

PLEASE PRAY FOR THE SOULS OF THOSE WHO HAVE DIED:

Tony Furlong; Maria Ribeiro; Tony Rosa; Ala Lukasiewicz;
Kathleen O'Connelly; June Ogundiran; Louis Cullin; Della McEnroe;
Francis Magyar; Angela Barrett
and all the faithful departed.

**OUR SATURDAY MORNING MASS IS OFFERED FOR
THE SICK AND THE HOUSEBOUND**

3rd SUNDAY IN ORDINARY TIME 2026
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Saturday 24th January

	6.00 pm	Tony Furlong (RIP anniv)
SUNDAY 25th	8.30 am	Maria Ribeiro & Tony Rosa (RIP)
	10.00 am	Ints of Goretta Connelly
3rd SUNDAY IN ORDINARY TIME	12 Noon	Ala Lukasiewicz (RIP)
	6.00 pm	The People of the Parish

Monday 26th **9.30 am** **Kathleen O'Connelly (RIP anniv)**
Ss Timothy & Titus, Bishops

Tuesday 27th **9.30am** **June Ogundiran (RIP anniv)**
 10.30am **Tuesday Morning Prayer Group**
 2.30pm **St Anthony Prayer Group**

Wednesday 28th **No Mass today. Church is closed.**
St Thomas Aquinas, Pr & Dr

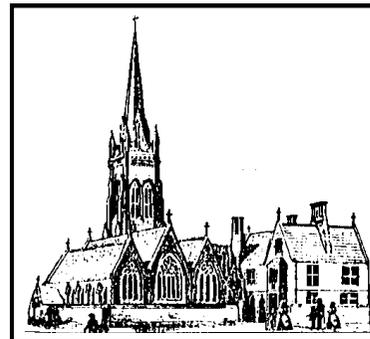
Thursday 29th **9.30am** **Louis Culkin (RIP)**

Friday 30th **9.30am** **-**
 11.30am **Funeral Mass of Della McEnroe (RIP)**

Saturday 31st **10.00 am** **The sick and housebound**
St John Bosco, Priest **10.30am** **Adoration and Benediction**

**CONFESSIONS: SATURDAY 10.30 - 11.20AM ; 5.00 - 5.40PM
OR BY ARRANGEMENT**

**THE PARISH OFFICE IS OPEN MONDAY, TUESDAY, THURSDAY & FRIDAY
11AM - 3PM, (Closed on Wednesday)**



**CATHOLIC CHURCH OF
St THOMAS OF CANTERBURY, FULHAM**

**60 Rylston Rd, London SW6 7HW
Tel: 020 7385 4040**

**Email: fulham@rcdow.org.uk
Web: fulhamcatholic.org.uk**

**Parish Priest: Fr James Neal
Administrator: Mr Gerald Daly**

**Safeguarding Representative: Ms Shirley Mills
Email: fulhamsg@safeguardrcdow.org.uk**

Dear Friends...

Every January, the world becomes wildly optimistic. Gyms fill up. Salad sales spike. We are convinced that this will finally be the year we become a better version of ourselves. And then ... most New Year's resolutions begin to wobble within days. By the end of January, many have quietly disappeared. This isn't because people are lazy or weak. Here's one theory why: When you suddenly decide to overhaul your habits - whether it's eating differently, exercising more, or becoming more disciplined - your brain doesn't hear "self-improvement." It hears "danger." New routines require energy, attention, and uncertainty, which activate the stress system and the brain pushes you back to familiar behaviour. That's why you give up - not because you lack willpower, but because your nervous system is trying to restore equilibrium.

Another reason resolutions collapse is psychological: We expect perfection. When one small slip makes us feel we've failed completely we give up. But this kind of thinking doesn't lead to growth. The spiritual life knows this well. Falling isn't failure. Refusing to begin again is.

But remember, grace builds on nature. God created us this way and he doesn't usually change us in dramatic leaps. ***He works through slow, steady, ever-renewed conversions of the heart.*** Many resolutions fail because they focus only on what you do, not who you are becoming.

You don't behave your way into holiness - you live out the identity you've been given. You are already God's beloved. Growth flows from that truth. January for us are days of Christmas - of what it means that God-is-with-us! Research on habit formation, I read, shows that tiny, repeatable actions are what stick. Not heroic bursts of motivation, but gentle consistency. Sunday Mass before all else. A few minutes of prayer. Regular Reconciliation. One kind response. One small act of love. God delights in mustard seeds. And when you fail - which everyone does - you don't start over in shame; you return in mercy. Because the most powerful resolution is not to be perfect. Instead it's to keep coming back. ***That's how change happens. That's how holiness grows. That's how hope makes it past January.*** Fr James

THANK YOU FOR YOUR GENEROSITY IN GIVING

Don't forget you can also make an offering via the 'Touch & Tap' at the door. For details of methods of Planned Giving, see the leaflet at the door of Church. Parish bank account details are below, and on the website *Donate* page.

PARISH BANK DETAILS: HSBC

Sort code: 40-05-20 Acct. No.: 11263137

Acct name: WRC DT ST THOMAS OF CANTERBURY FULHAM

200 CLUB NEWS UPDATE: Now is the time to join the 200 Club, or to renew your subscription. This is the Parish lottery - membership is £5 per month if paid by standing order or £60 for the year. Half the money raised is paid out in prizes, half goes to support parish activities. Last year, with 125 members, we have raised £7415 to date - half paid in prizes, half to support the parish. For details see the renewal forms in the racks by the side door.

The more members we have the bigger the prizes and the greater the support for the parish. If you already pay by standing order, thank you for all your support, no further action is needed. We have 125 members...but it's the 200 club!! So let's get some new members.

CRIB OFFERINGS: A reminder that the Christmas Crib stays in church (and I hope also in our homes) until the fortieth day after Christmas, the Feast of the Presentation of the Lord in the Temple, or Candlemas for short. Offerings made at the Crib (and on the Tap-to-donate machine) support the Catholic Children's Society. There's more info about the work of the CCS on the notice board by the side door of church.

IT'S TIME TO RETURN PALM CROSSES: Between next Sunday and Sunday 15 Feb (6th Sunday in Ordinary Time) you can return palm crosses to be burned to make ash in preparation for Ash Wednesday. A basket for the purpose will be at the doors of church.

PRIMARY SCHOOL APPLICATIONS TO St JOHN WALHAM GREEN (CofE) SCHOOL: Families who made applications to this non-Catholic school but who didn't arrange to meet with Fr James to endorse applications should speak with me TODAY (Sunday). The school has sent a list of names which - with the best will in the world - I cannot link to faces in church and who did not seek endorsement, and about whom I cannot reply to the school other than to say what I have written here.

ANNUAL MASS OF OUR LADY OF LOURDES: and for the World Day of Prayer for the Sick will take place on Saturday 14th February at 2pm at Westminster Cathedral. This will be preceded by a talk at 11.30am

in Westminster Cathedral Hall by Dr Kieran Moriarty on the extraordinary story of the Lourdes miracle of Jack Traynor, the man from Liverpool whose miraculous healing was declared a miracle in 2024. ***This is a ticketed event. Parishes are asked to book tickets centrally for the three categories: 1) Wheelchair users who require anointing; 2) Walking sick who require anointing and 3) Those assisting the sick, who do not require anointing. Please contact the Parish Office for this purpose.***

A MESSAGE FROM JANET DUNNE: Janet wishes to say Thank You to everyone who did so much to celebrate her retirement and award of the Diocesan Medal, presented on St Thomas's Day, 29 Dec. Thanks to all who prepared the hall and reception and who joined in the celebration and offered their prayers and good wishes. It was indeed a great celebration under the care of our patron saint.

SOCIETY OF St VINCENT DE PAUL (SVP): Next planning meeting is on **Thursday 19 February at 7.30pm in No.62**. Open to any who are interested. We are now at the stage of processing membership applications. Whether you want to be involved in the new Conference of the SVP or not, please pray for this initiative.

DIVE DEEPER: THE PATRIARCHS: Mondays, 6.30pm-8pm online: 19 Jan: "Genesis and the legend of Abraham"; 26th Jan: "The Tower of Babel" 9 Feb: "Abraham and Isaac: Promise fulfilled?" To register interest email catadmin@rcdow.org.uk. See poster in church.

"LIFE" – A PRO-LIFE CHARITY: who also provide non-directive counselling to those who share that they are considering abortion, have sent a link to their latest report on UK government statistics: *"These are more than numbers; they reveal a shift in how pregnancy and motherhood is viewed in society and show that abortion is becoming a routine outcome of pregnancy in the UK."* To follow up and learn more go to: lifecharity.org.uk.

DIVINE MERCY APOSTOLATE LOURDES PILGRIMAGE: From 9 to 14 Feb. Leaving Slough and Ealing Broadway on 9 Feb and departing Lourdes on 13 Feb for a visit to the Shrine of the Miraculous Medal Paris on 14 Feb and arriving in London later on 14 Feb. Full board, exciting festival devotional programme. Travel, full board and programme cost £590. Call Millie on 07957594646 for more info.