



# Ealing Abbey Church of St. Benedict

## *Newsletter and Information bulletin*

All Masses Celebrated in the week are live-streamed on [churchservices.tv/ealingabbey](https://churchservices.tv/ealingabbey)

### **SUNDAY 4 IN ORDINARY TIME**

Zeph 2: 3; 3:12-13 ; 1Cor1: 26-31, ; Matt 5: 1-12a



### Useful Contacts

**PARISH PRIEST - Fr. Ambrose McCambridge OSB**

**Priests of the Parish - Fr. Timothy Gorham OSB & Fr Bede Grey OSB**

**Parish Secretary - Robert Ewan** | [parishoffice@ealingabbey.org.uk](mailto:parishoffice@ealingabbey.org.uk) | 020 8194 2301 |  
Parish office: Open Mon-Fri 9.30-12.30pm | 2, Marchwood Crescent, Ealing, London W5 2DZ

**Pastoral Coordinator- position vacant**

For any pastoral issues please contact the parish office

**Catechetical Coordinator- Danielle Rudge** | [catecheticalcoordinator@ealingabbey.org.uk](mailto:catecheticalcoordinator@ealingabbey.org.uk)

**Emergency Sick Calls - 07752 385860**

**Ealing Abbey Monastery - 020 8194 2300** | Charlbury Grove, Ealing, London W5 2DY

**Chair Of Pastoral Council- Ms. Ibi Abasi**

**Safeguarding Representatives- Marie-Helene Collins, Dr Brendan Curran**  
[ealingsg@safeguardrcdow.org.uk](mailto:ealingsg@safeguardrcdow.org.uk)

**Connect:** Website [www.ealingabbeyparish.uk](http://www.ealingabbeyparish.uk) | Facebook [www.facebook.com/StBenedictsEaling](https://www.facebook.com/StBenedictsEaling)  
Instagram [www.instagram.com/st\\_benedictsealing/](https://www.instagram.com/st_benedictsealing/)

You can also download a copy of the latest bulletin on the website, found under 'News'

### DIVINE OFFICE

**Sunday Weekday Saturday**

MATINS	6.00am	6.30am
LAUDS	7.35am	7.35am
VESPERS	6.00pm	6.35pm
COMPLINE	8.00pm	5.15pm
VIGIL		7.30pm

### WEEKDAY & SATURDAY

#### MASSES

**7.00am**

(With the Monks)

**9.15am**

**6.00pm**

(Vigil Mass of Sunday)

### SUNDAY MASS

**9.00am** (with children's liturgy)

**10.15am** (Family Mass in Abbey Hall)

**10.30am** (Choral Mass)

**12 noon** (Sung Mass)

**7.00pm** (Young people's Mass)

#### CONFESSOR:

**Saturday: 10am-11am/4pm-5pm,**

**Thursday: 7.45pm-8.15pm**

## Dear Parishioner,

The Redemptorist Denis McBride reminded me of the story of Vincent van Gogh who, amongst other things, dedicated his life to helping others and who at one point studied theology to train as an evangelist in Brussels. For one reason or another he failed to be recommended for ordination and left to do missionary work amongst a poor mining population, something he would call 'a free course in the university of despair.' He was made penniless and experienced further rejection, at which point he determined that he would bring consolation to people through his art. The rest, as they say, is history.

The prophet Zephaniah speaks of the lowly and the humble who find refuge and shelter in the Lord. Paul, too, warns the Christians of Corinth not to become too inflated with their own self-importance as God has a habit of choosing what is weak and foolish in the world to put the rest of us in our place. And then there is Matthew. Today's gospel hardly needs an introduction – his three-chapter long Sermon on the Mount is one of the most dramatic pieces of writing in the entire New Testament, at the core which lie the Beatitudes, the Sermon's literary and theological heart. In a world that values power, fame and fortune above all else, these verses, rich in irony, cut through to the very heart of what it means to be human, as they reach out to those who have no voice in the world. Jesus' own life is testimony to that: he gave up power and prestige to follow the way of powerlessness; he displayed a gentleness and sensitivity with people that others simply dismissed; he mourned when he saw how so many chose to be blind when God visited them and placed a healing hand on them; his mercy and forgiveness upended the conceitedness of the religious authorities; and he strove to make real peace between ourselves and God, with ego cast firmly aside. As a result, he himself was persecuted and hounded to death because he chose what is right over what was popular. And in the end, he was *blessed* because God raised him from the dead.

At the top of the Mountain, such is the purified air that Jesus invites us to breathe. But isn't it temporary? As we descend to the plain below, it is easy to allow 'real life' to kick back in and it becomes very difficult to sustain the challenges before us. But at least we know what those challenges look like. For a while too van Gogh learnt to face a future plagued with adversity and pain and in doing so made a difference. So slowly, very slowly, we too can begin to breathe in some of the purified air of this most spiritual part of Matthew's gospel and allow it to consume us.

**Deacon Alex**

## **Anniversaries from the week commencing 1<sup>st</sup> February 2026**

Mary Moray, Zosia Szajdzicka, Maria Ratajczak, Eileen Eaves, Thomas Honan, Frederick Samuels, Zadislaw Konczak, Maria Gomez Sanz, John (Tony) Holland, Joan McCormack, William Lawson, Thomas Hennebry, Eric Read-Jones, Leslie Hill, Maureen Kelly, Michael Chapman, Frances Daly, Bridget Aubrey, Gerard Horrigan, Joyce Valvona, Mary Conway, Terence O'Sullivan, Maria Korwaser, Patrick Joseph Maloney, Stasia Saunders, Druce Gomes, Grahame Jones, John Taylor, Raywill Cummings, Angela Tomkins, Patrick D'Mello, Wanda Pluta-Czachowska, Olivia Jordan, Geraldine Holland, Jan Szachno-Hodgkinson, Mary Murphy, Stefania Kacperek, Anna Musial

## **Information & Diary**

### **Sunday 1<sup>st</sup> February**

Second collection for Racial Justice will take place during today's Sunday Masses

2.30pm-4.30pm: Parish in-Council meeting in the Parish Hall

### **Monday 2<sup>nd</sup> February *The Presentation of the Lord***

8-9pm: Bingo in the Parish Hall.

### **Tuesday 3<sup>rd</sup> February**

1-3pm: Senior citizens. In the Coffee Lounge.

6.30pm: Meditation: in the Bulbeck Room with Fr. Robin Burgess.

### **Wednesday 4<sup>th</sup> February**

10-12pm: **Benedict Renew**. In the coffee lounge.

7.00-8.15pm: Ealing Abbey Lay Plainchant Choir, Maurice Fowler Hall.

New members/beginners welcome. For further information, see [www.ealpc.org](http://www.ealpc.org)

### **Thursday 5<sup>th</sup> February *St Agatha***

9.30-12.30: Toddlers group in the hall.

10.00am: Lectio Divina in the Bulbeck Room with Sheila Rees, refreshments at 11.00am and meditation at 11.15am with Fr Robin Burgess.

### **Friday 6<sup>th</sup> February *St Paul Miki & Companions***

9.45-11.00am: Adoration of the Blessed Sacrament in the Church. Parishioners are invited to pray for Members of the House of Lords to grant them wisdom and courage as they consider the Assisted Dying Bill today.

### **Saturday 7<sup>th</sup> February**

10.00 a.m. to 11.00 a.m.: Adoration of the Blessed Sacrament.

#### **Sanctuary Lighting:**

Please see Father Ambrose's message on: [ealingabbeyparish.uk](http://ealingabbeyparish.uk)

# Finance News

25<sup>th</sup> January 2026

Collection Offertory, ATM, and others: £1921

We are deeply grateful for the wonderful financial support we receive. If you would like to make a donation to help us to continue to sustain the mission of the Church, share the Gospel and serve those in need, our Bank Account details are: Royal Bank of Scotland, 49 Bishopsgate, London EC2N 3AS Account No: 19123696 Sort Code: 16-00-15 Account Name: The Trust of St Benedict's Ealing Abbey

## **Notices**

### **Children's Liturgy Volunteers Urgently Needed**

Volunteers **Urgently Needed** for Children's Liturgy at 9am Mass on Sundays – we don't have enough to keep it going; please get in touch with Danielle at [catecheticalcoordinator@ealingabbey.org.uk](mailto:catecheticalcoordinator@ealingabbey.org.uk)

### **HCPT fundraiser**

Friday 6th February - HCPT fundraiser in the Benet Bar 7 -10pm. Tickets £20. For more details see poster or contact Della 07858411591. Tickets will be on sale after Sunday morning Masses in bookshop porch

### **Celebrate the gift of Marriage and Family Life**

During the **9am Mass on Sunday 8<sup>th</sup> February**, we will celebrate the gift of marriage and family life with the renewal of marriage vows. All are welcome to come along and gather in the Benet Bar after Mass.

### **Book Circle**

Next meeting will be on Wednesday 11 February at 8.15 pm in the Coffee Lounge to discuss Wise Children by Angela Carter. The book to read for the following meeting is The Lantern of Lost Memories by Sanaka Hiragi. All are welcome.

### **The Assisted Dying Bill**

This Bill is currently before the House of Lords. We are concerned that it does not adequately protect vulnerable people and risks replacing compassionate care with assisted death. Parishioners are urged to pray and to write to members of the House of Lords (template available from the parish office), asking them to oppose the Bill and support better palliative and end-of-life care. To support this effort or to obtain materials, please contact the Parish Office.

### **Part-time kitchen helper**

We are looking for a part-time kitchen helper for the local parish events. The candidate must help keeping a good standard in the kitchen duties as, helping to prepare food, keeping the kitchen space tidy and clean, helping to clear up after buffets. The hours are flexible and depending on the number of requests. Experience preferred but not necessary. Please contact parish office on 020 8194 2300 or Connie on 07456075058.