio Maria website: <https://tinyurl.com/4dtxzwzf>.

International Mass and Lunch

Wear your national costume and bring your country's traditional dishes to share on Sunday, 6 September when we celebrate the universality of the Catholic Church by celebrating the three Cs: community, culture and cuisine. There is a sign-up sheet at the back of the church for those who would like to bring food.

Visit the Newsletter Archive

Did you know that our parish website has a full archive of *The Little Way* newsletter (www.sttheresa.org.uk/newsletters)? You can go back in time to be reminded of all the parish goings-on in November 2024 or reread what Fr Antonio thought of the Sunday Gospels in February 2025. The newsletter archive goes all the way back to 8 October 2023 when the first issue of *The Little Way* came out, ushering in a new era of parish communications.

First Holy Communion Programme

For children who will be in Year 3 or above in September. Deadline for registration is 20 September. Register here: <https://sttheresa.org.uk/fhcform>.

Confirmation Programme

For young people who will be in Year 9 or above in September. Deadline for registration is 20 September. Register here: <https://sttheresa.org.uk/confform>.

RCIA

For those discerning joining the Catholic Church or baptised Catholics who have never been confirmed. Register here: <https://sttheresa.org.uk/rciareg>.

MASS TIMES AND OTHER SERVICES

Sunday Mass: 5:00 pm (Saturday Vigil) and 10:00 am
Weekday Mass: Tuesday to Saturday, 9:30 am
Holy Days of Obligation: 9:30 am and 7:00 pm
Confessions: Saturday, 3:30 to 4:30 pm and by appointment
Eucharistic Service: Monday, 9:30 am
Adoration: Wednesday, after the 9:30 am Mass; Saturday, 3:30 to 4:30 pm; First Friday, 8:20 to 9:20 am
Rosary: Wednesday, after the 9:30 am Mass
Divine Mercy: Thursdays, after the 9:30 am Mass
Private Prayer: Saturday, 10:00 am to 5:00 pm

CONTACT US

Parish Priest: Fr Antonio Pineda
 Email: antoniopineda@rcdow.org.uk
 Telephone: 020 8428 3260, Option 4
Parish Administrator (Position Vacant)
 Email: headstonelane@rcdow.org.uk
 Telephone: 020 8428 3260, Option 3

CAN WE HELP?

Parish Safeguarding Representative

Sylvester Gomes

✉ headstonelanesg@safeguardrcdow.org.uk
 ☎ 020 8428 3260, Option 5

Data Protection Champion

Ann Mary Bhatia

✉ annetmthy@googlegmail.com

Health and Safety Officer

Manuel de Souza

✉ desouza007@yahoo.com

Mass and Lamp Intentions

Pauline Lynam

☎ 020 8428 3260, Option 2

Our Lady of Fatima Home Visitations

Barbara Toolan

✉ bktoolan@gmail.com
 ☎ 07511 136055



S.T.A.R. (St Theresa Alerts and Reminders) SMS Service
 To register, text your full name to 07400 763 477



DO SOMETHING ONLINE

Register as a parishioner: www.sttheresa.org.uk/register
 Watch our live streaming: www.sttheresa.org.uk/live
 Volunteer your time and talent: www.sttheresa.org.uk/ministries
 Book a meeting with Fr Antonio: www.sttheresa.org.uk/book
 Support the parish: www.sttheresa.org.uk/donate
 Like our Facebook page: www.fb.com/headstonelane



CLICK HERE



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