



Fr Antonio Writes:

Holiness is Being Open to God's Plans

Peter, understandably, responded to Christ's foreshadowing of his death with shock and horror – insisting that Jesus would not suffer and die. But Christ's words to his disciples taught them all to respond with humble obedience, trusting in the mission of God without fully understanding it. And Jeremiah in the first reading felt that God had "deceived" him. Perhaps the message here is to expect the unexpected when taking on a life of holiness. In my own vocations of priesthood, single-hood and preaching, I regularly encounter challenges and surprises. As disciples, when we discern the will of God in our lives and choose to live according to his will, we do so not because we know all that it will entail, but because we know and trust the One who calls us. We are not promised an easy life, but we are promised abundant life. God calls us to a life of holiness because he knows that is what will bring us fulfilment and peace.

In the process of discernment, we consider our gifts and talents, humbly reflect upon what is needed to build the kingdom of God, and listen carefully in prayer to the voice of God. We have the immense gifts of Sacred Tradition and Scripture to facilitate the "renewal of [the] mind" (Rom 12:2) as we allow our minds and hearts to be transformed by God's will. And in humble obedience, we must be honest with ourselves about whether we are fully open to God's call, even when it is contrary to our plans. When we believe with our entire being that we are living according to God's will, we will not be able to remain quiet or live in a mediocre way. Just as Jeremiah was unable to keep himself from speaking on the Lord's behalf, the Good News of Christ will come pouring forth from our being in everything that we do. And in this outpouring of God's love, we will give others the opportunity to encounter Christ through us.

Spend some time this week considering the vocation to which you are being called. Reflect upon how you can grow in trust of God to depend upon his care and guidance as you serve according to his will. Although our specific call may be challenging and may seem overwhelming, we can trust in the promise that following God's will leads to a life of joy and peace.



CATHOLIC ANSWERS

Should our hands be outstretched during the Lord's Prayer?

When praying the Lord's Prayer during Mass, what should we do with our hands? In the Catholic Church, the rules for public worship (liturgy) are strict. They separate the role of the priest from the role of the people in the pews.

The priest is explicitly instructed by the General Instruction of the Roman Missal (GIRM) to pray the Lord's Prayer with hands outstretched and elevated (known as the *orans* posture).

However, Church rubrics direct the people in the pews to keep their hands joined. Outstretched hands are considered

a "priestly gesture" during the Mass, so laypeople, deacons, and non-concelebrating priests are not supposed to use it.

The Church issued the document *Ecclesiae de Mysterio* in 1997 to address a number of unauthorised modifications taking place in the liturgy. It specifically mandated that "neither may . . . non-ordained members of the faithful use gestures or actions which are proper to the . . . priest celebrant" (EM, Practical Provisions, Article 6, §2). Consequently, in the liturgy, laity should not be praying with hands outstretched.



Photo: Mazur/cbcew.org.uk

Death Anniversaries

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

**Emilio Nones,
Donald Neville Chamberlain
and Michael Early.**

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



LAMP INTENTIONS



Sanctuary Lamp

Sponsored by Hannah Prunty for Nora Power (RIP)



Our Lady's Chapel Lamp

Sponsored by Shirley and Philippe Brier for Alex and Antoine on the birth of Fabien



St Anthony's Lamp

Sponsored by Pauline Lynam for Blake Lynam (Int)



St Theresa's Lamp

Sponsored by Shirley and Philippe Brier for Christian Brier (Int)

MASS INTENTIONS

Sunday, 30 Aug
5:00 pm (Vigil)
10:00 am

22nd Sunday in Ordinary Time (A)
Conor Moran (RIP)
Pat Crotty (Int)

Monday, 31 Aug
9:30 am

Saint Aidan and Saints of Lindisfarne
Eucharistic Service

Tuesday, 1 Sep
9:30 am

Tuesday of week 22 in OT
Private intention

Wednesday, 2 Sep
9:30 am

Wednesday of week 22 in OT
Ann Marie Newall (Int)

Thursday, 3 Sep
9:30 am

Saint Gregory the Great
Hazel Cordo (RIP)

Friday, 4 Sep
11:00 am

Saint Cuthbert
Requiem Mass of Maureen Lepps

Saturday, 5 Sep
9:30 am

The Most Holy Name of Mary
Nora Power (RIP)

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 85: 3, 5

Have mercy on me, O Lord, for I cry to you all the day long.
O Lord, you are good and forgiving,
full of mercy to all who call to you.

Collect

God of might, giver of every good gift,
put into our hearts the love of your name,
so that, by deepening our sense of reverence,
you may nurture in us what is good
and, by your watchful care,
keep safe what you have nurtured.
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

Prophet Jeremiah 20:7-9

'The word of the Lord has become for me a reproach.'

O LORD, you have deceived me,
and I was deceived;
you are stronger than I,
and you have prevailed.
I have become a laughing-stock all the day;
everyone mocks me.
For whenever I speak, I cry out,
I shout, 'Violence and destruction!'
For the word of the LORD has become for me
a reproach and derision all day long.
If I say, 'I will not mention him,
or speak any more in his name',
there is in my heart as it were a burning fire
shut up in my bones,
and I am weary with holding it in,
and I cannot.

Responsorial Psalm

Ps 63(62):2. 3-4. 5-6. 8-9. R2b

R For you my soul is thirsting, O Lord, my God.

O God, you are my God; at dawn I seek you;
for you my soul is thirsting.
For you my flesh is pining,
like a dry, weary land without water. **R**

I have come before you in the sanctuary,
to behold your strength and your glory.
Your loving mercy is better than life;
my lips will speak your praise. **R**

I will bless you all my life;
in your name I will lift up my hands.
My soul shall be filled as with a banquet;
with joyful lips, my mouth shall praise you. **R**

For you have been my strength;
in the shadow of your wings I rejoice.
My soul clings fast to you;
your right hand upholds me. **R**

Second reading

Letter of Saint Paul to the Romans 12:1-2

'Present your bodies as a living sacrifice.'

I appeal to you, brothers and sisters, by the mercies of God, to
present your bodies as a living sacrifice, holy and acceptable to
God, which is your spiritual worship. Do not be conformed to
this world, but be transformed by the renewal of your mind, that
by testing you may discern what is the will of God, what is
good and acceptable and perfect.

Gospel Acclamation

Cf. Ephesians 1:17-18

Alleluia, alleluia.

May the Father of our Lord Jesus Christ,
enlighten the eyes of our hearts,
so that we may know the hope to which he has called us.
Alleluia.

Gospel

According to Matthew 16:21-27

'If anyone would come after me, let him deny himself.'

At that time: Jesus began to show his disciples that he must go
to Jerusalem and suffer many things from the elders and chief
priests and scribes, and be killed, and on the third day be raised.
And Peter took him aside and began to rebuke him, saying, 'Far
be it from you, Lord! This shall never happen to you.' But he
turned and said to Peter, 'Get behind me, Satan! You are a
hindrance to me. For you are not setting your mind on the
things of God, but on the things of man.'

Then Jesus told his disciples, 'If anyone would come after
me, let him deny himself and take up his cross and follow me.
For whoever would save his life will lose it, but whoever loses
his life for my sake will find it. For what will it profit a man if
he gains the whole world and forfeits his soul? Or what shall a
man give in return for his soul? For the Son of Man is going to
come with his angels in the glory of his Father, and then he will
repay each person according to what he has done.'

Prayer over the Offerings

May this sacred offering, O Lord,
confer on us always the blessing of salvation,
that what it celebrates in mystery
it may accomplish in power.
Through Christ our Lord.

Communion Antiphon

Ps 30: 20

How great is the goodness, Lord,
that you keep for those who fear you.

Prayer after Communion

Renewed by this bread from the heavenly table,
we beseech you, Lord,
that, being the food of charity,
it may confirm our hearts
and stir us to serve you in our neighbour.
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 Upper Room Leadership Programme

Are you the current or next Youth Ministry Leader? The Upper Room Leadership Programme equips Catholics to lead and inspire the next generation through faith, formation, practical training and ministry experience. The programme ends with a youth ministry qualification and pilgrimage to Lourdes with expectation for you to serve and lead in your parish! To sign up by 16 September 2026 and learn more please visit <https://youth.rcdow.org.uk>.

Affected by Clergy Abuse?

The Jesuit Institute is offering an online week of guided prayer (12 to 23 October 2026) for those who have been affected by the scandal of clergy abuse in the Church. The week will offer a safe space to prayerfully reflect on your relationship with God. You will be invited to commit to 30 minutes of personal prayer each day and up to 45 minutes to speak about your experience in prayer with a spiritual director online at a time that suits you. There will be an experienced team of spiritual directors working on this retreat, both priests and lay people, men and women. There is no charge for this retreat. To book, go to <https://tinyurl.com/536pmhmk>.

Registration for FHC, Confirmation and RCIA programmes

You may register for our First Holy Communion (Year 3 or above), Confirmation (Year 9 or above) and RCIA programmes online at <https://sttheresa.org.uk/catreg>. Deadline is 20 September 2026.



Maureen Lepps RIP

The funeral Mass of Maureen Lepps will take place at St Theresa's on Friday, 4 September at 11:00 am. Burial will follow at Carpenders Park Lawn Cemetery. Please note that there will not be a 9:30 am Mass that day. May she rest in peace and rise in eternal glory.

Young Adults Mass and Resonate Panel Talk — 8 September 2026

Join Westminster Youth Ministry for *Resonate*, the diocesan monthly Young Adults Mass and Talk. The Mass is held in the historic Westminster Cathedral Crypt, followed by a live panel Q&A. The panel will bring together three different vocations in the Church: priesthood, religious life, and marriage. This evening is an opportunity to hear honest, real, faith orientated reflections from people who are living out their vocation in very different ways. Everyone welcome. Mass is at 7:00 pm

and the *Resonate* talk follows at 7:45 pm at Vaughan House, 46 Francis Street, London SW1P 1QN.

SPUC One-Day Conference

The Society for the Protection of Unborn Children will hold a one-day conference on Saturday, 12 September, from 9:00 am to 5:00 pm at the Holiday Inn Regent's Park. Open to people of all ages, the conference will offer inspiring talks, seminars and practical workshops to equip participants to defend unborn children and the dignity of human life. The day also provides an opportunity to meet others involved in the pro-life cause. Admission £50, including all meals and access to the lectures, workshops and exhibition hall. More details at <https://tinyurl.com/42bpja4z>.

Journeying with Saints and Scholars

Mary's Meals is inviting you to join its one-day London pilgrimage. Starting at Westminster Cathedral, you will walk alongside the River Thames into the City ending by St Paul's Cathedral. Along the route you will visit places of faith and of scholarly interest. For more information and to sign up, please visit <https://tinyurl.com/mtty4ec>.

Our Lady of Fatima Statue

Kim Dawson and family are hosting the parish statue of Our Lady of Fatima until 6 September. You too can have Our Lady stay in your home for a week or more and allow her to bring your family closer to her Son as you say the Rosary and other daily prayers together. For more information, contact Barbara on 07511 136055.

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

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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@googlemail.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

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S.T.A.R. (St Theresa Alerts and Reminders) SMS Service
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 Book a meeting with Fr Antonio: www.sttheresa.org.uk/book
 Support the parish: www.sttheresa.org.uk/donate
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