

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 1st February 2026, Fourth Sunday in Ordinary time, Year A. Weekdays: Week 4, Psalter Week 4
Racial Justice Sunday

Fr Tony Writes: Happy or Blessed?

With the shift to the English Standard Version as the text for our readings, the Beatitudes have gone back to the more traditional blessed, whereas for the last 40+ years we have heard that those who are poor in spirit etc. are happy, the Jerusalem Bible's translation of the Greek word *Makarios*. Most people welcome this change, and generally I prefer it too. None the less I want to put a word in for happy as a translation which has its merits!

The word blessed does not carry much emotional content. In effect, it says, 'you may feel sad/poor/oppressed now, but don't worry, it will be all right in the end'. There is nothing wrong with that message, but the beatitudes don't just speak of the future. They also address the present: 'Theirs is the Kingdom of Heaven', 'Rejoice and be glad [now!], for your reward is great in heaven. The statement 'happy are those who mourn' is meant to shock us by its apparent paradox. By mourning Jesus is not simply referring to grief at the loss of a loved one, he is referring to the sense of sadness at the many things that are wrong in the world. The fact that we are saddened shows us what we truly care about. We care about our world and the people in it. If the things we see and hear did not at times make us want to weep, we would be very unhappy people indeed.

Even if we have an unshakable faith that God, in his providence will ensure that 'all will be well', as he assured Mother Julian of Norwich when she considered the woes of the world, none the less we may still weep, as Jesus wept at the death of Lazarus or lamented over Jerusalem.

Children's Liturgy at Sacred Heart, St Peter's, & St Theresa's – Can You Help? Children's Liturgy is a valued and much-loved part of Sunday Mass at Sacred Heart, St Peter's, and St Theresa's, and we are looking for a few more volunteers to help us continue offering this ministry to our children and families.

What is Children's Liturgy? During Sunday Mass, when the congregation sits for the Liturgy of the Word, children are invited to go to a nearby space with trained leaders. They return to the church for the Liturgy of the Eucharist. Children's Liturgy is not a separate service or Sunday school. It is part of the Mass itself, helping young children hear and respond to the Gospel in ways that connect with their everyday lives, so they can participate more fully in the celebration of the Eucharist at their own level. Children of all ages up to secondary school are very welcome. Those of secondary school age are encouraged to remain in the Mass. Children's Liturgy runs during term time only.

Safeguarding and support To ensure a safe and welcoming environment, there must always be at least two adults present. If there are not enough adults, parents may be asked to help, and occasionally the session may not be able to run.



At St Theresa's, we are blessed with experienced and committed leaders, including three teachers, and we would love to have a few more adults to support them. This could be simply being the second adult present, or, if you feel called to it, leading a session after shadowing an experienced leader. Full support is always provided. Having more volunteers means each person helps less often, making it manageable and enjoyable for everyone. Please be reassured that you only need to volunteer at the church you attend, you are not expected to help at the other churches. Thank you for considering supporting this important ministry and helping our children grow in faith.

If you would like to get involved or find out more, please contact the relevant parish office.

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 St, 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, 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 31	Jan	St John Bosco
12noon†	SMM	Guilu Pires RIP
6.00pm †	SH	People of the Parish
6.00	SP	Holy Souls
6.30	SG	Polish Mass
Sun 1	Feb	Fourth Sunday in Ordinary Time
8.30 am	SP	Jude Fletcher RIP
9.00	ST	Jim Torrence RIP
9.30	SH	Charles Emmanuel Osezua Int
9:30	SMM	People of the Parish
10.00	SP	Patrick (Paddy) Woods RIP
11.00	SG	People of the Parish
11.00	SMM	People of the Parish
11.30	SH	Anne Sumner RIP
11.30	SP	Miriam Berrueta - Wellbeing
5.00	SMM	People of the Parish
Mon 2	Feb	Presentation of the Lord
10.00 am †	SH	Ehiatena Osezua Int
Tue 3	Feb	St Blaise
10.00 am	SG	People of the Parish
10.00 †	SH	Margaret Smith Int
10.00	SP	Holy Souls
6.00pm †	SMM	People of the Parish
7.00pm	ST	No Mass
Wed 4	Feb	Wednesday
8.00am	SH	Tinu & Jelson Family
8.00am	CNCS	
10.30	SP	Funeral of Mary Ann McAllister
6.00pm †	SMM	People of the Parish
7.00pm	ST	People of the Parish
Thurs 5	Feb	St Agatha
10.00am	SP	No Mass
10.00 am ‡	SG	People of the Parish
12noon †	SH	Joseph Sheerin RIP
6.00pm †	SMM	People of the Parish
7.00pm	ST	No Mass
Fri 6	Feb	St Paul Miki and Companions
8.00 am	SH	Eleemma RIP
10.00	SP	Kitty Fitzgerald RIP
6.00pm †	SMM	People of the Parish
7.00 ‡	ST	People of the Parish
Sat 7	Feb	Our Lady on Saturday
12noon	SH	Michael Finn Int
12noon†	SMM	Gabriela Lambelet RIP
6.00pm †	SH	Winifred Donaghy RIP
6.00	SP	People of the Parish
6.30	SG	Polish Mass
Sun 8	Feb	Fifth Sunday in Ordinary Time
8.30 am	SP	Margaret Harake
9.00	ST	People of the Parish
9.30	SH	People of the Parish
9:30	SMM	People of the Parish
10.00	SP	People of the Parish
11.00	SG	Norma Wighton RIP
11.00	SMM	People of the Parish
11.30	SH	Margaret Mary Churchill RIP
11.30	SP	Krystyna Szczerbiak RIP
5.00	SMM	Patrick Wickramasinghe 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

Mental Health Awareness training – Saturday 7 February 2026 10-3pm at the St Philip Howard Centre, Crawley

One of the challenges that we are experiencing in our modern world is the growing number of people, of all ages, experiencing the darkness and challenge of various mental health conditions. Thanks to the support of Mental Health England, we are able to offer this training, to explore the realities, symptoms and impact of living with these many debilitating conditions. Thanks to the support of the trainer, we are able to highly subsidise the event. Tickets are now £40 per delegate (usual price £120).

To register scan the QR code or go to the Events page of the Diocesan website. If you have any questions about this course, do not hesitate to contact Simon South, Marriage & Family Life Adviser simon.south@abdiocese.org.uk



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 during Holy Hour at 5:00pm, Saturdays at 11:00am, and on request.

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

Prayer Groups

Tuesday Prayer Group – Sacred Heart Every Tuesday at 10:30am, SH Parish Room. All welcome. You may leave prayer requests in the box at the back of the church.

Online Prayer Group – Thursdays at 8pm via video-link. A small and informal group, meeting to pray and read the scriptures together. If you would like to join the group, or just 'come and see' you are very welcome. Just send an email to westhove@abdiocese.org.uk and you will receive the link for the meeting. You may leave prayer requests in the box at the back on St Theresa's, or in the basket at St George's.

St Peter's You are warmly invited to join the online contemplative prayer group on Fridays from 7:30–8:30pm. For more information, please 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 On the 2nd and 4th Tuesdays of the month, the 10am Mass at St George's is followed by a time of socialisation and activity, in the hall, aimed at the older people in the parish. No need to book. Just turn up! Next date Tues 10th February.

Sacred Heart SVP Social Group For all parishioners: join us for soup, sandwiches, tea, and cakes, with entertainment, quizzes, and more after the 12 noon Mass. The next meeting is on 5th February, and then every two weeks thereafter.

St Peter's Social group on Fridays, 1-3pm in our parish hall please do join us for some light refreshment and friendly

conversation, please note the new time. **Sacred Heart Film Club** The next Film Club will be held on **7th February** after 12:00pm Mass, showing 'Mr Jones' starring James Norton as a dauntless journalist who exposes Stalin's horrific treatment of Ukraine in the 1930's. Refreshments served, all welcome.

Faith Formation Group Thursdays, 6:45pm, St Mary Mags. An informal group designed for those wishing to join the Church and is open to anyone who would like to learn more about the Catholic faith. Please contact the office for more information.

Other Events / Notices

SMM Healing Service The next healing service will be 1st Feb, 3pm with Fr Alphonse and Fr Rod. All are warmly encouraged to attend.

St Peter's Repository has a wide range of religious cards and gifts available to purchase including various Carlo Acutis items please do pop in to see what is on offer. Available to purchase are Carlo Acutis items, 3rd class relics, silver plated necklaces with different religious icons and saints, statues, and candles. Opening times are before and after Mass every day apart from Monday, please use our Dona machine in the porch to pay.

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

Crib Dismantling – Volunteers Needed
The cribs at both St George's and St Theresa's will be dismantled and stored away after Mass today, 1 Feb, which is the final Mass before the Feast of the Presentation of the Lord. We would be very grateful for a few volunteers to assist with this. Any help would be much appreciated.

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 documents to be processed.

Write Prayers with Us Deepen your experience of written prayer by joining our Intercessions Rota. Sacred Heart currently has spaces for a couple of new contributors to join their diverse team.

You would write Prayers of the Faithful for Mass once every six to eight weeks. Guidance, instructions, and theme suggestions will be provided, and support will be given as you find your way. To get involved, please contact faith@ag4.it.

Fundraising / Giving

Special Collections 2026

1st February – Racial Justice (SG & ST)
8th February – Lourdes Pilgrimage (All)
22nd February – Columban Priests (SH)

St Peter's Special Collections

Lepra = £106.58
Pax Christi = £227.24

Thank you to the Sacred Heart! We have received a few 'Thank you' letters recently regarding second collections in our Parish. **CAFOD** has thanked us for the amount raised for their Ukraine Humanitarian appeal, which amounted to £376.00, and our collection for the Sudan Crisis Appeal, which was £867.78. **Stella Maris** has also thanked us for the money raised for their appeal which was £513.05. Your kind donations are much appreciated. These letters are on the Parish Noticeboard, should you wish to read them.

Charity Quiz Night – In Aid of SAFE IN SUSSEX The Adur Valley Catenians invite you to a Charity Quiz Night on Saturday 28th February at Towers Convent, Henfield Road, BN44 3TF, in support of SAFE IN SUSSEX, a local charity providing practical help and support to those affected by domestic abuse. Doors open at 6:30pm for a 7.00pm start. Tickets are available from andrew.davey160@gmail.com or after the 9am Mass at St Theresa's. Sponsored by Adur Valley Catenians.

Martlets Hospice fundraising at SP

Many of you will have known someone who has benefitted from this wonderful resource, perhaps as a patient or receiving outreach services. We are fortunate to have this in our area but it relies on private financial support. Some hospices have waiting lists while beds are empty as they cannot afford to staff them. St Peter's has raised over £400 for the Martlets in the last few months, through coffee donations and small sales after Mass. Please support these and go home with a bargain or a nice

gift, or just pop in for a biscuit and cafetière coffee!

St Peter's Spring Sale in aid of the Martlet's Hospice this Sunday 1st Feb. Homemade marmalade, cakes, bric-a-brac, gifts, scarves and other nice items at very reasonable prices for a good cause. Cash only. All welcome.

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.

Hangleton & West Blatchington Foodbank

This week, we would especially welcome donations of **Tinned custard, Tinned rice pudding, Peanut butter, Pasta sauce, Tinned kidney beans, Single toothbrushes, Breakfast cereal.** We have a mountain of porridge, baked beans, pasta and tea so please don't buy us any more! Donations may be brought to SG hall on Wednesdays 10:30-11:45am, or dropped into the collection bins in the One Stop in Court Farm Road, Books Alive in Elm Drive, or any of the West Hub churches.

Prayer List Please pray for those who are sick or in need of our prayers especially: **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; & Winifred Wilde.**

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CATENIANS

**Sunday 1st February 2026,
Fourth Sunday in Ordinary time**

Entrance Antiphon

Save us, O Lord our God! And gather us from the nations, to give thanks to your holy name, and make it our glory to praise you.

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.

Collect

Grant us, Lord our God, that we may honour you with all our mind, and love everyone in truth of heart. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

First Reading: Zephaniah 2:3; 3:12-13

Seek the LORD, all you humble of the land, who do his just commands; seek righteousness; seek humility; perhaps you may be hidden on the day of the anger of the LORD.

I will leave in your midst a people humble and lowly. They shall seek refuge in the name of the LORD, those who are left in Israel; they shall do no injustice and speak no lies, nor shall there be found in their mouth a deceitful tongue. For they shall graze and lie down, and none shall make them afraid.

The word of the Lord.

Thanks be to God.

Psalm Response

Blessed are the poor in spirit; for theirs is the kingdom of heaven.

Second Reading: 1 Corinthians 1:26-31

Consider your calling, brothers and sisters: not many of you were wise according to worldly standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, even things that are not, to bring to nothing things that are, so that no human being might boast in the presence of God. And because of him you are in Christ Jesus, who became to us wisdom from God, righteousness, and sanctification, and redemption; so that, as it is written, 'Let the one who boasts, boast in the Lord.'

The word of the Lord.

Thanks be to God.

Gospel Acclamation

Alleluia, alleluia.

Rejoice and be glad, for your reward is great in heaven.

Alleluia.

Gospel: Matthew 5:1-12a

At that time: Seeing the crowds, Jesus went up on the mountain, and when he sat down, his disciples came to him. And he opened his mouth and taught them, saying: 'Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall receive mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Prayer over the Offerings

O Lord, we bring to your altar these offerings of our service: be pleased to receive them, we pray, and transform

them into the Sacrament of our redemption. Through Christ our Lord.

Communion Antiphon

Let your face shine on your servant. Save me in your merciful love. O Lord, let me never be put to shame, for I call on you.

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.

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