



Parish Newsletter

Weekend 21st and 22nd February 2026 First Sunday of Lent

Today's Mass

The Mass readings and prayers for the First Sunday of Lent are on page 151 of the Parish Mass Book.

Yr Offeren yn Gymraeg

Heddiw bydd y gymuned Gymraeg yn dathlu Offeren yn Gymraeg am 4.30pm. Today, we welcome the Welsh language community who will be celebrating Mass in Welsh at 4.30pm. Croeso!

Tuesday Evening Adoration

Each Tuesday evening, the parish has an hour of silent Adoration at St. Teilo's from 7pm to 8pm. The primary intention for the period of Adoration is vocations to the priesthood and religious life. Feel free to come for all or part of the hour to pray for the Church in its need for faithful ministers to continue the Mission of Jesus.

Stations of the Cross

During Lent we will celebrate the Stations of the Cross each week at Our Lady of Lourdes and St. Teilo's.

Stations will take place at Our Lady of Lourdes after the 10am Mass on Wednesday.

Stations will take place after the 10am Mass at St. Teilo's during Adoration on Friday.

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 Mass and Stations of the Cross 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 will take place on Wednesday.

Parish Lenten Sessions – Wednesdays 7pm

The Parish Lenten Sessions this year will begin this Wednesday, February 25th at 7pm in St. Teilo's Hall. The sessions will run for five weeks. The theme, based on the recent Pastoral Letter by Archbishop Mark is the Foundation and Four Pillars of the Archdiocesan Vision.

Parish Rosary Prayer Group

The Parish Rosary Prayer Group meets on the last Thursday of each month at 2.00pm in Ty Mair, 19 Heol y Waun CF14 1LB at the junction of Heol Gabriel and College Road. The group members have intercessory prayer, read and discuss the following Sunday's Gospel, pray the Rosary, pray the 3 o'clock prayer and the Divine Mercy Chaplet, and have a cuppa! The next meeting takes place this Thursday, February 26th. All are welcome to attend.

CAFOD – Lent Family Fast Day - Friday

This Lent CAFOD is inviting us to live out the Gospel call to love our neighbour. By fasting and giving what we save, to join in Christ's compassion and help another family put food on the table. Your donation can help families around the world grow food in difficult conditions – such as on flood-resistant floating gardens or using solar-powered water pumps in times of drought.

A retiring collection will take place at the end of Masses next weekend for the results of your Family Fast Day commitment to CAFOD – at St. Teilo's you will be able to donate to CAFOD using debit or credit card at the electronic donor station – you can also donate by selecting CAFOD here - <https://donate.myдона.com/st-teilo-our-lady-of-lourdes>

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?

Deanery Lenten Station Mass

The Deanery Lenten Station Mass for St. David's (Cardiff) Deanery will take place at St. Cadoc's Church, Llanrumney this Friday Evening at 7pm. Please make every effort to attend this Lenten gathering of the Catholic Community in Cardiff, led by Archbishop Mark.

St. Teilo's Friends of Divine Mercy Prayer Group – Saturday, February 28th

St. Teilo's Friends of Divine Mercy Prayer Group meets on Saturday, February 28th at 2.30pm in the Parish Hall. Everyone is welcome to come along to pray for the parish and the intentions of the parishioners.

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

Baptism Preparation Course

The next Baptism Preparation Course takes place at St. Brigid's Church on Saturday, March 21st and completes on Saturday, March 28th at 4pm. Both sessions will last around an hour. All those who wish to have their child baptised need to attend the course before the Baptism. For further information and to book a place, please contact Cath Wieser on c.wieser@btinternet.com.

Sound of Silence – An Archdiocesan Teenagers Event

The Archdiocesan Youth Team have organised an event for teenagers in Year 8 to Year 13 at Belmont Abbey on March 14th from 11am to 6.30pm, The day will be an experience of monastic life, an opportunity to pray together during Lent, and a chance to get to know other young Catholics. The cost of the day is £15 per person. If you are interested in attending please register, **before March 8th**, by emailing Fr. Matt Roche-Saunders on youth@cardiffmenevia.org Buses will be provided based on the locations from which people register.

Young Adults Retreat for those from 18 – 30 years old

'Emmaus Encounter', the Archdiocesan ministry to young adults aged 18-30 is offering a residential retreat at Belmont Abbey taking place from March 27th to 29th. The retreat costs £150 per person, plus a £25 single supplement. The retreat is full board, with a full timetable of activities, including a trip into Hereford on the Saturday to learn about the local martyr St. John Kemble. To register to attend or to ask any questions, email Fr. Matt Roche-Saunders on youth@cardiffmenevia.org

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 four 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 does not matter if you are a teenager or of a more mature age, if you have not made 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'oiwe Kite, Eileen Lawrence, 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 Paddy Barry, a long standing and well respected member of our community; Philip Ilsley, who for many years led the Divine Mercy Prayer Groups in Cardiff; Catherine Langdon, the sister of Collette Hall; Christina Lucas, cousin of Jill Curtis, and Margaret Bright, an active member of the community at Our Lady of Lourdes for many years, who has lived more recently in Caerphilly, all of whom have died recently. Funeral details will be announced in due course.

Please also pray for those whose anniversaries occur at this time: Archbishop Michael McGrath, Canon Patrick Daly, Fr, Vaughan R.M. Beddoes, Eleanor Mundell, Patrick Lyons, Maureen Cashin, Catherine Belt, Margaret Pervoe, Ross McKendrick, James Milne, Ron Card, Josephine McCann, Kathleen King, Louise Katchi, Gwladus Lewis, Sara Day, Eileen Bryant, Gerald English, Avril Clear, Francis Hyde, Thomas Mullins, Mary Lock, Mark Entiknapp, Angela Simmons, Antonio Peries, Mary Stenson, Violet Weakley, Florence James, Elizabeth Henrickson, Ann Dowdell and Kathleen Sumner.

Mass Times and Intentions: 21st February to 1st of March 2026			
Saturday 21 st February First Sunday of Lent	Our Lady of Lourdes	6.00pm	Mass – For the People of the Parish
Sunday 22 nd February First Sunday of Lent	St. Teilo's	10.00am	Mass – Deceased Members of the Hall Family (CH)
	St. Teilo's	4.30pm	Yr Offeren yn Gymraeg – Mass in Welsh
	St. Teilo's	6.00pm	Mass – Mgr Peter Walton – RIP
Monday 23 rd February St. Polycarp, Bishop and Martyr	No Mass today		
Tuesday 24 th February Weekday of Lent	St. Teilo's	9.40am 10.00am	Morning Prayer of the Church Mass – Louise Katchi – RIP (MJ)
	St. Teilo's	7.00pm - 8.00pm	Adoration for Vocations
Wednesday 25 th February Weekday of Lent	Our Lady of Lourdes	9.40am 10.00am	Morning Prayer of the Church Mass – Mairead Sutherland – RIP (FS-P)
Thursday 26 th February Weekday of Lent	St. Teilo's	9.40am 10.00am	Morning Prayer of the Church Mass – John Hall – RIP (CH)
Friday 27 th February Weekday of Lent	St. Teilo's	9.40am 10.00am	Morning Prayer of the Church Mass – Wellbeing of Bernadette Vickery (MD)
	St. Teilo's	10.30am	Stations of the Cross
	St. Teilo's	10.30am -11.30pm	Exposition and Adoration of the Blessed Sacrament
	St. Cadoc's	7.00pm	Deanery Lenten Station Mass
Saturday 28 th February Weekday of Lent	St. Teilo's	9.40am 10.00am	Morning Prayer of the Church Mass – Paolo Trisolini – RIP
Saturday 28 th February Second Sunday of Lent	Our Lady of Lourdes	6.00pm	Mass – Wellbeing of John Walker and James Houghton
Sunday 1 st of March Second Sunday of Lent	St. Teilo's	10.00am	Mass – Josefa Suarez – RIP (JRS)
	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 £635.46. 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:

15 th February	6pm	43
	10am	123
	6pm	64