



Parish Newsletter

Weekend 14th and 15th March 2026

Fourth Sunday of Lent

Laetare Sunday – Mothering Sunday

Today's Mass

The Mass readings and prayers for the Fourth Sunday of Lent are on page 164 of the Parish Mass Book.

Collection for Flowers at Easter

There will be a collection for the Flowers for the Church at Easter at the end of all Masses this weekend. Please be generous.

At St. Teilo's you will be able to donate to the Easter Flowers using debit or credit card at the electronic donor station. You can also donate only by selecting Church Flowers here – <https://donate.mydona.com/st-teilo-our-lady-of-lourdes>

Fourth Sunday of Lent – Laetare Sunday

Today is Laetare Sunday. The Latin "laetare" means "to rejoice" - the first word of the Entrance Antiphon for today's Mass:

*Rejoice, Jerusalem, and all who love her.
Be joyful, all who were in mourning;
exult and be satisfied at her consoling breast.*

In the spirit of joy of this middle Sunday of Lent, today is a day of relaxation from normal Lenten rigours; a day of hope with Easter at last within sight, only three weeks away.

When we face personal challenges or hear of atrocities in Ukraine and elsewhere, we know that in a time of challenge and trial it is not always easy to rejoice, but our faith reminds us that even in the darkest of times the Lord is near. As Lent reminds us, Easter only comes after the pain and agony of the Cross.

Mothering Sunday

In the Middle Ages in England and Wales, this antiphon led to the tradition of people returning to their Mother Church on this day, that Church being the church of their baptism or family home, which led to the day being called Mothering Sunday. Even after the Catholic tradition had died out in these islands, servants and other domestic staff were released from service for this day to visit their families. This led to the idea of paying special attention to our own mothers on Mothering Sunday, which is why it is now also known as Mother's Day.

So, today we will celebrate with all the Mothers, Grandmothers and Carers in the parish. On this day, our parish mothers, grandmothers and carers take this day to give thanks to God for their children, families and friends.

Reaching Out Project Easter egg appeal



We would like to give the children we support through the Reaching Out project an Easter egg again this year. We are asking for small/medium sized eggs to be donated in the next couple of weeks. If you are able to donate, please leave the Easter eggs at the back of both churches, preferably by **this Sunday**, but no later than **22nd March**.

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.

Mass at Our Lady of Lourdes on Wednesday

Please note that on Wednesday Mass at Our Lady of Lourdes will be at the later time of 11am, preceded by Morning Prayer at 10.40am. Due to the later Mass there will be no Stations of the Cross or refreshments after Mass

At a Loss Café

The Parish Loss and Bereavement Café is closed until after Easter, the next sessions will be on Wednesday, April 15th at 1.30pm.

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 fourth Parish Lenten Session takes place on Wednesday at 7pm in St. Teilo's Hall. The sessions' theme this year, based on the recent Pastoral Letter by Archbishop Mark, is the Foundation and Four Pillars of the Archdiocesan Vision. This Wednesday we will look at formation.

Mass on Thursday

Due to the Chapter Mass to mark the feast day at St. Joseph's Co-Cathedral on Thursday at 11.00am. Mass at St. Teilo's that morning will be at the earlier time of 8.30am.

Knit and Natter

The Parish Knit and Natter group will meet in St. Teilo's Hall on Thursday at 10.30am Mass. All are welcome to come along and join in the knitting or the nattering or both!

Funeral Mass for Thomas Denham-Jones

The Funeral Mass for Thomas Denham-Jones will take place at St. Teilo's on Friday at 11am. Due to the Funeral Mass there will be no Stations of the Cross or Adoration at St. Teilo's this Friday.

Parish Keep Fit Programme

The Keep Fit programme takes place this Friday in the Hall at St. Teilo's from 1.30pm and 2.30pm.

Volunteers for the Easter Triduum

Those who would like to volunteer to take part in the liturgy of the Easter Triduum as Readers, Eucharistic Ministers etc. are asked to sign their names on the list at the back of the Church as soon as possible. Volunteers for the washing of feet on Maundy Thursday evening are also asked to sign on the list at the back of the Church.

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 .

St. Oscar Romero – Mass and Talk

On Tuesday, March 24th at 12.45pm, there will be a special Mass and Talk to honour the Feast of St. Oscar Romero. The Archdiocesan Caritas, Justice and Peace and CAFOD have collaborated in arranging this celebration. After Mass, Clare Dixon, Co-Chair of the Romero Trust, who will give a short talk: "Romero: A Reason to Hope." There will be an opportunity for a Question and Answer Session in the Mostyn Room, next to the Cathedral, after the Mass. (N.B. the Mostyn Room has limited capacity). If you are interested in attending the talk please contact twarwick@cafod.org.uk, so that they can manage the capacity of the Mostyn Room.

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 on Thursday, March 26th. All are welcome to attend.

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

Parish Celebration of Canon John's 70th birthday



A Parish celebration for Canon John's 70th birthday will be held in the Hall on Sunday, 29th March, after the 10.00am Mass. All Parishioners are welcome including those who attend.

“Eyes down for a full house!”

Bingo with a chip shop supper, will be held in St. Teilo's Parish Hall on Friday, April 10th. Doors will open at 6.30 pm for a 7pm start.

There will be cash prizes for a full house and for a winning line, as well as raffle prizes. Chip shop supper, for those who want to eat, will be served at around 8pm. Prices and choices will be available on the night. Bingo will cost £7. Soft refreshments will be available, but you can bring your own drinks. Any money raised will be for Parish Funds

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 07765 581206 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.

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, John Costley, David Cuddihy, Charlotte Daley, Philip Daly, Barbara Day, Rafael Diaz, Violet Fonseca, Maureen Fry, John Gallagher, Mary Goodman, Paul Gough, David Griffiths, Kath Griffiths, Martin Griffiths, Rita Harris, Linda Horrocks, Lola Jones, Olivia Jones, Mary Joseph, Pat Kane, M'oive Kite, Eileen Lawrence, Annette Massey, John McLaughlin, Bernie Monaghan, Robert Morgan, 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 Thomas Joseph Denham-Jones, husband of Esther and Paddy Barry, a long standing and well-respected member of our community.

Mr. Denham-Jones' Funeral Mass will take place at St. Teilo's at 11am on Friday, March 20th. Mr. Barry's Funeral Mass will take place at St. Teilo's at 11am on Tuesday, March 24th.

Please also pray for those whose anniversaries occur at this time: Father John Milan, Father Sylvester Baron, Father Cornelius Reidy, Michael Riordan, Mary Kennedy, Catherine Dart, William Lewis, Margaret Rogers, Albena Goode, Bernice Hughes, Margaret Griffiths, Collette Corrigan, Colin Harty, Wendy Doxsey, Honora Donovan, Phoebe Robinson, Michael Fenion, William Wall, Mary Higgins, Victor Perez, Arthur Thomas, Maureen Furnham, Peter Kane, James Cox, Catherine Reakes, Isabel Rochetti, Edna Reeks, Sheila Lovell, Anne Board, Joseph O'Connor, Mary Bolton, Elizabeth Quick, Bridget Power, Minnie Gubenman, Thomas Cullen, Sidney Frederickson, Agnes Owen, Honora Sullivan, Walter Jenkins, Josephine Bryant, Ethel Bartlett, Mary Crowley, Joseph Barry, Lilian Nolan, Aline Petrie, Marjorie Mead, Yolanda Coluchi, Catherine Parry, Keith Burrows, Julia Hamilton, Gilbert Davies, Nora James, Alexander Battista, Eileen John, Teresa Kane, Hugh O'Brien and Marie Lynch.

Mass Times and Intentions: 14th to 22nd of March 2026			
Saturday 14 th of March Fourth Sunday of Lent	Our Lady of Lourdes	6.00pm	Mass – Keith and Yvonne Burleton – RIP
Sunday 15 th of March Fourth Sunday of Lent	St. Teilo's	10.00am	Mass – Bernard McLoughlin RIP (DO'L)
	St. Teilo's	6.00pm	Mass – For the People of the Parish
Monday 16 th of March Weekday of Lent	No Mass Today		
Tuesday 17 th of March St Patrick, Bishop – Patron of Ireland - Feast	St. Teilo's	9.40am 10.00am	Morning Prayer of the Church Mass – Holy Souls
	St. Teilo's	7.00pm - 8.00pm	Adoration for Vocations
Wednesday 18 th of March Weekday of Lent	Our Lady of Lourdes	10.40am 11.00am	Morning Prayer of the Church Mass – Kevin Bracken – RIP (St. Illtyd's Friends)
Thursday 19 th of March St Joseph, Spouse of the Blessed Virgin Mary – Solemnity	St. Teilo's	8.30am	Mass – Keith and Yvonne Burleton – RIP
Friday 20 th of March Weekday of Lent	St. Teilo's	11.00am	Funeral Mass – Thomas Denham-Jones
Saturday 21 st of March Weekday of Lent	St. Teilo's	9.40am 10.00am	Morning Prayer of the Church Mass – Keith and Yvonne Burleton – RIP
Saturday 21 st of March Fifth Sunday of Lent	Our Lady of Lourdes	6.00pm	Mass – Canon William Isaac – RIP
Sunday 22 nd of March Fifth Sunday of Lent	St. Teilo's	10.00am	Mass – Deceased Members of the Hall Family (CH)
	St. Teilo's	6.00pm	Mass – Yvonne McNiff – Recently Deceased (JB)

Confessions

Mgr Reardon will be available for Confessions at Our Lady of Lourdes before Mass on Saturday evening – 5.30pm to 5.55pm. Please note there are no confessions on Saturday morning at St. Teilo's as Canon John has to attend the Deanery Pastoral Council meeting at Christ the King at 11am.

Donations to the Parish

Donations to the parish for the last weekend amounted to £667.83. 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:

8 th March	6pm	53
	10am	130
	6pm	74