



Sacred Heart Teddington

sacredheartteddington.org

Parish Newsletter



1ST FEBRUARY 2026

RACIAL JUSTICE DAY

4TH SUNDAY IN ORDINARY TIME

WEEK IV

SCRIPTURE REFLECTION FOR SUNDAY

Blessed are the poor in spirit; for theirs is the kingdom of heaven. (Matt. 5:3) This phrase encapsulates the readings and the psalm for this weekend. The prophet Zephaniah tells us 'seek the Lord, all you humble of the land, *keep the commandments*, seek humility.' St. Paul tells us there is 'wise' in the worldly sense and there is wise in the Godly sense – Wisdom. We may be weak in the eyes of the world, but we will be strong in God's eyes. Jesus received wisdom from God and he hands it down to us through baptism, and throughout our lives we have the opportunity to grow in faith, wisdom, grace, fortitude, prudence, humility and obedience. Listening to God's word, and applying it in our lives, we grow in faith, we change our ways and bad habits – we hear God's call ... what is he calling you / me to do?

POPE LEO XIV PRAYER INTENTION FOR FEBRUARY – For children with incurable diseases Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

THE SACRED HEART PARISH, TEDDINGTON AND HAMPTON WICK and THE SONS OF DIVINE PROVIDENCE NEWS

CHURCH LIFE: Following on from my advice from last week about taking a deep breath – I certainly did on Monday morning! We had Bernie in doing the work on the Organ, then there was the dig outside to start repairing the heating pipes, and THEN we had the team in to start the preparation to redecorate the side hall – my phrase was – all the fun of the fair – especially knowing that Alpha was on Wednesday evening – but I know if we work together and work around each other, everything will be ok. Thinking about the booklet that we are using for the First reconciliation group – the breakdown on the chapters is very fitting for this moment – “Believe” – “Celebrate” – “Live”. Take a moment to repeat these words in your mind and reflect. We are fast approaching Lent, the season begins with 18 March with Ash Wednesday, when ashes are placed on the forehead as a sign of mortality, humility, and repentance. Bring to the forefront of your mind this 40-day, solemn period of spiritual preparation, allowing us to focus on the significance of Jesus' passion, death and resurrection. I ask you to please continue to pray for the children and youth preparing for the Sacraments, and for their families.

NEXT BAPTISM PREPARATION EVENING – AMENDED DATE: The date has been moved to **Thurs 12th February at 7pm** – please contact Pippa to sign up teddington@rcdow.org.uk

ALPHA 2026 Please contact us through the website. www.sacredheartteddington.org The theme of Week 2 was: Who is Jesus? There is still time to enrol – however, this is the last chance until our next Sacred Heart Teddington Alpha – expected Autumn '26!

RCIA: If you are interested in becoming a Catholic, please come forward. We will give you some guidance and support.

CHRISTMAS STALL AT CHURCH: Now closed. Thanks for all your contributions, and donations – total to be announced next week.

HIRE THE HALL: If it's for children's birthday parties, Baptism receptions, or a group that you run that you need a larger space for – then please contact Pippa in the office to check availability and pricing. (Saturdays, if available, can currently work 11.30am – 3.30pm)

FUNDRAISING TEAM 2026: We had a wonderful little fundraising team last year, who attended meetings and put forward ideas. We are now looking for someone to take over that lead role, and to move things forward, and come up with new initiatives and see them through. I need to be “indirectly” involved – just more of a sign off to make sure it is ok – but I really need someone to coordinate please and put a yearly schedule together. Please contact Pippa in the office and a new list will be started! Volunteers from the previous group please let us know if you still wish to be involved. Thank you.

RETRouvaille HELPS MARRIAGES: LAST CALL for online marriage programme. Does your marriage need some TLC? It can bring hope and healing to relationships. Next date: 12th February 2026. www.retrouvaille.org.uk Tel: 07887 296983

NEXT SECOND COLLECTION: Cardinal's Lenten Appeal 18 February which is Ash Wednesday

WE ARE HOSTING HANDELS MESSIAH CONCERT 29 March - Palm Sunday. Further information to follow when details are confirmed.

RICHMOND REFUGEES Alistair Blunt will address us after Masses 21/22 February. Reflect can you offer accommodation or other help?

PARISH FINANCES – Thank you for supporting The Sacred Heart. December S.O. £2,479; Contactless: £473.00; Building Fund Standing Order £785.00; Last Sunday's plate collection £284.74 Please consider making a standing order for your weekly contribution?

GIFT AID claim for the 2024/25 tax year raised £12,491.25. Thank you to all of our gift aiders. If you are a taxpayer and do not already gift aid your donations, please consider it. Gift aid earns an extra 25% for parish. Standing order and gift aid forms are available at the back of the church. Tell your friends! Monthly standing orders are the easiest and most efficient way to support your parish financially. Thanks to all of you who Gift Aid to the parish or building fund – Gift Aid makes a difference. Ask Traci: teddingtonbk@rcdow.org.uk

PLEDGES We need more pledges for our building fund to help reduce the loan when repayments begin. Pledge and updated gift aid forms are available in the church or contact the parish office. Use BF + Surname & Initials as the reference - all building fund payments.

REMEMBER THE SACRED HEART CHURCH TEDDINGTON BUILDING FUND AS A LEGACY IN YOUR WILL Please remember the church's Building Fund and on-going parish maintenance as a legacy in your will. Legacy gifts: legacies@rcdow.org.uk, Info: Laura Dudhee 020 7798 9159 **THE LENTEN PLANNED-GIVING DRIVE** is being prepared – it will be presented over a three week period.

SACRED HEART SCHOOL RECEPTION TOURS FOR 2026 ENTRY: We would love to welcome you to our Reception class! Tours will be held every Friday for September 2026 entry, starting at 9.40 am and lasts around an hour. Let the school office know if you would like to join us — we look forward to meeting you! Call 0208 977 6591 or email info@sacredheart.richmond.sch.uk to book your place.

SACRED HEART CHURCH IS OPEN 8am-6pm with side ramp access. Please come and Pray in the narthex area. During the cold weather please be mindful to **keep heat in**. Leave outside door open slightly and keep inner red door closed. Thanks.

ANOINTING OF THE SICK: On Saturday 7th of February 2026 there will be Mass for the Sick at the Cathedral at 2pm, celebrated by the H.E. Cardinal Vincent Nichols, during which Anointing of the Sick will be offered. To help with planning for the Mass and the anointing, please contact Pippa in the office to book a ticket for you. Tickets are in three categories: 1 Wheelchair users who require anointing. 2 Walking sick who require anointing. 3 Those assisting the sick, who do not require anointing.

PRAY FOR CARDINAL NICHOLS retiring. His Thanksgiving Mass in the Cathedral will take place Thursday 5th February at 5.30pm and ARCHBISHOP ELECT BISHOP RICHARD MOTH installation will take place on 14 February at 12 noon. Tickets needed for both.

MARRIAGE WEEK: 7-14 February. The tenth anniversary of Pope Francis' Post-Synodal Apostolic Exhortation Amoris Laetitia – "On Love in the Family" will be feast of St. Joseph." To prepare for this anniversary, we invite you from the beginning of National Marriage Week, 7-14 February until 19 March 2026, to reflect on the central role that marriage and family life play in our Church and in wider society.

CHURCHES TOGETHER IN TEDDINGTON – PRAYER ROTA 1st February St John's Church Rev Jerry Field; **8th February** Teddington Baptist Church Rev Jonathan Findlater; **15th Feb** Sons of Divine Providence Rev Stephen Beale & community; **22nd February** St Mark's.

FORTHCOMING SOCIAL ACTIVITIES suggestions: accommodating Richmond Refugees; Prison Visiting, Street Pastors, The Passage, Assisting Modern Slavery Victims; accommodating individuals and families who are **homeless** due to losing rental accommodation; **Café** set up for local older and needy persons. **Growing in Faith** – spirituality leading to a deeper insight to the Catholic Church and social outreach via Alpha and Youth Alpha. **Quiz Night** in the church hall for the Building Fund. Questions are already prepared. Let's see if we can get this off the ground. cancer/dementia prayer group. We are planning an Appeal Lent '26 to find ways to better manage our finances and forms of fundraising. We will be helped to appeal to parishioners for more help through talks during weekend Masses.

LENTEN GROUP MEETINGS: Starts Tuesday morning 24 February 10.00 after Mass. Please join us.

STATIONS OF THE CROSS: Walk with Jesus and let he with you. Here after Mass **10.00 Wednesdays of Lent & Fridays 6.30pm Don Orione.**

WESTMINSTER DIOCESE JUSTICE & PEACE LECTURE 2026: The second annual Justice and Peace Lecture which will be given by Charles Wookey, formerly CEO of Blueprint for Business, and for the last three decades advisor on social and ethical issues to archbishops of Westminster and at the Bishops' Conference of England and Wales. He will speak on the topic 'Living out Catholic Social Teaching in Today's Britain'. A response will be given by the young scholar Dr Charles Bury of the University of Manchester. The lecture will take place at Farm Street Church of the Immaculate Conception, 114 Mount Street, London W1K 3AH, on March 25th 2026 at 7pm. Access to the church is from Farm Street or Mount Street. After the lecture in the church all are invited to a buffet reception in the Arrupe Hall. All are welcome. If you would like to attend please reply to justiceandpeace@rcdow.org.uk by March 1st 2026.

SUPPORT THE SONS OF DIVINE PROVIDENCE COMMUNITIES: Helping SDP UKRAINE projects. Payments to: EGIDIO MONTANARI, IBAN NO. IT59 C030 6901 6021 0000 0061 578; SWIFT CODE: BCITITMMXXX; BANK: SANPAOLO, Filiale 00352, Via Antonio da Messina, 24 – 20146 MILANO (MI) *I have checked and this contact and method of transfer is still working.*

JOIN OUR PILGRIMAGE TO LOURDES travelling overnight by luxury coach from 9 to 14 February 2026. It is always a beautiful and deeply spiritual experience soaking in the Spirit of Jesus as we travel to honour Our Blessed Mother. Leaving Slough and Ealing Broadway on 9 Feb 2026 and departing Lourdes on 13 February for a visit to the Shrine of the Miraculous Medal in Rue de Bac, Paris on 14 February morning and arriving in London later on 14 February 2026 Full board, exciting festival devotional program, experience the Blessed Sacrament Procession of the Sick, the Candlelight Marian Rosary Procession and the International Mass on the Feast Day followed by Stations, Confessions and Adoration with Hour of Mercy. Travel, full board and program cost £590. More info all Millie on 07957594646

FOOD BANK BOX Food received is distributed firstly within the parish and surplus is sent to the food bank at St. Michael's Church Fulwell.

Dementia family Ministry Prayer for 12-19 March 2026 see Redemptorist Publications www.rpbooks.co.uk Tel: 01420 88222

Sons of Divine Providence weekday Mass from 3rd February: Rosary 6.30pm; Mass 6.50pm: free on-the-street car parking after 6.30pm

Sons of Divine Providence have recently welcomed Fr Vijaya Baskar to Upholland, Lancs and Fr. Anthony Cruz to Ashford and Stanwell.

NEXT WEEKEND'S READINGS

8th February

(5th Sunday in Ordinary Time,
Year A)

Isa 58:7-10; 1 Cor 2:1-5

Matt 5:13-16

PARISH INFORMATION

Fr Stephen Beale FDP, Parochial Administrator

Parish administrator: Phillippa Chaney, in the office Mon and Fri, 9am-3pm

Parish website (including newsletter: <https://sacredheartteddington.org/>)

Email: teddington@rcdow.org.uk, Telephone: 020 8977 2986

Bookkeeper: Traci: teddingtonbk@rcdow.org.uk In office: Weds 10.30am-2.30pm

Safeguarding: Estella Weston (teddingtonsg@safeguardrcdow.org.uk)

Mass times: Sunday: 09.30/11.15am; Mon-Wed, Fri: 9.30am at Sacred Heart or at Sons of Divine Providence Monday to Friday rosary 6.30pm, Mass 6.50pm; **Divine Mercy devotions: Next SUNDAY SDP Chapel, 2.30pm-3.30pm (23 Lower Teddington Rd, Hampton Wick, KT1 4EU)**

Next week's Mass Intentions

Saturday	31 st January	St John Bosco, Priest	09.30-11am 6pm	No Adoration & Confession Parishioners and benefactors
Sunday	1 st February	4 th Sunday in Ordinary Time	9.30am 11.15am	John Dilger RIP Intentions Marie Blanc and family
Monday	2 nd February	Presentation of the Lord	9.30 am 7.30pm	Special intention Pope Leo, Card. Nichols, Bishop Moth
Tuesday	3 rd February	St Blaise, Bishop, Martyr St Ansgar, Bishop	09.30	Phyliss Clarke RIP
Wednesday	4 th February	Weekday in Ordinary Time	9.30am	Malcolm Houston RIP
Thursday	5 th February	St Agatha, Virgin, Martyr	No Mass	Pray rosary for Cardinal Nichols
(1st) Friday	6 th February	St Paul Miki and Companions, Martyrs	09.30am	Charles Taylor RIP
Saturday	7 th February	Weekday in Ordinary Time	09.30-11am 6pm	Adoration & Confession Catherine Ridler int; Bob Haig RIP
Sunday	8 th February	5 th Sunday in Ordinary Time	9.30am 11.15am	Parishioners and benefactors John Dilger RIP