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 19th July 2026, 16th Sunday of the Year, Year A, Weekdays: Week 28, Psalter Week 4

Fr Tony Writes…

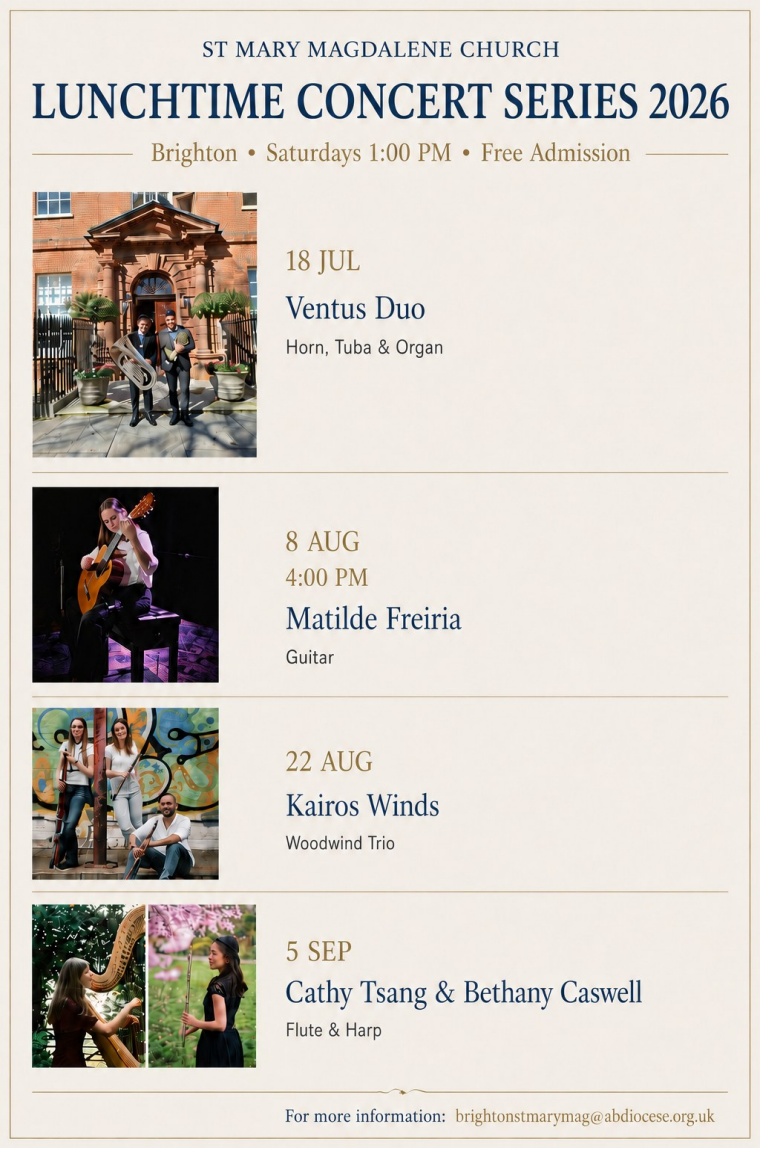
'We do not know what to pray for as we ought'

As a priest, I am often asked about prayer, in particular people wondering if they are 'doing it right'. I think the first thing to note is that we are all beginners in prayer! And while I have had plenty of practice over the years, I still feel very much a novice much of the time.

The next thing to note is that prayer is not about a 'technique'. Rather it is an expression of a relationship. So, we do not have to worry about 'getting it right'. As St Paul points out, prayer is actually an action of the Spirit in us, so however clumsy or inadequate it feels, God works through it. That is not to say that there is not a place for rhythm and discipline. It is good to have set times when we focus more directly on prayer and have some sort of basic ritual. A particular chair. Time just allowing us to focus on God, particular prayers that help with that, etc. But once we have done that, what happens next is up to God to a large extent. God knows what is deep in our hearts. God does not need us to articulate it perfectly!

What about distractions? They will come and are just a part of being human! Sometimes they can give us an idea of what we should be praying for or about. Other times they are just trivialities. There are a couple of things to note here. First, do not worry! The temptation when we recognise that we have been distracted is to focus on the fact that we have become distracted and then to get distracted about having been distracted! The better approach is to thank God that we have recognised the distraction, to note it (maybe even write it down if it concerns something we need to do later), and then return gratefully to our prayer. Second, if we have given time to prayer that in itself is a gift to God, even if our minds were all over the place. Our bodies were there even if our minds were not!

Which leads me to a final point. Prayer is not just about what happens in our head. As Catholics we take various postures for prayer, and we sometimes use physical objects, such as a rosary, or particular movements, such as the Sign of the Cross. Paul speaks of 'groanings too deep for words', a kind of whole-body experience. Sometimes we may have a deep emotional response in prayer. Sometimes none at all. It is different for all. What matters is that we are earnestly seeking communion with God, who, in the Spirit, knows us better than we know ourselves, and we leave the rest to God.



Sacred Heart, 39 Norton Road, BN3 3BF, 01273 732843, www.sacredhearthove.org.uk; hovesacredheart@abdiocese.org.uk. All Masses at SH are Live Streamed: www.sacredhearthove.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; 01273 326793; 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, T. 01273 696955 Ext. 64122, email celestine.nnolim@nhs.net

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

Mass Schedule		
Sat 18	**July**	**Saturday**
12noon †	SMM	Mary Braithwaite RIP
6pm	SH	Archbishop Richard Moth Intention
6.00pm	SP	Canon David
6.30pm	SG	Polish Mass
Sun 19	**July**	**16th Sunday in Ordinary Time**
8.30am	SP	People of the Parish
9.00am	ST	Rod Dearling RIP
9.30am	SH	Patrick Ellis RIP
9:30am	SMM	*Polish Mass*
10.00am	SP	People of the Parish
11.00am	SG	People of the Parish
11.00am	SMM	People of the Parish
11.30am	SH	Colette Melling RIP
11.30am	SP	Samuel Sandell Wellbeing
5.00pm	SMM	Barbara's Thanksgiving Intention
Mon 20	**July**	**Saint Henry**
10.00am †	SH	The O'Farrell Family
Tue 21	**July**	**Saint Laurence of Brindisi**
10.00am	SG	People of the Parish
10.00am †	SH	Jose Nery Alvis RIP
10.00am	SP	Graham Morgan RIP
6.00pm †	SMM	People of the Parish
7.00pm	ST	People of the Parish
Wed 22	**July**	**Saint Mary Magdalen**
8.00am	SH	Deacon John Truman Intentions
8.00am	CNCS	*No Mass*
10.00am	SP	Michael Green RIP
6.00pm †	SMM	People of the Parish
7.00pm	ST	People of the Parish
Thurs 23	**July**	**Saint Bridget of Sweden, Patroness of Europe**
10.00am ‡	SG	People of the Parish
10.00am †	SP	People of the Parish
12noon †	SH	Roy Driscoll RIP
6.00pm †	SMM	Deceased Relatives of R. Ball-Dodgson
7.00pm	ST	People of the Parish
Fri 24	**July**	**Saint Charbel Makhlouf**
8.00am	SH	Dr Malcolm Beazley Intentions
10.00am	SP	Maria Reynauld RIP 2nd anniversary
7.00pm ‡	ST	People of the Parish
6.00pm †	SMM	Mrs Jess Wicks RIP
Sat 25	**July**	**Saint James, Apostle**
12noon †	SMM	Patrick Mulgren RIP
6pm	SH	People of the Parish
6.00pm	SP	People of the Parish
6.30pm	SG	*Polish Mass*
Sun 26	**July**	**17th Sunday in Ordinary Time**
8.30am	SP	People of the Parish
9.00am	ST	Eileen M.D. Iacono RIP
9.30am	SH	Colette Melling RIP
9:30am	SMM	*Polish Mass*
10.00am	SP	Adrian Sampson
11.00am	SG	People of the Parish
11.00am	SMM	People of the Parish
11.30am	SH	Elisabeth Debusmann RIP
11.30am	SP	Maggie Fitzgerald (Aunty) RIP
5.00pm	SMM	Eleanora Christina Stone RIP

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

Weekly Reconciliation Times

Sacred Heart & St Peter's Saturdays from 5:15–5:45pm.

St George's After Sunday Mass, on request.

St Mary Magdalen Fridays at 5pm, and Saturdays at 11am, and during every Holy Hour at SMM.

St Theresa's Fridays after the 7:00pm Mass.

Prayer Groups & Devotions

Sacred Heart
Prayer Group: Tuesdays at 10:30am, Parish Room. You may leave prayer requests in the box at the back of the church.

Online Rosary: Fridays at 11am via livestream.

St George's
Rosary Group: Mondays, 6–7pm in the Lady Chapel.
The Rosary Group does not meet on Bank Holiday Mondays.

St Mary Magdalen's
Women's Rosary: takes place every Friday in the Presbytery at 10am. Tea and refreshments are shared afterwards.

West Hove Online Prayer Group Digging deeper into our faith and the Bible. We delve deeper into the Bible, sharing knowledge and learning together. Sessions last for an hour and end with prayers. Please join us on Zoom (request a link from the Parish Office) 8pm on Thursday evenings.

St Peter's
Contemplative Prayer Group: Fridays, 7:30pm - 9pm, in person and online. Contact James at: quietenginespray-er@gmail.com.

St Theresa's
Lauds (Morning Prayer): Sundays at 8:30am.
Vespers (Evening Prayer): Wednesdays at 6:30pm

Social Groups

Sacred Heart
SVP Social Group: meets after the 12noon Mass for lunch and friendship. Please note the group will break for August. The last meeting is 23rd July, returning on 3rd September.

St Mary Magdalen's
Table Church: a young adults' group meeting after the 11am Mass for refreshments in the community hall to share faith and life experiences. We look forward to meeting you!

St George's
Tea and Chat: takes place after the 10am Mass on the 2nd and 4th Tuesdays of the month, with next gathering on Tuesday 28th July.

St Peter's
Social Group (drop in): meets every Friday from 1–3pm in the parish hall. Please do join us for light refreshments and friendly conversation.

YMCA Downslink Group is looking for volunteer chaplains from all faiths and belief backgrounds to join our multi-faith chaplaincy team in Brighton & Hove Volunteer chaplains help prepare and share meals, build community, and offer a listening ear to young people aged 16–25 living in YMCA supported housing. These regular chaplaincy sessions help build confidence, friendships and a sense of family. We're looking for people who are: kind and compassionate, good listeners, non-judgemental and inclusive, reliable and adaptable, comfortable working with people of all faiths, beliefs, and none, reliable and able to work as part of a team, with a sense of humour and a heart for young people. What you'll do: Help cook and share a simple meal, Spend time with residents in a relaxed and welcoming environment, offer encouragement, conversation, and support, work alongside staff and fellow volunteers. Training & support provided, you are required to work for a couple of hours once a month. For more information contact Mike Jones**,** Lead Chaplain on mike.jones@ymcadlg.org / 07483711 942 https://www.ymcadlg.org/what-we-do/support-and-advice/chaplaincy/ Or contact kateewilliamson50@gmail.com

Volunteers Needed – Ship Visiting at Shoreham Port Stella Maris, the Catholic charity supporting seafarers, is seeking volunteers to join our Ship Visiting team at Shoreham Port. As a volunteer ship visitor, you will accompany the Port Chaplain or experienced volunteers in visiting merchant ships, offering a warm welcome, practical support, and a listening ear to seafarers from around the world. This is a rewarding opportunity to live out the Church's mission to people of the sea and make a real difference to those who are often far from home. No previous experience is necessary, and full training will be provided by the Port Chaplain. For more information, please contact Luke Phillips at luke.phillips@stellamarismail.org.

Cottesmore St Mary Catholic Primary School, Hove, currently has two spaces for children in Year 2, moving to Year 3 in September. Please contact the school if you are interested in one of the places. For more information, you may wish to visit their Admissions page on their school website https://www.cottesmore.brighton-hove.sch.uk/page/admissions/

St Mary Magdalen's Catholic Primary School and Nursery APPLICATIONS OPEN! Why not join us for a tour and discover this hidden gem for yourself?

St Peter's Archive Team For a baptism, or confirmation certificate contact our team of volunteers by email: saintpeterarchives@gmail.com. Please allow two weeks for processing.

St Mary Magdalene's Healing Service will take place on first Sunday of every month at 3pm, with Fr Rod and Fr Alphonse. The next Healing Service will be Sunday 2nd August. All are most welcome. The car park will remain open until 6pm.

Sacred Heart Choir We are looking for new members for our choir at the 11:30am Mass on Sunday's. If you are interested in joining this group please contact 01273 735371 for further information. We look forward to hearing from you.

Sacred Heart Film Club will be taking a break for July & August and will resume on 5th September.

Catenian Association a monthly meeting of Catholic men at The Hove Club. For more info catenianprovince18.org.uk.

SMM Summer Concert Series 2026 The first in the Summer Concert Series will now take place on Saturday 18th July at 1pm. Free admission, with a retiring collection. Everyone is welcome.

Monks in the City – Monk Talks: Contemplative Prayer with Fr Peter Join the Monks in the City on Tuesday, 21st July for The Way of the Spirit, a talk by Fr Peter on contemplative prayer and the monastic tradition of silent prayer. Evening Prayer at 6pm, simple supper at 6:30pm, the talk at 7pm. The event takes place at St John the Baptist's Church and the Fitzherbert Community Hub. All are welcome.

Newsletter by email If you would like to receive a copy of the newsletter to your inbox each week, please email: hovesacredheart@abdiocese.org.uk to be added to the distribution list, this list is for all our west hub churches.

Thank you, Lisa! On behalf of the Sacred Heart office, and community, thank you Lisa for your dedication, hard work, and wisdom you have given us over the past few years as our Parish Secretary. We will miss you and wish you lots of joy and blessings in all your new adventures you will have with your family.

Fundraising / Giving

Soup Run Each week, from Monday to Friday, 7pm at the shelter next to the Angel of Peace on the seafront. For more info, please contact SMM office.

CAFOD-DEC Venezuela Earthquake Appeal To donate visit cafod.org.uk/Venezuela or call 0300 999 0030 or go the cafod webpage Support CAFOD in your parish. Please keep our neighbours in Venezuela in your prayers.

The Bethlehem Nativity Group A missionary group from Bethlehem in the Holy Land, will visit SG & ST this Sunday 19th July. They will briefly speak about the Holy Land and offer olive wood religious articles for sale. Proceeds will support poor Christian families in the Holy Land. Any support you can give them would be greatly appreciated, "When you help the poor, you help our Lord."

Cycle of Prayer

During Ordinary Time, we are asked to pray for these intentions: a deeper understanding between Christians and Jews; human life; those who suffer persecution, oppression and denial of human rights; Europe; and seafarers.

Please pray for the recently deceased:

Peter Morrison RIP who died on 3rd July. Funeral Mass for Peter's will be said by Fr Enzo at St Peter's in Hove on Wednesday, 29th July at 11:30am.

Please also pray for:
Anne Callaghan; Canon Colin Wolczak; Chris, Lucy, & Matt Neal; Clive Connor; Clive Holding; Eileen Kipling; Elena White; Hanorah & Mat Smith; Julia Fleming; Kathleen Davis; Liz Perkins; Mario Noah; Melvin Shirkie; Peter Cochlin; Rex Curd; Robert (Bob) Selwood; Tom Piggins & Winifred Wilde.

Sunday 19th July 2026
16th Sunday in Ordinary Time

The Gloria

Glory to God in the highest, and on earth peace to people of good will.
We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us.
For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

First Reading — Wisdom 12:13, 16-19

Neither is there any God besides you, whose care is for all, to whom you should prove that you have not judged unjustly.
For your strength is the source of righteousness, and your sovereignty over all causes you to spare all.
For you show your strength when men doubt the completeness of your power, and you rebuke any insolence among those who know it.
You are sovereign in strength but you judge with mildness, and with great forbearance you govern us; for you have power to act whenever you choose.
Through such works you have taught your people that the one who is righteous must be kind, and you have filled your sons with good hope, because you give repentance for sins.

The word of the Lord.
Thanks be to God.

Responsorial Psalm

O Lord, you are good and forgiving.

Second Reading — Romans 8:26-27

Brothers and Sisters: The Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

The word of the Lord.
Thanks be to God.

Gospel Acclamation

Alleluia, alleluia.
I thank you, Father, Lord of heaven and earth, you have revealed the secrets of the kingdom to little children.
Alleluia.

Gospel — Matthew 13:24-43

At that time: Jesus put another parable before the crowd, saying, 'The kingdom of heaven may be compared to a man who sowed good seed in his field, but while his men were sleeping, his enemy came and sowed weeds among the wheat and went away. So when the plants came up and bore grain, then the weeds appeared also. And the servants of the master of the house came and said to him, "Master, did you not sow good seed in your field? How then does it have weeds?" He said to them, "An enemy has done this." So the servants said to him, "Then do you want us to go and gather them?" But he said, "No, lest in gathering the weeds you root up the wheat along with them. Let both grow together until the harvest, and at harvest time I will tell the reapers, 'Gather the weeds first and bind them in bundles to be burned, but gather the wheat into my barn.' " '
He put another parable before them, saying, 'The kingdom of heaven is like a grain of mustard seed that a man took and sowed in his field. It is the smallest of all seeds, but when it has grown it is larger than all the garden plants and becomes a tree, so that the birds of the air come and make nests in its branches.'
He told them another parable. 'The kingdom of heaven is like leaven that a woman took and hid in three measures of flour, till it was all leavened.'
All these things Jesus said to the crowds in parables; indeed, he said nothing to them without a parable. This was to fulfil what was spoken by the prophet: 'I will open my mouth in parables; I will utter what has been hidden since the foundation of the world.'
Then he left the crowds and went into the house. And his disciples came to him, saying, 'Explain to us the parable of the weeds of the field.' He answered, 'The one who sows the good seed is the Son of Man. The field is the world, and the good seed is the sons of the kingdom. The weeds are the sons of the evil one, and the enemy who sowed them is the devil. The harvest is the end of the age, and the reapers are angels. Just as the weeds are gathered and burned with fire, so will it be at the end of the age. The Son of Man will send his angels, and they will gather out of his kingdom all causes of sin and all law-breakers, and throw them into the fiery furnace. In that place there will be weeping and gnashing of teeth. Then the righteous will shine like the sun in the kingdom of their Father. He who has ears, let him hear.'

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, *(at the words that follow, up to and including 'and became man, all bow)* **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.**

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