



Parish Newsletter

Weekend 7th and 8th February 2026 Fifth Sunday of Ordinary Time

Today's Mass – The Mass readings and prayers for the Fifth Sunday of Ordinary Time are on page 133 of the Parish Mass Book.

Clothes donations for the SVP – This Weekend

The Parish St. Vincent De Paul (SVP) Conference undertakes a monthly collection of clothing for the SVP Charity Shop. Clean, good quality clothing, books and toys are very welcome. Donations may be left outside the confessionals at the rear of St. Teilo's this weekend. The clothes will be removed early on Monday morning, so please ensure that donations are brought to the Church by the end of the evening Mass this weekend or kept at home until the Second Sunday of February when we will have another collection. *Thank you from the parish SVP.*

Parish Feast Day – St. Teilo



Monday is the celebration of St. Teilo, one of the Patronal Feasts of our parish. Mass will be celebrated to honour St. Teilo at 10.00am on that day preceded by Morning Prayer. The patron of a church is celebrated as a Solemnity in the church.

St. Teilo was a 6th century monk and Bishop. He was a very popular saint in Wales with more churches dedicated to his name than to any saint other than St. David. According to tradition, St. Teilo studied under St. Paulinus at the monastic school at Whitland, Carmarthenshire. Here he met and became firm friends with St. David. St. Teilo subsequently travelled with him to Mynyw, now known as St. David's, where St. David set up his religious community. As a Bishop, St. Teilo founded the Cathedral Church at Llandaff, where he is buried and the great Abbey in the town named after him, Llandeilo. St. Teilo was also a missionary, travelling to Brittany to share the faith. He is commemorated in many churches dedicated to him in Brittany. As well as being our Parish Patron, St. Teilo is also the Patron Saint of the City of Cardiff.

Tuesday Evening Adoration – Due to the Reception of the body of Fr. John Philips on Tuesday evening there will be no adoration this week.

Parish Feast Day – Our Lady of Lourdes



Wednesday, February 11th is the feast of Our Lady of Lourdes, the other Patron of our Parish. Mass on that day will be celebrated as a Solemnity in the Church of Our Lady of Lourdes. Mass will be at 9.00am. that day to enable Canon John to attend the Funeral Mass of Fr. John Philips at which he will be the preacher.

The Feast day is the 34th World Day of the Sick and Pope Leo has written a message for the World Day of the Sick 2026, entitled "The compassion of the Samaritan: loving by bearing another's pain". The Pope's message can be read here – <https://www.vatican.va/content/leo-xiv/en/messages/sick/documents/20260113-messaggio-giornata-malato.html>

Coffee and Tea after Mass at Our Lady of Lourdes

We will have coffee and tea in the St. Pope John Paul II Chapel at Our Lady of Lourdes after the 9.00am Mass on Wednesday. If you are at Mass on that day, please stay behind and spend some time socialising and sharing with our fellow parishioners.

At a Loss Café

The Parish Loss and Bereavement Café takes place on Wednesday. The Café is for anyone dealing with loss and you will find a cuppa and warm welcome waiting for you. Remember your loss does not have to mean bereavement. It can be any kind of loss you are feeling and perhaps with which you are struggling.

The Café takes place on Wednesdays from 1.30pm to 3pm in St. Teilo's Parish Hall. Weekly attendance is not required. Come as and when you are able.

RCIA – Rite of Christian Initiation of Adults

The Parish Rite of Christian Initiation of Adults (RCIA) programme takes place on Wednesday. The sessions run in the Parish Hall at St. Teilo's on Wednesday evenings at 6pm.

Adoration and Exposition – St. Teilo's

There will be Adoration and Exposition of the Blessed Sacrament from 10.30am to 11.30am at St. Teilo's this Friday. Why not come along to spend time in silent prayer and adoration before the Lord?

First Reconciliation

The children of the parish are continuing their preparation for First Holy Communion on Sunday, May 11th. On Saturday, February 14th they will be making their first confession/reconciliation. Please keep these young people in your prayers as they prepare to receive the Lord in the Blessed Sacrament for the first time. The children's names are Clara, Finn, Luca, Mafalda, Max, Oliver and Rodrigo.

Parish Craft Session – Next Saturday

This month's craft session takes place in the Parish Hall at St. Teilo's next Saturday, February 14th after Mass, from 10.45am - 12.30pm. The session is suitable for absolute beginners to experts. The session is free. Hope to see you there! Any enquiries please contact simplycraft@btinternet.com or speak to Erica.

St. Teilo's Friends of Divine Mercy Prayer Group – Saturday, February 14th

St. Teilo's Friends of Divine Mercy Prayer Group meets on Saturday, February 14th at 2.30pm in the Parish Hall. Everyone is welcome to come along to pray for the parish and the intentions of the parishioners.

Refreshments after Mass – Next Sunday



Refreshments will be served in St. Teilo's Hall after the 10am Mass next Sunday. All are welcome. Why not come along and meet your fellow parishioners after Mass next weekend.

Last Year's Palms

Wednesday February 18th this year is Ash Wednesday. It is the Church's tradition to create the ashes from the palms distributed on Palm Sunday the previous year. If you have retained your palm(s) from last Palm Sunday please bring them to Mass with you next weekend and leave them at the back of the Church. One of our parishioners will then burn them, ready to be used at the two Masses on Ash Wednesday.

Deanery Lenten Station Mass

As Lent speedily approaches, a gentle reminder that the Deanery Lenten Station Mass for St. David's (Cardiff) Deanery will take place at St. Patrick's Church, Grangetown on Friday, February 27th at 7pm. Please put the date in your diary now.

Worldwide Marriage Encounter

Worldwide Marriage Encounter offer marriage enrichment retreats. Focused on couples who want to enrich their marriage and gain a deeper understanding of the Sacrament of Marriage, the retreat offers a unique experience. It's a chance to explore your relationship at a deeper, more intimate level, regardless of how long you have been together. The next Residential Weekend is from February 27th to March 1st at the Holiday Inn Express West, Swindon. Find out more at <https://wwme.org.uk/book-a-weekend/> or contact Hyacinth at hynilu@icloud.com.

Lenten Day of Recollection – Belmont Abbey

The Sovereign Military Hospitaller Order of St John of Jerusalem of Rhodes and of Malta offer an open invitation to a day of recollection at Belmont Abbey on Saturday, March 7th from 10am to 4pm. The day will be led by Rev Dom Alexander Kenyon, the Prior of Belmont. Please contact Andrew Grant for further information at andrewgrant2026@btinternet.com or 07976 982742

Church Flowers – St. Teilo's

Anyone interested in helping to do the Flower arrangements at St. Teilo's Church is asked to contact Gail Gerrard on 07765581206 or speak to Canon John. A regular arranger has recently had to drop out due to ill-health, so we really need someone to take on this role, the more the merrier. You would be part of a rota with at least three others, so would do the flowers at most, once every 4 weeks. The cost of the flowers can be reclaimed from the parish.

Did you miss your First Holy Communion

While the young people are preparing for First Holy Communion it has become apparent that a number of Mass attendees who were baptised as children but for various reasons missed making their First Holy Communion. It doesn't matter if you are a teenager or of a more mature age, if you didn't make your First Communion you are welcome to join the preparation sessions which will begin after Easter. If you are interested in taking part in these sessions please speak to Canon John or email whitchurch@cardiff-menevia.org

Fundraising for Velindre Cancer Care

Mel Hopkins, a parishioner at St. Teilo's, well known to many in his roles as Reader, Eucharistic Minister, Welcomer and Baptism Catechist, is raising funds for Velindre Cancer Care by walking to the highest peak in the Sierra Nevada mountains in the Granada region of Spain in June. Mel has a just giving page which is <https://www.justgiving.com/page/mel-hopkins-1>. He will be grateful for any support, however large or small.

Praying for the Sick of the Parish

Please remember those who are sick in your daily prayers: Eileen Allen, Haydn Ashcroft, Margaret Bowdery, Margaret Brown, Brian Bryant, Keith Burleton, John Costley, David Cuddihy, Philip Daly, Barbara Day, Rafael Diaz, Violet Fonseca, Maureen Fry, John Gallagher, Mary Goodman, Paul Gough, David Griffiths, Martin Griffiths, Rita Harris, Linda Horrocks, Lola Jones, Olivia Jones, Mary Joseph, M'oive Kite, Eileen Lawrence, Christina Lucas, Annette Massey, John McLaughlin, Bernie Monaghan, Robert Morgan, Derek Phillips, Bethan Thompson, Hilary Tracey, Keith and Gwen Waddams, Madeleine Walters and Eileen Yaxley. If you would like to add someone to the list, please email whitchurch@rcadc.org.

Rest in Peace



Please pray for the repose of the souls of Fr. John Phillips, latterly priest in charge of St. Thomas' Parish, Abercynon; Phillip Hill, Frank Elliott and Philip Ilsley; all of whom have died recently.

Mr. Hill's Funeral Service will take place at the Briwnant Chapel, Thornhill at 11am on Tuesday, February 10th. Fr. Phillips' body will be received into St. Thomas Church, Abercynon during Mass at 6pm on Tuesday, February 10th. His Requiem Mass will take place in St. Thomas Church, Abercynon at 11.30am on Wednesday, February 11th. Mr. Elliott's Funeral Service will take place at the Wenallt Chapel, Thornhill at 2.30pm on Tuesday, February 24th.

Please also pray for those whose anniversaries occur at this time: Father Raymond O'Shea, Father Pierce Maher, William Brien, Charles Crowley, John Hudson, Ethel Cashman, Stephen Jenkins, Patricia Burrows, Michael Kinsella, Catherine Collins, Frederick Stenson, Constance Davies, Muriel O'Hanlan, Cyril Watts, Elfriede Davies, Joanna Lynch, Huw Thomas, Phyllis Davison, James McNulty, Stanley Webb, Mary Maskill, James Poole, Margaret Melia, Mary Perrins, Mary Grace, Elizabeth Jenkins, Giuseppe Gagliardi, Joseph Daly, Eric Richard (Dick) Dicketts, Maureen Barry, Terry O'Shea, Elizabeth Pickard, Leo Fullerton, Dennis O'Neill, William Hellings, Agustine John and David Davies.

Mass Times and Intentions: 7th to 15th February 2026

Saturday 7 th February Fifth Sunday in Ordinary Time	Our Lady of Lourdes	6.00pm	Mass – Fr. Ray O'Shea – Anniversary
Sunday 8 th February Fifth Sunday in Ordinary Time	St. Teilo's	10.00am	Mass – Peggy McGirl – Recently Deceased (GL)
	St. Teilo's	6.00pm	Mass – Cerianne Hughes – RIP (B&SH)
Monday 9 th February Solemnity of St Teilo, Bishop – Patron of the Parish	St. Teilo's	9.40am 10.00am	Morning Prayer of the Church Mass – For the People of the Parish
Tuesday 10 th February St Scholastica, Virgin	St. Teilo's	9.40am 10.00am	Morning Prayer of the Church Mass – In Thanksgiving
	Thornhill	11.00am	Funeral Service – Phillip Hill
Wednesday 11 th February Solemnity of Our Lady of Lourdes – Parish Patron	Our Lady of Lourdes	9.00am	Mass – Terry O'Connell – RIP
Thursday 12 th February Weekday in Ordinary Time	St. Teilo's	9.40am 10.00am	Morning Prayer of the Church Mass – James Travers (LD)
Friday 13 th February Weekday in Ordinary Time	St. Teilo's	9.40am 10.00am	Morning Prayer of the Church Mass – Maureen Barry – RIP (PB)
	St. Teilo's	10.30am -11.30pm	Exposition and Adoration of the Blessed Sacrament
Saturday 14 th February St. Cyril, monk, and St. Methodius, Bishop – Patrons of Europe - Feast	St. Teilo's	9.40am 10.00am	Morning Prayer of the Church Mass – Adrian Ludlow (LD)
Saturday 14 th February Sixth Sunday in Ordinary Time	Our Lady of Lourdes	6.00pm	Mass – Fr. Alban Greenwood – RIP
Sunday 15 th February Sixth Sunday in Ordinary Time	St. Teilo's	10.00am	Mass – Ron Card – Anniversary (SC)
	St. Teilo's	6.00pm	Mass – For the People of the Parish

Confessions

Canon John will be available for Confessions from 10.30am to 11am after the Saturday morning Mass. Canon will also hear confessions at Our Lady of Lourdes before Mass on Saturday evening – 5.30pm to 5.55pm.

Donations to the Parish

Donations to the parish for the last weekend amounted to £780.81. Many thanks to all our parishioners for your ongoing generosity to the parish.

Safeguarding

If anyone has concerns over the welfare of any children or vulnerable adults within our community, please contact Jill Gildersleve, in confidence, on 07813 322179 or at gildersleve@ntlworld.com. Thank you.

Mass Attendance

Mass attendance for the last weekend was as follows:

1 st February	6pm	48
	10am	133
	6pm	78