



Weekend 14th and 15th February 2026 Sixth Sunday of Ordinary Time

Today's Mass

The Mass readings and prayers for the Sixth Sunday of Ordinary Time are on page 136 of the Parish Mass Book.

Refreshments after Mass – This Sunday



Refreshments will be served in St. Teilo's Hall after the 10am Mass this Sunday. All are welcome.

Why not come along and meet your fellow parishioners after Mass today?

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.

Lent

Lent starts on Wednesday. Our minds turn to the journey of encounter and change that we make as we prepare to enter into the mystery of Christ's Passion, Death and Resurrection in Holy Week.

During this season, we are invited to use the various aids, which the Church offers us, to celebrate and practise our Catholic Faith with renewed enthusiasm. Below we outline some of the things we can do to make this Lent a time of grace and repentance.

Ash Wednesday

Wednesday is Ash Wednesday, a day of Fasting and Abstinence, when all Catholics fast from one meal and abstain from meat. Age restrictions apply to the fast. Lent is a good time to remember that all faithful Catholics are expected to keep abstinence from meat on all Fridays of the year.

There will be two Masses on Wednesday, at Our Lady of Lourdes Church at 10am and at St. Teilo's at 7pm. Ashes will be distributed during both Masses.

No Coffee and Tea after Mass at Our Lady of Lourdes on Wednesday

The Polish Community has Mass at Our Lady of Lourdes on Wednesday. Therefore, there will be no coffee or tea after the English language Mass on Wednesday morning.

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 not take place on Wednesday as it is Ash Wednesday. There will be Evening Mass at 7pm.

Knit and Natter

The Parish Knit and Natter group will meet in St. Teilo's Hall on Thursday following the 10.00am Funeral Service. All are welcome to come along and join in the knitting or the nattering or both!

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?

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.

We will begin this Friday with Stations after the 10am Mass at St. Teilo's during adoration.

Stations will take place at Our Lady of Lourdes beginning Wednesday, March 12th after the 10am Mass.

Yr Offeren yn Gymraeg

Dydd Sul nesaf bydd y gymuned Gymraeg yn dathlu Offeren yn Gymraeg am 4.30pm. Next Sunday, we welcome the Welsh language community who will be celebrating Mass in Welsh at 4.30pm. Croeso!

Archdiocesan Vision: The Foundation and Four Pillars

The Parish Lenten Sessions this year will begin on the Wednesday after Ash Wednesday, February 25th and 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 on Thursday, February 26th. All are welcome to attend.

Deanery Lenten Station Mass

The Deanery Lenten Station Mass for St. David's (Cardiff) Deanery will take place at St. Cadoc's Church, Llanrumney on Friday, February 27th at 7pm. Please put the date in your diary now and note the change of venue from the original announcement.

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.

Walk with Me – Lent 2026

The Lenten 'Walk with Me' booklets are available at the back of both Churches. They are £1 each. If you do not have the money with you, please take a book and drop the amount into the collection in future weeks.

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'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 Philip Ilsley, who for many years led the Divine Mercy Prayer Groups in Cardiff; Catherine Langdon, the sister of Collette Hall; 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.

Please also pray for those whose anniversaries occur at this time: Canon Luke Delaney, Pedro Ramos, Josephine Pearce, Armand Demay, Emily Cavanagh, Catherine Cummins, William Howe, Muriel Jones, Minnie Thomas, Jacqueline Murray, Julia de Matos Freitas, William Leahy, John Pearce, William Brown, Margarete May, Latjof Forduary, John Aherne, Josephine McElligoth, Thomas Hennessey, Elizabeth Green, Francis Jenkins, Leonard Steer, David Purnell, Helen Purnell, Mary Anne Mawn, Doris Pearse, Helen Diggins, Rev. Bernard Driscoll, Ryland Kiff, Christina Lewis, Vincent Scott, Winifred Taylor, Margaret Kelly-Howell, Suzanne Aubertin, Thomas Wheeler, Elizabeth Main, William Nelson, Patrick Burke, Margaret Driscoll, Jack Foley, Meryl Seaton, Ethel Forward, Carmel Wood and Winifred Withers.

Mass Times and Intentions: 14th to 22nd February 2026

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
Monday 16 th February Weekday in Ordinary Time	No Mass today		
Tuesday 17 th February Weekday in Ordinary Time	St. Teilo's	9.40am 10.00am	Morning Prayer of the Church Mass – Mairead Sutherland – RIP (FS- P)
	St. Teilo's	7.00pm - 8.00pm	Adoration for Vocations
Wednesday 18 th February Ash Wednesday	Our Lady of Lourdes	10.00am	Mass – Christina Lewis – RIP (GL)
	St. Teilo's	7.00pm	Mass – Annie Lennon – RIP (PL)
Thursday 19 th February Thursday after Ash Wednesday	St. Teilo's	9.40am 10.00am	Morning Prayer of the Church Mass – Sue Jones – RIP (CM)
Friday 20 th February Friday after Ash Wednesday	St. Teilo's	9.40am 10.00am	Morning Prayer of the Church Mass – Paul Curtis – RIP (PS)
	St. Teilo's	10.30am	Stations of the Cross
	St. Teilo's	10.30am -11.30pm	Exposition and Adoration of the Blessed Sacrament
Saturday 21 st February Saturday after Ash Wednesday	St. Teilo's	9.40am 10.00am	Morning Prayer of the Church Mass – Eileen Townley – RIP (PB)
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

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 £730.98. 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 February	6pm	43
	10am	143
	6pm	82