

FIRST WEEK OF LENT

Sunday 22nd February - First Sunday of Lent

(Sat) 17:00 - Holy Mass: Annie Riley, RIP
8:00 - Holy Mass: Holy Souls/Pro Populo
10:00 - Holy Mass: The Chau & Lee Families
11:15 - Holy Mass: Iestyn Daniel, RIP
16:00 - Vespers and Benediction

Monday 23rd February - Lenten Feria

7:30 - Holy Mass: Holy Souls/Teresa Jonker, RIP
8:30 - Oratory Morning exercises
09:30 - Holy Mass: Angelika Spiteri, RIP
17:30 - Oratory Evening exercises

Tuesday 24th February - Lenten Feria

7:30 - Holy Mass: Holy Souls/Anna Paclawski, Int
8:30 - Oratory Morning exercises
09:30 - Holy Mass: Teresa Jonker, RIP
17:30 - Oratory Evening exercises

Wednesday 25th February - Lenten Feria

7:30 - Holy Mass: Holy Souls/Teresa Jonker, RIP
18:00 - Adoration and Rosary
19:00 - Holy Mass: Ian McCabe, RIP

Thursday 26th February - Lenten Feria

7:30 - Holy Mass: Holy Souls/Mirek Michon
8:30 - Oratory Morning exercises
09:30 - Holy Mass: May Francis Evans, RIP
17:30 - Oratory Evening exercises

Friday 27th February - Lenten Feria

7:30 - Holy Mass: Holy Souls/Teresa Jonker, RIP
09:30 - Holy Mass: Wladyslaw & Kornel, RIP
17:30 - Oratory Evening exercises

Saturday 28th February - Lenten Feria

08:00 - Holy Mass: Holy Souls/Teresa Jonker, RIP
16:30 - First Vespers
17:00 - Holy Mass: Tyler Robinson, Int

Sunday 1st March - Second Sunday of Lent

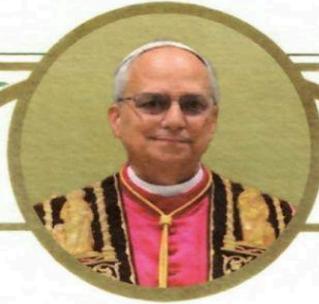
8:00 - Holy Mass: Holy Souls/Zuzia Michon, Int
10:00 - Holy Mass: The Reece Family, Int
11:15 - Holy Mass: Pro Populo
16:00 - Vespers and Benediction

Friday's in Lent are days of Abstinence

"You shall observe the days of fasting and abstinence established by the Church") ensures the times of asceticism and penance which prepare us for the liturgical feasts and help us acquire mastery over our instincts and freedom of heart." (Catechism of the Catholic Church: 2043)
Abstinence from meat is that penitential practice which unites us to Christ's sacrifice and helps foster self-discipline and conversion of heart.

Stations of the Cross

Fridays at 10am & 7pm



The Holy Father Leo XIV

cordially imparts the requested

Apostolic Blessing to

Fr Sebastian Jones, the Fathers and
 Brothers of the Cardiff Oratory in
 Formation and the Lay Faithful of
 St Alban on the Moors Parish, Cardiff

on the occasion of the 10th Anniversary
 of the establishment as Oratory in Formation

and through the intercession of
 the Blessed Virgin Mary,
 invokes an abundance of Divine graces

11th February 2026



+ Miguel Maury
 A.N.

London
 13th February 2026

✠ Miguel Maury Buendía
 Apostolic Nuncio



The Holy Father has imparted an Apostolic Blessing to the Cardiff Oratory and to the Parishioners of St. Alban's. It is not the first time that a Pope has given his blessing to this Parish. Pope St. John Paul II imparted his blessing for the centenary of St. Alban's Parish.

PRAYERS REQUESTED for the SICK

Please join the Cardiff Oratory Fathers and Brothers in praying daily for the sick and those who have care for them.

Dawn, Alun Edwards, Dina Williams, Elaine Molan, Edgar Guerin, Dai Thomas, Marilyn Maunder, Len Reece, Dooley, Sian Haffield, Dylan Barry, Dianna Ward, Mike Grant, Shirley O'Leary, Victoria Sweeney, A.& N Xavier Philips, Kevin Harris, Kate, Pauline Cook, Daniel Doran, Robert Matthews, Rita Taylor, John C. Keenan, Shirley Thomas, Neil B. Anne, Daniel, Sarah Caswell, Mary May Cassidy, Rosa Tannorella, Veronica Williams, Gary Britton, Clare Schwartz, Martin Flynn, Darren, Summer Hutchinson, Johnnie Doherty, Patricia Yarwood, Libby Conway, Summer Arnesen, Dianne, Laura, Jane, Lucy Iacobucci, Dorotka Sookanadenchetty, Jason Benedito, Gareth Bowen, Ann Henry, Sarah, Claire Hawkey, Danielle Camilleri, Jane Morris, Jonathan Bowen.

CONFESSION TIMES



Sundays: 15 minutes before and during all Masses
Weekdays: 7:15 to 7.30am ; 9:00 to 9:30am

Outside of these set times, there is a Confessional Bell positioned in between the two Confessional Boxes in the Church. Ring to alert a Priest.

“Thus recalling the mysteries of the redemption, she opens up to the faithful the riches of her Lord's powers and merits, so that these are in some way made present in every age; the faithful lay hold of them and are filled with saving grace.”
- CCC1163

ADORATION OF THE MOST BLESSED SACRAMENT



Monday, Tuesday, Thursday & Friday:
9.00- 9.30am Wednesday 6.00 -
7.00pm

HOLY ROSARY

Monday, Tuesday, & Thursday:
5:30pm
Wednesday: 6:00pm

The community pray the Rosary daily for the intentions of the Parish, for those who are sick and have died recently. If you would like an intention added to the list please let one of the community know.

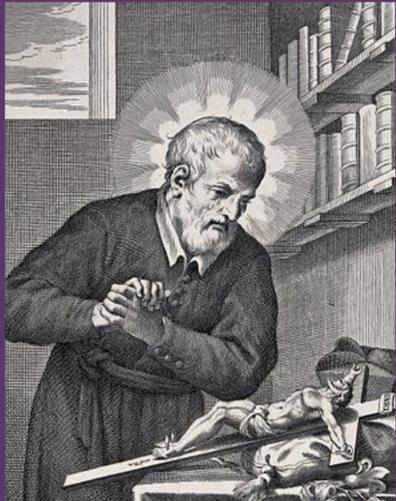
Homilies during Lent

The homilies for the Sundays of Lent will be available on our website after they have been preached, to give you more material for meditation and prayer.

STATIONS OF THE CROSS

Lead by the Fathers on Fridays
10am

7pm - Solemn Stations of the Cross
with Holy Communion



LENTEN ALMS FOOD PARCELS FOR FAMILIES IN NEED

The Oratory Parish will be assembling Hampers for Families in need from those in our School and in the local community during this Lenten season.

The parcels will be assembled on
Monday 30th March.

Could we all bring some items and place them in the basket at the back of the church.

May God reward you.



MEN'S WALKING PILGRIMAGE



21ST MARCH 2026
STARTING WITH 8AM MASS

SEVEN CHURCHES OF CARDIFF

ST. PHILIP NERI STARTED THE SEVEN CHURCHES PILGRIMAGE IN ROME TO BUILD FRATERNITY AND TO SPEND TIME IN PRAYER. CARDIFF WILL BE OUR ROME, AS THE MEN'S GROUP WILL WALK TO VARIOUS CHURCHES ACROSS THE CITY REFLECTING ON THE PASSION OF CHRIST.



WOMEN'S GROUP
STATIONS OF THE CROSS
ROSARY
& BENEDICTION
SATURDAY 7TH MARCH

**LATEST NEWS:
Restoration Work
“Parish Stewardship: Our Shared Task”**



The details of last week's collection give the impression that we should be “awash with cash”. Thoughts that “the Parish doesn't need my money” may have fed the weeds of avarice that lurk all too often when confronted with another's generosity. A good Lenten question would be: “Do I dispense myself from Parish giving by assuming others clearly have more money to give”, rather than accepting that “others may make more sacrifices than I make. Is it that, that nettles me about such giving?”

Parish bills are larger than domestic bills, for obvious reasons of scale.. This week I received the water company bill for the Parish for £1,805.83 which as you will appreciate makes a significant impact on last week's very generous Parish giving. Add to that, last week also saw the withdrawal of February's monthly insurance premium for the Parish, which was a further £1,800.00. That leaves a deficit of £373.78 in last week's giving. Thankfully those who ticked the box for Gift Aid, covered this extra amount. It came to the Parish, not the Government. On the right, I have written on Stewardship, please give time to read it. I wish to acknowledge receipt of a generous donation for the Oratory Parish Restoration Fund received in recent days in memory of the late Mr Philip Illsley, RIP

Progress

Having now settled the most recent invoice of £100,800.00 for Phase 4 of the Restoration works we now turn our attention to Phase 5, the repair of damage caused by the historical ingress of water on the east end wall behind the high altar. This work will include the restoration of the stencilling work on the sanctuary walls and ceiling, to include the upgrading of the wiring and lighting. This work

on water ingress is long overdue, and so our focus turns to what is essential H&S works and the occasion to restore St Alban's Church to its original architectural form. It is a long project and one that will cause some disruption to all our lives, but will be very worthwhile.

**Re-thinking my Parish Stewardship this
Lent**

Fr Sebastian M., PP.

**Parish Giving as Catholics should form
part of my overall “weekly housekeeping
budget.”**

Supporting your Parish is not an added extra but who we are as Catholics. Everything associated with the Parish and Oratory has always depended on the sacrifices of faithful Catholics over the centuries. Today, you carry the torch to keep the flame alive. Increase your own individual Weekly Collection Giving by ticking the Gift Aid Box next Sunday. A simple tick redirects 25% of your paid taxes from the Government back to support St Alban's Parish. You can't claim it personally, but the Parish can, hence making your contribution the greater. If you pay 40% Tax, then as well as giving 25% of your tax to the Parish, you also enjoy a further 15% rebate.

giftaid it

Signing up to the Weekly Giving Envelopes or Online Planned Giving is a “no brainer”. Planned Giving is confidential and governed by the laws on data protection. If you pay tax and don't sign up, then you are throwing some of your hard earned money away.

If you like more information please email
Frsebastian@cardifforatory.co.uk



ST ALBAN'S PARISH, CARDIFF MONEY MATTERS

Our Bank Details:

Name: Oratory of St Philip Neri at Cardiff
Account: 20222572 ~ Sort Code: 52-21-06
NATWEST Bank, Cardiff Branch
Registered Charity: 1170563
Parish Giving

Gift Aid (Green Envelopes): £246.00
Loose: £115.10

*A Family's Quarterly Giving (Gift Aided) £1,500.00
Bank Transfer / Standing Order: £. 415:00

Restoration Fund Giving
Gift Aid (Yellow Envelopes): £231.40
Restoration Fund: £440.85
Two Hundred Club: £12.00
5p Boxes: £1.80
Special Donation: £210.00
Pancakes: £60.00

Total
£3,232.15

“Whether you give weekly, monthly, in envelopes, plate, or bank transfer God bless your generosity”
Fr Sebastian M. PP.



Vigil Lamps for the First Week of Lent

- Blessed Sacrament: Annie Riley, RIP
- Sacred Heart: Margaret Tyler
- Divine Mercy Chapel: Glowacki & Szczech Families
- The Lady Chapel: Philip Illsley, RIP
- Chantry of Our Lady: Pope Leo's Intentions
- Our Lady of Pity: Teresa Jonker, RIP
- St Joseph: Judge Patrick Curran, QC, RIP
- Our Lady of Walsingham: David Woolf & the Order of St. Lazarus

Making your Easter Duties

The “Easter Duty” is a serious obligation rooted in the Church’s law and tradition. The Code of Canon Law (canon 920) states that after being initiated into the Eucharist, each of the faithful is obliged to receive Holy Communion at least once a year, during the Easter season. However, if a person is conscious of mortal sin, he or she must first receive absolution in the Sacrament of Penance before approaching Holy Communion.

The Catechism of the Catholic Church teaches that anyone aware of grave sin must not receive the Eucharist without prior sacramental confession (CCC 1385, 1457). Therefore, confession becomes necessary in order to fulfil the Easter Duty worthily.

This discipline, reaffirmed since the Fourth Lateran Council, safeguards reverence for the Eucharist and calls the faithful to sincere repentance, spiritual renewal, and deeper communion with Christ at Easter.

St. Philip Neri had a great love for the Sacrament of Confession. Spending long hours in the confessional in Rome, he guided souls back to the Faith. He saw confession not as fear, but as joyful encounter with Christ’s mercy, transforming hearts and renewing the Church through personal conversion. He patiently formed consciences, gave practical penances, and tailored guidance to each soul. Through frequent confession, he led sinners to lasting reform of life, turning casual repentance into genuine transformation and drawing countless Romans back to Christ and His Church.

CHOIR GUILD OF ST CECILIA
ST ALBAN'S 10.00am PARISH CHOIR



Choir Practice

Please consider volunteering to sing with the 10.00am Parish Choir. They practice in the Parish Hall on Sunday mornings at 9:00am.

EVENTS THIS WEEK

Monday 23rd February
Tai Chi with Jeanette
11:00-12:30

Great for improving balance, breathing and for relaxation. Suitable for all ages.

First Confession

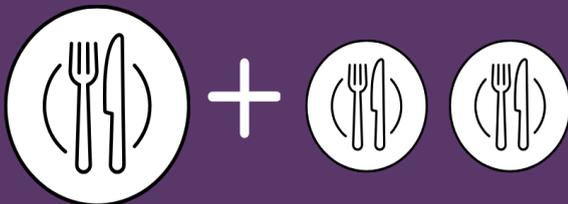
During the 10am Mass on the 22nd February, the children who are preparing to receive Holy Communion will be making their first Confession. Please pray for our young parishioners as they prepare to receive Christ.

On Becoming a Catholic

Fr Sebastian M begins his Monday Night Lenten Talks for those interested in becoming a Catholic: February 23, March 9th, 16th, 30th. To register to join in these sessions please email: frsebastian@cardifforatory.co.uk

What is Fasting and Abstinence?

The law of fasting applies on Ash Wednesday and Good Friday. On these days, Catholics aged 18-59 are obliged to fast, which generally means taking only one full meal, with two smaller meals that together do not equal a full meal.



Abstinence from meat is to be observed on Ash Wednesday and all Fridays of Lent unless a solemnity falls on that day.



Of your charity
Please pray for the souls of

Mr Philip Illsley, RIP

Requiem Mass on Monday 23rd February at 11am

Ms Kathleen John, RIP

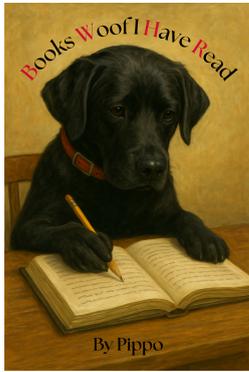
Requiem Mass on Tuesday 3rd March at 11am

Mr Nicholas Grimar, RIP

Requiem Mass on Monday 9th March at 11am

Eternal Rest grant unto them
O lord and let perpetual light shine upon them.

Jesus Mercy + Mary Help



This week, I read 'Henry VIII: King & Court', by Alison Weir.

You might well ask, "Really? Another book about Henry VIII? What more is there to be said?", and these would be fair questions. However, this book is rather different because it does not really deal with the big issues of politics or religion (at least, not in any detail). Weir has written about both those topics extensively in other works. Rather, this book focuses upon day-to-day life at the Court of Henry VIII. The result is a close examination of Henry's daily existence. The book looks at his various palaces and building projects, how those palaces were furnished, what (and when) everyone ate and drank, leisure pursuits, the new learning, art and music, religious devotions, pageantry, fashion, and the sumptuary laws which Henry introduced (essentially) to ensure that those with 'new money' did not outdress their social superiors. These are the sorts of issues which tend either to be touched upon only briefly or else largely ignored by most biographies of Henry VIII, principally because most of those books concentrate upon politics, religion, and, of course, the king's many marriages. Yet, it is easy to forget that all these things which make Henry and his reign infamous belong to the second half of his almost 38-year-reign. Had Henry died in early 1528, after just 19 years on the throne, his legacy would have been very different. What I liked about this book was all the interesting little details. Clearly, the work was painstakingly researched, but one gets the sense that Weir enjoyed doing so. Often, when you know the outline of a story already, it is those finer points which can complete (or even correct) the picture which has formed in the mind, and bring to life the daily lives of people who lived more than 4 centuries ago. It was well worth the read.

St David's Day 2026

The annual solemnity of our Patron saint is March 1st. However, with that date falling on a Sunday in Lent, the celebrations are moved to March 2nd.

We will be singing the hymn, O Great Saint David. This was written by Archbishop Francis Mostyn (1860-1939) of Cardiff, Wales. He composed this tribute to St. David to be sung at the dedication of a church named in honour of St. David's mother: St Non's Chapel, which took place on St. David's Day 1934.

O great St. David, still we hear thee call us
Unto a life that knows no fear of death;
Yea, down the ages will thy words enthrall
us,
Strong, happy words; "Be joyful, keep the
faith."

On Cambria's land stretch out thy hands
in blessing:
On our dear land, thy help we now
implore,
Lead us to God, with humble hearts
confessing
Jesus, Lord and king for evermore.

