

**PLEASE PRAY FOR THE SOULS OF THOSE WHO HAVE DIED:**

Brenda Kavanagh; Seamus Cuskelly; Paola Maionchi;  
Faik Francis Hanna; Francis Magyar; Angela Barrett  
and all the faithful departed.

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

**4th SUNDAY IN ORDINARY TIME 2026**  
**Parish Mass Book Page 130**

**Saturday 31st January**

	<b>6.00 pm</b>	<b>Brenda Kavanagh (RIP-anniv)</b>
<b>SUNDAY 1st February</b>	<b>8.30 am</b>	<b>Seamus Cuskelly (RIP)</b>
	<b>10.00 am</b>	<b>Ints of Etta McGerty</b>
<b>4th SUNDAY IN ORDINARY TIME</b>	<b>12 Noon</b>	<b>Ints of Carmela Bertorelli (health)</b>
	<b>6.00 pm</b>	<b>The People of the Parish</b>

**Monday 2nd**      **9.30 am**      **Ints of Pope Leo**  
FEAST OF THE  
PRESENTATION OF THE LORD

**Tuesday 3rd**      **9.30am**      **Angela Barrett (RIP)**  
Ss Laurence, Theodore      **10.30am**      **Tuesday Morning Prayer Group**  
& Dunstan, Bishops      **2.30pm**      **St Anthony Prayer Group**

**Wednesday 4th**      *No Mass today. Church is closed.*

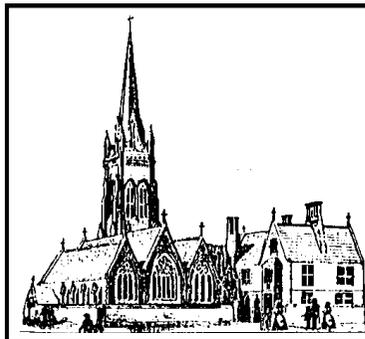
**Thursday 5th**      **9.30am**      **Paola Maionchi (RIP anniv)**  
St Agatha, Virgin & Martyr      **11.00am**      **Funeral Mass of Francis Magyar (RIP)**

**Friday 6th**      **9.30am**      **-**  
St Paul Miki & Comps, Martyrs      **11.30am**      **Funeral Mass of Angela Barrett (RIP)**

**Saturday 7th**      **10.00 am**      **The sick and housebound**  
Bl Pius IX, Pope      **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...

Think about the number of times you could be praying each day if you said a short prayer whenever you checked your 'phone! According to recent statistics, most Americans check their mobiles an average of 186 times per day. We are repeatedly taking a look at our screens. For many, checking their 'phone happens once every five minutes or so.

At the same time, many of us complain that we don't have any time during the day to pray. We express how busy we are and how there simply isn't a free moment when we can utter a prayer to God.

Here's an idea for us all: What if we spent 2-3 seconds (or even less!) praying a short prayer each time we checked our telephone? If we did that, we could permeate our entire day - and parish - with prayer!

Forming this habit could be a way of what is known as "habit stacking" - meaning that we attach one habit to another that is already established. In reality, we don't have much of an excuse for not praying during the day, as we have plenty of time to see who is texting us. It's simply a matter of priorities and whether or not we take prayer seriously.

We may not have the ability to make a holy hour every day, but we certainly have time to send little darts of love to God every five minutes. Below are some examples of brief prayers that are easy to memorize and that we can attach to our habit of checking our mobile. There are many more...

1 Blessed be God.

2 My Lord and my God!

3 My Jesus, Mercy!

4 JESUS, my GOD, I love thee above all things.

5 JESUS, Son of David, have mercy on me.

6 SAVIOUR of the world, have mercy on us.

7 JESUS, Mary, and Joseph, I give you my heart and my soul.

8 EUCHARISTIC Heart of JESUS, on fire with love of us, inflame our hearts with love of thee.

9 JESUS, meek and humble of heart, make my heart like unto thine.

*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.

**MONDAY 2 FEB: FEAST OF THE PRESENTATION OF THE LORD (CANDLEMASS):** The traditional end to the Christmas Season (the fortieth day after Christmas) is on Monday. Mass begins with the solemn entrance and blessing of candles.

**TUESDAY 3 FEB: "BLESSING OF ST BLAISE":** Tuesday in our diocese is the Memorial of the bishops Laurence, Theodore and Dunstan (as saintly Archbishops of Canterbury they are remembered now in Westminster.) Tuesday is also the Memorial of St Blaise, and the traditional *Blessing of Throats* will be available at Mass. St Blaise is patron of all illness related to the throat.

**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 today 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.

**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.*

**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](mailto:catadmin@rcdow.org.uk). See poster in church.

**ANNUAL MASS OF THANKSGIVING FOR THE SACRAMENT OF HOLY MATRIMONY:** Sat. 23rd May at 2:30pm in the Cathedral. The Archbishop is inviting to this Mass all couples in the diocese who are celebrating their **5th, 10th, 25th, 30th, 40th, 50th and 60th (and every year over 60)** wedding anniversary of Catholic marriage in 2026. If you are celebrating an anniversary and would like to join the Archbishop, please contact the office with these details, *before 10th April:* Names of both spouses; postal address and contact email (or telephone number, if no email); date and place of Catholic Marriage. *This is always a wonderful and moving event.*

**RETREAT FOR YOUNG WOMEN WITH THE LITTLE SISTERS OF THE POOR:** The Little Sisters of the Poor invite young women, aged 17-35, for a 4 day retreat at St Anne's Home, 77 Manor Road, N16 5BL. From 3pm on 2 April (Holy Thursday) till 6pm on 5 April (Easter Sunday), although attendees are welcome to stay for 1-2 days only. A donation is suggested to cover costs. To register and find out more please email Sister Caroline at: [ms.stanne@lsp london.co.uk](mailto:ms.stanne@lsp london.co.uk).