



8/02/2026

# Ealing Abbey Church of St. Benedict

## Newsletter and Information bulletin

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

### **SUNDAY 5 IN ORDINARY TIME**

Isa 58: 7-10; ; 1Cor2: 1-5 ; Matt 5: 13-18



### *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](http://www.facebook.com/StBenedictsEaling)  
**Instagram** [www.instagram.com/st\\_benedictsealing/](http://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	7.35am
VESPERS	6.00pm	6.35pm	5.15pm
COMPLINE		8.00pm	
VIGIL			7.30pm

### WEEKDAY & SATURDAY

#### MASSES

**7.00am**  
(With the Monks)  
**9.15am**  
**6.00pm**  
(Vigil Mass of Sunday)

#### CONFESSION:

**Saturday: 10am-11am/4pm-5pm,**  
**Thursday: 7.45pm-8.15pm**

### 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)

## *Dear Parishioner,*

AI Generated or a “real” person? A recorded message or an Actual person? Playing to the audience. “It’s what my fans, followers want, expect!” ”The “Real Deal; “The Genuine article” or a performance? A fake? ”All surface, no depth!” It’s never really been easy, but now more than ever it is getting harder and harder to find, to get, authenticity, honesty, genuineness. The camera is always on; people always watching, expecting, wanting drama, excitement, satisfaction.

In the world we now live in, the full reality of AI is quickly making its presence felt in every aspect of our lives. Trying to work out what’s truly happening and where is it leading, isn’t straight forward, black and white. The implications for the lives we live, and our safety as whole, are huge.

Who am I? I’m in the body. I’m in your blood. I’m in your sweat. I’m in your tears. I purify. I disinfect. I destroy impurities. I preserve life and health. In New Testament times I was used to prevent wounds from festering. I can be a catalyst for making fire. I was so important that soldiers were paid in part with a ration of me, hence the saying ‘worth one’s ?’. I make a difference. I have a powerful impact for the good! The Answer ..... SALT. Did you guess it?

Jesus is calling us to be real, authentic witnesses in the world. His witnesses, his heralds, his disciples. He is calling to be salt. He is calling us to be merciful, peacemakers, to stand up what is right and not to play to the audience and not do something because that’s what crowd wants, expect. As Baptised Christians we are his light in the world, his fire that burns brightly for all to see and makes his Kingdom a lived reality, a lived experience in our world, our lives! Be that salt. Be that Light on the stand!

*Dom Ambrose McCambridge OSB PP*

## **Anniversaries from the week commencing 8<sup>th</sup> February 2026**

Ivy Witcombe, Andrew Jonscher, Yvette Green, Paul Hatch,  
Hubert Tucker, Mattie Flynn, Roy Tenn, Marian Theresa Flynn,  
Mary Stybel, David Barry, Nancy Crehan, John Dempsey, John Green,  
Elizabeth Wood, Theresa King, Elizabeth Kaczmarczyk, Mary Gibbons,  
Nathera Saaid, Eugenie Reid, William Patrick Carty, Joe Saunders,  
Philip Trasler, Lionel Raggio, Helena Yeoman, John Taylor, Sylvia Burgoin,  
Lionel Deghenhard, Rose Holt, Joseph Edwards, Hugh O' Reilly, Win Smith,  
Bernard McNicholas, Roland Amarasakera, Philomena O'Donnell,  
Michael Russell, Sharon Charlesworth

## **Information & Diary**

### **Sunday 8<sup>th</sup> February**

During 9am Mass 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.

### **Monday 9<sup>th</sup> February**

8-9pm: Bingo in the Parish Hall.

### **Tuesday 10<sup>th</sup> February *St Scholastica***

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

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

### **Wednesday 11<sup>th</sup> February *Our Lady of Lourdes***

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

**2.30: Anointing of the sick Mass** (Refreshment in the parish hall afterwards)

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

see [www.ealpc.org](http://www.ealpc.org)

8.15-9pm: Book Circle in the coffee lounge. see back page for details.

### **Thursday 12<sup>th</sup> February**

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 13<sup>th</sup> February**

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 .

### **Saturday 14<sup>th</sup> February *SS Cyril & Methodius***

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*

1<sup>st</sup> February 2026

Collection Offertory, ATM, and others: £1818

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)

### **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.

### **Faith sharing**

Would you like to join a small faith-sharing group this Lent? Using a diocesan booklet, we will reflect on the theme "*We Dare to Ask*," exploring the meaning of baptism as we prepare to renew our baptismal promises at Easter. The group meets on Fridays at 12 noon for one hour over five weeks, starting 20 February 2026. Please contact the parish office if you would like to join.

### **40 Days for Life – Ealing**

40 Days for Life – Ealing runs from 18 February to 29 March 2026. You are invited to join us in peaceful prayer for all those affected by abortion.

To find out how you can take part, please attend the opening event in the parish hall at Our Lady of the Visitation, Greenford, after the 2 pm Mass on Sunday 15 February. A free buffet and guest speaker will be provided. For more information, contact Sarah on 07776 256838 or email [London40daysforlife@hotmail.com](mailto:London40daysforlife@hotmail.com).