



SUNDAY NEWSLETTER

4th Sunday Ordinary Time

Racial Justice Sunday

1st February 2026

PARISH OF OUR LADY OF MOUNT CARMEL & ST SIMON STOCK, CARMELITE CHURCH

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Mass Times: Sun: Sat Vigil 6.00 p.m., Sun. 8.30 a.m., 10.00 a.m., 12.15 p.m. & 6.00 p.m.

Weekdays (including Bank Holidays): 8.00 a.m., 12.15 p.m. & 6.00 p.m.

Livestream (All Masses): www.carmelitechurch.org & YouTube: "Kensington Carmelite Church"

Confessions: Sat: 11.30 a.m. – 12.15 p.m. & 5.00 – 5.50 p.m. Mon - Fri: 5.40 p.m. - 6.00 p.m.

Priests in the Parish: Fr Thaddeus Ekuma ocd, Fr Matt Blake ocd,

Fr John Williamson ocd, Fr Joseph Odiahi, ocd, Fr Bartholomew Senewo, ocd, Fr Anthony Parsons, ocd & Fr Yamai Bature, ocd

Safeguarding Rep: Franca Bren

Reflection

'Finding Light in the In-Between' *The Presentation of the Lord*

February often feels like a month caught between seasons. Christmas is long behind us, Lent not yet begun, and the days—though lengthening—still carry winter's heaviness. Many people feel a kind of spiritual flatness at this time of year: the early resolutions have lost their shine, the routines feel repetitive, and the world outside seems to be holding its breath. It's in this in-between space that the Feast of the Presentation of the Lord arrives, quietly, like a candle lit in a draughty room. Not a blaze, not a spectacle—just a flame that refuses to go out.

The Gospel gives us Simeon and Anna: two elderly people who have lived long enough to know disappointment, grief, and the slow erosion of dreams. They are not naïve optimists. They are people who have waited through years of silence, who have prayed when

prayer felt dry, who have kept showing up at the Temple even when nothing seemed to change. Their holiness is not glamorous. It is the holiness of endurance, of people who have learned to trust God in the long, grey stretches of life when nothing feels dramatic or miraculous.

And yet, when Mary and Joseph walk in carrying their child, these two weathered souls recognise him instantly. Something in them leaps. Something long dormant stirs. They see light—not the kind that blinds, but the kind that reveals. A light that learns our faces, our wounds, our hopes. A light that does not demand perfection before it shines, but instead illuminates the very places we feel most fragile. Simeon's blessing is tender and unsettling all at once: joy and sorrow woven together, as real life always is.

This week we also remember St Agatha, who held onto her dignity and faith in the face of brutal suffering, and St Paul Miki and his companions, who sang hymns as they faced martyrdom in Japan. Their stories are not tidy or comfortable. They remind us that faith does not shield us from hardship; it strengthens us to walk through it with integrity. Their courage is not the loud, triumphant kind. It is the courage of people who know that God's light is stronger than any darkness, even when that darkness feels overwhelming.

Many of us carry our own quiet burdens: the slow grind of caring for others, the ache of unanswered prayers, the fatigue of trying to be hopeful in a world that often feels frayed at the edges. Some of us are waiting for clarity, or healing, or a sense of direction. Some are simply trying to get through the week. The

Presentation tells us that God meets us precisely there. Not in the triumphant moments, but in the ordinary trudging of life. Christ comes to the Temple not in splendour, but in the arms of two tired parents, worn out by the demands of caring for a baby, simply doing what the Law requires. Holiness hides in the everyday, in the routines we repeat, in the faithfulness we barely notice.

Perhaps this week invites us to let Christ's gentle light fall on the parts

of our lives we usually keep in shadow, to embrace the slow, faithful waiting of Simeon and Anna, and to recognise that courage often looks less like heroism and more like simply not giving up. We ought to realise that God is ever at work in us in ways we cannot yet see, preparing us for moments of recognition, moments when something long dormant stirs again.

As candles are blessed this week, let us try to imagine our own lives as small flames—flickering, yes, but

real. Capable of warming, guiding, comforting. Holiness is not measured by impeccability, but by the way we carry light — honestly, humbly, and with compassion. May this feast remind us that God's light is not fragile. It is patient. It is persistent. And it is already shining in the places we least expect.

*To follow the
Mass Readings
on your phone,
please scan the
QR Code:*



NOTICES

THANKSGIVING MASS FOR THE ARCHBISHOP CARDINAL VINCENT NICHOLS

A special Mass is being organised in thanksgiving for the Cardinal's ministry over sixteen and more years as Archbishop of Westminster. This is to take place on Thursday 5 February 2026 at 5.30pm in the Cathedral. You are all invited to attend the Mass and show your appreciation to the Cardinal.

GOVERNOR OPPORTUNITY AT ST CHARLES

St Charles Sixth Form College in North Kensington is appealing to catholic members of our community who have time to give back, expertise and experience to share and a desire to experience leading an organisation striving for excellence in education and opportunity for its young people.

If you want to support the vision for the college, please get in touch with Sue Jacobs, the Clerk at:
s.jacobs@stcharles.ac.uk

MASS OF THE SICK WITH ANOINTING OF THE SICK

On Saturday 7th of February 2026 we will be holding our 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. 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

If you would like to attend, please put down your name at the back of the church and indicate which category of ticket you require.

VOCATION DISCERNMENT RETREAT

Young Adults Discernment Retreat in Aylesford Priory, Kent (Men & Women, ages 18–30) 6–8 February 2026. Held at Aylesford Priory, the ancient home of the Carmelites, this weekend offers space to step away from daily busyness for prayer, reflection, and community, in partnership with the Religious of the Assumption and the Carmelite Friars. Cost: £200. For more information or to register, email vocations@assumpta-eu.org

**You may make your offering or donation by scanning this
QR Code with your mobile phone
Thank you and God bless!**



Collections Last Sunday

Offering	£1055
Gift Aid Envelopes	£118

Thank you for your generosity

Fr Thaddeus