www.sttheresa.org.uk

The Little Way

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

Thirtieth Sunday in Ordinary Time (A) 25 October 2026

Fr Antonio Writes:

Love Leads to Love

This Sunday's Gospel is considered to be one of the most important teachings of Jesus. Indeed, the message is very clear: love of God and love of neighbour are the two most important commandments in the eyes of the Lord. Too often we think of love in terms of feelings. But love is not just sending good thoughts or feelings to others. It takes its form in concrete action, as the first reading points out. But what if we feel no capacity to love others? It is easy to get caught up in our own busyness and think we have nothing left to give. If this is the case, something is missing, and today's Gospel holds the answer.

To love God with all our heart, mind, soul, and strength means that we are orienting all those areas toward God. Heart, soul, and mind are words that describe the innermost self. The Lord – it is clear – wants to be loved fully, by all that we have and are. He wants to be loved as the only Lord in our lives; there can be no other. God's love has already been given to us. He brought us into existence because of his love for humanity. His love sustains us every day. When we open ourselves up to him, our hearts are flooded with his love. It is that experience which gives us the ability and the capacity to love others. Remember the words of the First Letter of John: We love because [God] first loved us (4:19).

We cannot give what we do not have. This is why it is essential to be committed to prayer and the sacraments. Every time we receive the Eucharist, we receive God, who is love, into our hearts. When we pray, his grace is poured out into our hearts.

This love, greater than the universe, cannot be kept to ourselves. God's love always pushes us outside ourselves, toward others. The experience of being loved so deeply by our Creator and Saviour naturally pushes us to desire that others have that same experience. To love our neighbour as ourselves means acting in a way that demonstrates that we want the best for the other person, the same way we want what is good for ourselves.

There is nothing better than the love of God. By first receiving God's love, and letting it pour out into our actions, we fulfill Christ's commandments.





CATHOLIC ANSWERS

Are horoscopes harmless fun?

The Catholic Church disapproves of horoscopes because they violate the First Commandment, as outlined in the Catechism of the Catholic Church (§§ 2115–2117). The Church classifies the use of horoscopes and astrology as forms of divination, which explicitly contradicts the trust, honour, and loving fear owed exclusively to God's divine providence.

By turning to horoscopes to seek hidden knowledge or predict the future, a person implicitly seeks control over time and history. The Church teaches that God alone holds the future, and we should put ourselves confidently into His hands rather than indulging in "unhealthy curiosity" via occult practices.

Popular astrology often relies on fatalism or determinism—the belief that the positions of celestial bodies at one's birth dictate personality, choices, and fate. Catholic theology firmly asserts that humans possess God-given free will and moral responsibility. As early Church Fathers like St John Chrysostom noted, it is our choices, not the constellations, that lead to virtue or sin.

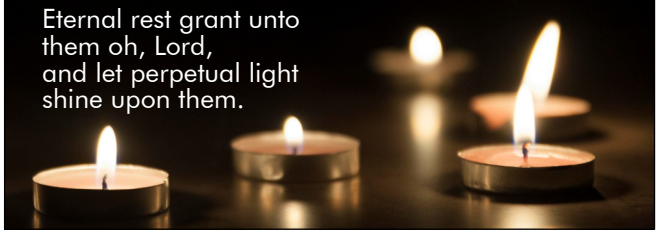
The Catholic rejection of astrology is backed by Sacred Scripture. Passages such as Deuteronomy 18:10–12 explicitly forbid consulting diviners, soothsayers, or those who practice magic, labelling these practices as "abhorrent to the Lord". We have faith in God, not stars He created.

Death Anniversaries

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

Frank Green, Benita Simon, David Anthony Moran, Eileen Moran, Theresa Gladys Keating, Joan Elizabeth Bateman, Edward William Innes, Brian Arthur Albert Brading and Michael Wall.

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



LAMP INTENTIONS

Sanctuary Lamp
Sponsored by Mary Ormsby for the intentions of Pat Crotty

Our Lady's Chapel Lamp
Sponsored by Elpida and Giani for the births of Leo and Francis

St Anthony's Lamp
Sponsored by Hannah Prunty for her intentions

St Theresa's Lamp
Sponsored by Shirley Brier for Barbara Coster (RIP)

MASS INTENTIONS

Sunday, 25 Oct 5:00 pm (Vigil) 10:00 am	**30th Sunday in Ordinary Time (A)** Martin and Mary Clarke (RIP) Mary Doran (RIP/Anniv)
Monday, 26 Oct 9:30 am	**Saints Chad and Cedd** Eucharistic Service
Tuesday, 27 Oct 9:30 am	**Tuesday of weeek 30 in OT** Vera Murphy (RIP)
Wednesday, 28 Oct 9:30 am	**Saints Simon and Jude** The Prunty family (Int)
Thursday, 29 Oct 9:30 am	**The Blessed Martyrs of Douai** Jack Dineen (RIP)
Friday, 30 Oct 9:30 am	**Friday of week 30 in OT** Billy Kearney (RIP)
Saturday, 31 Oct 9:30 am	**Saturday of week 30 in OT** Larry Harris (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 104: 3-4

Let the hearts that seek the Lord rejoice;
turn to the Lord and his strength;
constantly seek his face.

Collect

Almighty ever-living God,
increase our faith, hope and charity,
and make us love what you command,
so that we may merit what you promise.
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
Book of Exodus 22:21-27
'If you mistreat any widow or fatherless child, my wrath will burn against you.'

Thus says the Lord: 'You shall not wrong a sojourner or oppress him, for you were sojourners in the land of Egypt. You shall not mistreat any widow or fatherless child. If you do mistreat them, and they cry out to me, I will surely hear their cry, and my wrath will burn, and I will kill you with the sword, and your wives shall become widows and your children fatherless. If you lend money to any of my people with you who is poor, you shall not be like a money-lender to him, and you shall not exact interest from him. If ever you take your neighbour's cloak in pledge, you shall return it to him before the sun goes down, for that is his only covering, and it is his cloak for his body; in what else shall he sleep? And if he cries to me, I will hear, for I am compassionate.'

Responsorial Psalm
Ps 18(17):2-3a. 3b-4. 47, 51ab. ℟2

℟ I love you, LORD, my strength.

I love you, LORD, my strength;
O LORD, my rock, my fortress, my saviour. ℟

My God, my rock where I take refuge;
my shield, my saving strength, my stronghold.
I cry out, 'O praised be the LORD!'
and see, I am saved from my foes. ℟

The LORD lives, and blest be my Rock!
May the God of my salvation be exalted.
The LORD gives great victories to his king,
and shows merciful love for his anointed. ℟

Second reading
First Letter of St Paul to the Thessalonians 1:5c-10
'You turned away from idols to serve God and to wait for his Son.'

Brothers and Sisters: You know what kind of men we proved to be among you for your sake. And you became imitators of us and of the Lord, for you received the word in much affliction, with the joy of the Holy Spirit, so that you became an example to all the believers in Macedonia and in Achaia. For not only has the word of the Lord sounded forth from you in Macedonia and Achaia, but your faith in God has gone forth everywhere, so that we need not say anything. For they themselves report concerning us the kind of reception we had among you, and how you turned to God from idols to serve the living and true God, and to wait for his Son from heaven, whom he raised from the dead, Jesus who delivers us from the wrath to come.

Gospel Acclamation
John 14:23

Alleluia, alleluia.
If anyone loves me, he will keep my word, says the Lord,
and my Father will love him, and we will come to him.
Alleluia.

Gospel
According to Matthew 22:34-40
'You shall love the Lord your God and your neighbour as yourself.'

At that time: When the Pharisees heard that Jesus had silenced the Sadducees, they gathered together. And one of them, a lawyer, asked him a question to test him. 'Teacher, which is the great commandment in the Law?' And he said to him, 'You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbour as yourself. On these two commandments depend all the Law and the Prophets.'

Prayer over the Offerings

Look, we pray, O Lord,
on the offerings we make to your majesty,
that whatever is done by us in your service
may be directed above all to your glory.
Through Christ our Lord.

Communion Antiphon
Cf. Ps 19: 6

We will ring out our joy at your saving help
and exult in the name of our God.

Prayer after Communion

May your Sacraments, O Lord, we pray,
perfect in us what lies within them,
that what we now celebrate in signs
we may one day possess in truth.
Through Christ our Lord.

Copyright © 1996-2025 Universalis Publishing Limited: see www.universalis.com. Readings from the English Standard Version of the Bible, Catholic Edition, published by Asian Trading Corporation, are copyright 2017 by Crossway. All rights are reserved.

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

Parish Remembrance Book
November is fast approaching. If you would like the names of your dearly departed included in our Parish Remembrance Book to be displayed in the church during the whole month of November, please email your list to antoniopineda@rcdow.org.uk.

Save the Date: Social Gathering for Volunteers, 28 November
We are planning a social gathering for all parish volunteers: from altar servers to lay ministers and from gardeners to catechists. The event will be after the Vigil Mass on Saturday, 28 November: an opportunity for volunteers to get to know other volunteers and also for Fr Antonio and the Parish Pastoral Council to say "thank you" to the various individuals who keep the parish going with their all their hard work. More details nearer the date.

Fire Wardens Needed
We are obligated by the diocese to have church fire wardens at all Sunday Masses but we don't have a single one! Could you volunteer? No experience or special skills needed. If you can help, please speak to Fr Antonio or email him at antoniopineda@rcdow.org.uk.

Safeguarding Training for all Volunteers
To protect children and vulnerable adults at the parish, the Diocese of Westminster requires all volunteers to complete safeguarding training every two years. The training can be accessed online at https://training.catholicsafeguarding.org.uk. On registration, you will be directed to the correct pre-allocated course based on the role. Once you have completed the course, please email Sylvester Gomes, our Parish Safeguarding Officer, at headstonelanesg@safeguardrcdow.org.uk. He needs to keep a record of everyone who has done the course.



Holy Mass on All Souls Day
Monday, 2 November is All Souls Day. Even though we do not normally have Mass on Mondays, there will be a Mass that day at 9:30 am. It will be offered to all our dearly departed in the parish.

Leaking Tap
We have a leaking tap in the kitchen in the Parish Room. Are you a plumber who is able to help? If so, please speak to Fr Antonio.

Fr Antonio on a Pilgrimage
Fr Antonio is in Lourdes this weekend. Fr Guy Sawyer and Fr Tony Sammarco will be celebrating Mass in the parish while he is away.

Recycle Your Old Clothes
Fill any bag with unwanted but good quality clothing and bring them to the Sacred Heart Language College in Harrow. Your donations will be picked up by The Little Recyclers on Tuesday, 10 November.

"It Does Matter" – An Online Session with the Caritas Deaf Service
10 November | 7.00–8.00pm | Online
Inspired by RNID's (Royal National Institute for Deaf People) *It Does Matter* report, this session will explore the experiences of deaf, deafblind and hard of hearing people, the barriers they can face, and practical ways we can make our churches more welcoming, accessible and inclusive. To register: https://tinyurl.com/5amtp6ze.

Beyond the Surface: Understanding Trauma
18 November | 7.00–9.30pm | Online
An accessible and practical session (led by Nikki Dhillon Keane, Head of Caritas Hope and BACP-accredited therapist) exploring how trauma can affect people's experiences and behaviour, and how we can respond in ways that promote safety, dignity and trust. This session is open to all. To register: https://tinyurl.com/4uceyzpf.

Church Noticeboards
Please be reminded that all notices on the noticeboards should be pre-approved by Fr Antonio before they are pinned up. This is to ensure that all notices are in keeping with Church and diocesan guidelines. Unauthorised notices will be instantly removed.

MASS TIMES AND OTHER SERVICES

Sunday Mass: 5:00 pm (Saturday Vigil) and 10:00 am (with tea and coffee afterwards)
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 Office
Email: headstonelane@rcdow.org.uk
Telephone: 020 8428 3260, Option 3

ST THERESA OF THE CHILD JESUS
Headstone Lane

The Presbytery,
22 Boniface Walk, Harrow,
Middlesex HA3 6PU
020 8428 3260
www.sttheresa.org.uk

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** 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

CLICK HERE

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