

Catholic Parish of Brighton and Hove: West Hub

Sacred Heart; St George's & St Theresa's; St Mary Magdalen's; St Peter's
Canon Colin Wolczak; Fr Paul Wilkinson; Fr Tony Milner; Fr Alphonse Kabore; Canon David Parmiter
Sunday 22nd February 2026, First Sunday of Lent, Year A. Weekdays: Week 7, Psalter Week 1

Canon David Writes...

When I am travelling somewhere new or have not visited for a long time, I often experience a sense of unease because I can easily take the wrong direction and end up getting lost. It is usually my fault through a combination of trying but failing to memorise the route and assuming all road layouts and buildings will have remained the same since the last time I visited! So, I find myself retracing my steps to get back onto the right path. In Lent the Church reminds us that in some parts of our lives we might just be heading in the wrong direction, and it would probably be a good idea to stop and retrace our steps, so we get to the desired destination – eternal life with God in the kingdom. Now is the season to ask the big questions like what will happen when I die and must bear the consequences of the free choices I have made in life?

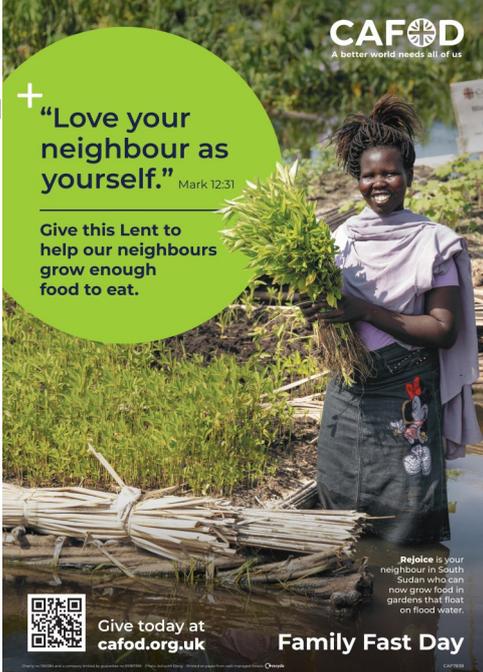
Our first reading this Sunday is from the book of Genesis which sets out for us the ways in which we can take the wrong direction in life. Two themes emerge from this story; the desire to be like God and then disobedience to the command given by him not to eat of the tree of the knowledge of good and evil (Gen. 2:16), a command which the serpent cleverly makes Eve doubt. So, Adam and Eve eat the fruit of the tree of the knowledge of good and evil and the eyes of both were opened and they knew they were naked (Gen 3:7). The consequences of our fall from grace we can read about in human history. But we also have salvation history, and all is not lost! Jesus Christ retraces our steps and sets us in the right direction. The Gospel tells us that He defeats the temptations of the devil because he cannot make Jesus doubt God the Father's loving care as his only begotten – we too become God's beloved children in baptism. Jesus defeats the devil in the wilderness and again on the Cross. As St Paul summarises in the second reading 'For as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous (Rom. 5: 19).

CAFOD Family Fast Day – Friday 27 February

This Lent, we are invited to reflect not just on our own fasting, but on the reality of hunger faced by families around the world. When we feel hungry while waiting for our next meal, we know food is coming. But for many families, hunger is not temporary, it is an ongoing worry. Across the world, climate extremes are devastating crops. In Zimbabwe, rainfall is scarce and drought threatens harvests. In parts of Bangladesh and South Sudan, severe flooding washes farmland away. Whether there is too little water or too much, the result is the same: failed crops and hungry families. Yet there is hope. Through CAFOD local experts are working alongside communities to find practical, sustainable solutions. In flood-affected areas of South Sudan and Bangladesh, families have developed floating gardens, growing vegetables on rafts above the floodwaters. Rejoice, from South Sudan, built a floating garden and shared: "The yields from the garden help me feed my family."

Family Fast Day takes place on Friday 27 February. As you leave Mass, please take a CAFOD envelope or use the QR code to make your Lent donation. If you are able, consider setting up a monthly gift to provide long-term support. UK taxpayers can also Gift Aid their donation, increasing its value by 25% at no extra cost. This week, generous CAFOD supporters have committed to matching online donations, meaning your gift could have double the impact, helping even more families grow enough food to eat. This Family Fast Day, let us eat simply and give generously, so that another family can put food on the table, not just for today, but for the future.

Thank you.



CAFOD
A better world needs all of us

+ "Love your neighbour as yourself." Mark 12:31

Give this Lent to help our neighbours grow enough food to eat.

Give today at cafod.org.uk

Family Fast Day

Rejoice is your neighbour in South Sudan who can now grow food in gardens that float on flood water.

Sacred Heart 39 Norton Road, BN3 3BF; 01273 732843; www.sacredheartrove.org.uk;
hovesacredheart@abdiocese.org.uk. All Masses at SH are Live Streamed: www.sacredheartrove.org.uk/videos.html

St George's Court Farm Road, BN3 7QR and **St Theresa's** Old Shoreham Road, BN42 4RY; 01273 708227;
www.brightondeanerywest.org.uk; westhove@abdiocese.org.uk

St Mary Magdalen's 55 Upper North Street, BN1 3FH; brightonstmarymag@abdiocese.org.uk

St Peter's Portland Road, BN3 5GD; 01273 733840; <https://www.stpeters-hove.org.uk/>; hovestpeters@abdiocese.org.uk

Hospital Chaplain Royal Sussex County Hospital; 01273 696955 Ext. 64122; celestine.nnolim@nhs.net

For any other contact information, including Safeguarding, please see the relevant parish website or church noticeboards

Mass Schedule

Sat 21	Feb	Saturday
12noon†	SMM	People of the Parish
6.00pm †	SH	Martha Alphonso RIP
6.00	SP	Peter Williams & Mary Ashford RIP
6.30	SG	<i>Polish Mass</i>
Sun 22	Feb	First Sunday of Lent
8.30 am	SP	People of the Parish
9.00	ST	Charlie Grimes RIP
9.30	SH	Charles Emmanuel Osezua RIP
9:30	SMM	People of the Parish
10.00	SP	Brian Crowley RIP
11.00	SG	People of the Parish
11.00	SMM	People of the Parish
11.30	SH	People of the Parish
11.30	SP	Jude Fletcher RIP
5.00	SMM	People of the Parish
Mon 23	Feb	Monday
10.00 am †	SH	Ehianeta Osezua Int
Tue 24	Feb	Tuesday
10.00 am	SG	People of the Parish
10.00 †	SH	RA Driscoll
10.00	SP	<i>No Mass</i>
6.00pm †	SMM	People of the Parish
7.00pm	ST	People of the Parish
Wed 25	Feb	Wednesday
8.00am	SH	Berenice Rotheli RIP & Valerie Hamblen RIP
8.00am	CNCS	
10.00	SP	Benny Smyth RIP
6.00pm †	SMM	People of the Parish
7.00pm	ST	People of the Parish
Thurs 26	Feb	Thursday
10.00am	SP	People of the Parish
10.00 am ‡	SG	People of the Parish
12noon †	SH	Damian John Sheerin RIP
6.00pm †	SMM	Michael Gerard Napier RIP
7.00pm	ST	People of the Parish
Fri 27	Feb	Saint Gregory of Narek
8.00 am	SH	Cath Grafen RIP
10.00am	SP	People of the Parish
12 noon	SP	Funeral of Anne Dawson
6.00pm †	SMM	People of the Parish
7.00 ‡	ST	Private intention
Sat 28	Feb	Saturday
12noon†	SMM	Bartolini-Lambelet-Sharaf
6.00pm †	SH	Hazel Lumb RIP
6.00	SP	People of the Parish
6.30	SG	<i>Polish Mass</i>
Sun 1	Mar	2nd Sunday of Lent
8.30 am	SP	People of the Parish
9.00	ST	Phyllis & Michael Dixon RIP
9.30	SH	People of the Parish
9:30	SMM	People of the Parish
10.00	SP	Colin Grealish
11.00	SG	People of the Parish
11.00	SMM	People of the Parish
11.30	SH	Len Henley RIP
11.30	SP	Maureen Monaghan
5pm	SP	<i>Brazilian Mass</i>
6:15pm	SP	<i>Syrian Orthodox Mass</i>
5:00pm	SMM	People of the Parish

CNCS: Cardinal Newman **SH:** Sacred Heart; **SG:** St George's; **SMM:** St Mary Magdalene's; **SP:** St Peter's; **ST:** St Theresa's;
 † Adoration before; ‡ Adoration after

Regular Events

Weekly Reconciliation Times

Sacred Heart & St Peter's Saturdays at 5:15pm, before Mass.
St George's After Sunday Mass, on request.
St Mary Magdalen Fridays at 5pm, and Saturdays at 11am.
St Theresa's Fridays after the 7:00pm Mass.

Prayer Groups

Online Prayer Group – Thursdays at 8pm via video-link
westhove@abdiocese.org.uk
St Peter's You are warmly invited to join the online contemplative prayer group on Fridays from 7:30–8:30pm. To join email quietenginesprayer@gmail.com
Sacred Heart Online Rosary: Friday's 11am Rosary, available online only. Please join via our livestream.

Social Groups

St George's Tea and Chat After 10am Mass on the 2nd & 4th Tuesdays, join us in the hall, next on 24th February.
Sacred Heart SVP Social Group Join us after 12noon Mass. Next date is 5th March, then every two weeks.
St Peter's Social group Fridays, 1–3pm in the parish hall. Join us for light refreshments and friendly conversation.
Sacred Heart Film Club Next showing on 7th March after 12pm Mass. Film to be announced. Refreshments served.
Faith Formation Group Thursdays, 6:45pm at St Mary Mags. For anyone interested in joining the Church or learning more about the Catholic faith. Contact the parish office for info.

Stations of the Cross During Lent will take place across our parish at the following times:

Sacred Heart During Lent, beginning on Tuesday 24th Feb and continuing for six weeks, the usual Prayer Group following the 10am Mass at Sacred Heart will be replaced by Stations of the Cross, which will be held in the church. All are warmly welcome to attend.

St Theresa's Every Friday at 12 noon, followed by a simple austerity lunch.

St George's Every Friday at 7:30pm.

All are warmly invited to attend and to enter more deeply into this Lenten journey of prayer and reflection.

Coffee and Cake After Sunday Mass each week, after the 10am and 11:30am Masses at St Peter's, after the 9:30 Mass at Sacred Heart, and after Sunday Mass at St Theresa's and St George's, thanks to our wonderful volunteers. If you would like to help with this ministry, please contact your parish office.

Other Events/Notices

Newsletter by email If you would like to receive a copy of the newsletter to your inbox each week, email Lisa at, hovesacredheart@abdiocese.org.uk.

Children's Liturgy – Can You Help?

Children's Liturgy is a valued part of Sunday Mass at Sacred Heart, St Peter's, and St Theresa's, helping children hear and respond to the Gospel in ways that connect with their

everyday lives. Children up to secondary school are welcome; older children are encouraged to stay in Mass. We are looking for a few more volunteers to support this ministry. You could be the second adult present or, if you feel called, lead a session after shadowing an experienced leader. Full support is provided, and you only need to help at your own church. To get involved or find out more, contact your parish office.

St Peter' Money Counters We really need some more people to volunteer to join the three teams we have and if we have at least four more people each team would only need to count every six weeks. It is a simple enough job, and you work in pairs and training will be provided with a cup of coffee thrown in. Please contact the office if you think you can help.

St Peter's Archive Team For a baptism, or confirmation certificate contact our team of volunteers by email SaintPeter-Archives@gmail.com. Please allow two weeks for documents to be processed.

Baptism Preparation at St Theresa's The next Baptism preparation sessions at St Theresa's will take place on Tues 3rd March (6:15pm–7:15pm) and Tues 10th March (6:30pm–7:30pm). Please email the parish office for further info.

New Rosary Group at St George's Lucy and Cora will be starting a new Rosary group at St George's on Mondays from 23rd February. The Rosary will be prayed each week at 6pm in the Lady Chapel. All are warmly invited to come along and join in prayer.

World Day of Prayer 2026 – Fri 6 March The World Day of Prayer is a global, ecumenical wave of prayer that begins in Samoa and travels across 146 countries before concluding in American Samoa. This year's service has been prepared by Christian women in Nigeria with the theme "I Will Give You Rest: Come", based on Matthew 11:28–30. The 2026 materials offer a powerful invitation to find rest in God at a time when many are carrying heavy burdens. Locally, services will take place at 10:30am at the Salvation Army Citadel, Sackville Road, and at 2pm at Southwick Methodist Church, Southwick Street. All are very welcome to attend.

Fundraising / Giving

Special Collections 2026

22nd Feb 2026 – Columban Priests (**SH**)

1st March – CAFOD Lent Fast Day (**ALL**)

Offertory Collection Reporting We hope to begin reporting the offertory collection totals for all our West Hub communities. These figures will include standing orders, DONA payments, Gift Aid envelopes, and cash given at Mass. Totals are reported monthly, in arrears. **SH** offertory for Jan = £5,750.

SH 2nd collection = Pax Christi: £307.

SG & ST offertory for Jan = £2,400.

Unfortunately, this total does not include cash given at Mass, as that data was not available.

SP offertory for Jan = £5,569.

Martlets Hospice fundraising at SP

Thank you to all who supported the recent sale and to those who regularly support through donations for coffee after Mass. We have now raised over £600 which almost covers the cost of a bed for a day. The next sale will be **Sun 1st March**, although there are usually a few items on sale after 10am Mass most weeks. If you have any toiletries, gifts or other small items for sale please bring these to Mary, Agnes or Monica in the hall and enjoy freshly ground coffee and other refreshments in friendly company. Volunteers to help with the coffee are welcome, even if you can only do it occasionally. Many thanks.

Soup Run Each week, from Monday to Friday, 7pm at the shelter next to the Angel of Peace on the seafront. Please consider giving your time to this valuable work of charity. For more information, please contact SMM office.

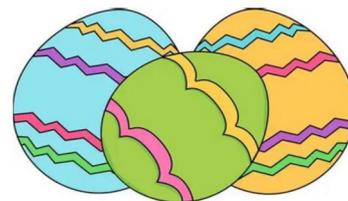
St Peter's Repository Has a wide range of St Patrick's and Mother's day cards along with Confirmation and First Holy Communion items, please do take a look. Opening times are before and after Mass every day apart from Monday, please use our Dona machine in the porch to pay for any purchases.

SVP Easter Appeal and Sale The SVP are seeking donations to support much needed causes within our local community and beyond. They are asking for contributions of Cadbury's Creme Eggs (or similar), small, boxed chocolate Easter eggs, hollow chocolate eggs for Easter hunts, and Easter cards. These

items will be sold at an Easter Sale taking place after the 9am Mass at St Theresa's on 1st and 8th March. This will be trialled at St Theresa's this year, with the hope of extending it to St George's Church next year if successful. Donations can be handed to Paula Tanner or Andrew Macpherson. There will also be raffle tickets on sale for a Simnel cake, with the final draw taking place on 29th March.

St Vincent de Paul

Easter Sale & Raffle



1st March after 9.00 mass:

8th March after 9.00 mass:

@ St Theresa's Church

Hangleton & W Blatchington Foodbank

If you would like to donate to the food bank this week, we are most in need of: **Tinned whole tomatoes, Cooking oil, Tinned meat, Veg curry/chilli, De-caff tea, Chocolate spread, Shaving foam or gel.** We have a mountain of porridge, baked beans, pasta and tea so please don't buy us any more! We also have plenty of bags and egg boxes and won't need any more for a while. Donations may be brought to the hall on Wed 10:30-11:45am, or the collection bins in any of the West Hub churches.

Prayer List During Lent, we are asked to pray for: Candidates for the sacraments; Women; the needy and hungry of the world; penitents; and wanderers.

Please also pray for all who are sick, housebound, or in need of our prayers in our communities, including:

Annie Price; Canon Colin Wolczak; Cathy Howes; Cheryl Evans; Chris, Lucy, Matt, & Vince Neal; Clive Connor; Eileen Kipling; Elena White; Hanorah & Mat Smith; Rex Curd; Tom Piggins; and Winifred Wilde.

Recently Deceased

Please remember in your prayers:

Irena Bialas RIP, mother of Fr Tadeusz.

**Sunday 22nd February 2026,
First Sunday of Lent**

First reading Genesis 2:7-9; 3:1-7

The LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature. And the LORD God planted a garden in Eden, in the east, and there he put the man whom he had formed. And out of the ground the LORD God made to spring up every tree that is pleasant to the sight and good for food. The tree of life was in the midst of the garden, and the tree of the knowledge of good and evil.

Now the serpent was more crafty than any other beast of the field that the LORD God had made. He said to the woman, 'Did God actually say, "You shall not eat of any tree in the garden"?' And the woman said to the serpent, 'We may eat of the fruit of the trees in the garden, but God said, "You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die."' But the serpent said to the woman, 'You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.' So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths.

The word of the Lord.

Thanks be to God.

Responsorial Psalm

Have mercy on us, O Lord, for we have sinned.

Second reading Romans 5:12-19

Brothers and Sisters: Just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned — for sin indeed was in the world before the law was given, but sin is not counted where there is no law. Yet death reigned from Adam to Moses, even over those whose sinning was not like the transgression of Adam, who was a type of the one who was to come.

But the free gift is not like the trespass. For if many died through one man's trespass, much more have the grace of God and the free gift by the grace of that one man, Jesus Christ, abounded for many. And the free gift is not like the result of that one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brought justification. For if, because of one man's trespass, death reigned through that one man; much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ. Therefore, as one trespass led to condemnation for all men, so one act of righteousness leads to justification and life for all men. For as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

Glory and praise to you, O Christ.

One does not live by bread alone, but by every word that comes forth from the mouth of God.

Glory and praise to you, O Christ.

Gospel Matthew 4:1-11

At that time: Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry.

And the tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, "Man shall not live by bread alone, but by every word that comes from the mouth of God."' '

Then the devil took him to the holy city and set him on the pinnacle of the Temple and said to him, 'If you are the Son of God, throw yourself down, for it is written, "He will command his angels concerning you", and "On their hands they will bear you up, lest you strike your foot against a stone."' Jesus said to him, 'Again it is written, "You shall not put the Lord your God to the test."' '

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory. And he said to him, 'All these I will give

you, if you will fall down and worship me.' Then Jesus said to him, 'Be gone, Satan! For it is written, "You shall worship the Lord your God and him only shall you serve."' Then the devil left him, and behold, angels came and were ministering to him.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Profession of Faith

**I believe in one God,
the Father almighty, maker of heaven
and earth, of all things visible and
invisible. I believe in one Lord Jesus
Christ, the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God, begotten,
not made,
consubstantial with the Father; through
him all things were made.**

**For us men and for our salvation he
came down from heaven,**

(all bow during the next three lines)
**and by the Holy Spirit was incarnate of
the Virgin Mary,
and became man.
For our sake he was crucified under
Pontius Pilate,**

**he suffered death and was buried,
and rose again on the third day in
accordance with the Scriptures.**

**He ascended into heaven and is seated
at the right hand of the Father.**

**He will come again in glory to judge the
living and the dead and his kingdom
will have no end.**

**I believe in the Holy Spirit, the Lord, the
giver of life,
who proceeds from the Father and the
Son, who with the Father and the Son is
adored and glorified,**

**who has spoken through the prophets.
I believe in one, holy,
catholic and apostolic Church.
I confess one Baptism for the
forgiveness of sins and I look forward
to the resurrection of the dead and the
life of the world to come.**

Amen.

Copyright notice *Scripture quotations are from the English Standard Version of the Bible, Catholic Edition (ESV-CE), published by Asian Trading Corporation, copyright 2017 by Crossway. All rights are reserved. Excerpts from Abbey Psalms and Canticles are copyright 2018 USCCB.*