

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 8th February 2026, Fifth Sunday in Ordinary time, Year A. Weekdays: Week 5, Psalter Week 1
Racial Justice Day; Day for the Victims of Trafficking

Fr Paul Writes: Salt of the Earth and Light of the World...

The imagery used by Jesus in Matthew's Gospel, imploring us to be 'salt of the earth and light of the world' perhaps lacks the impact in today's world that it might have had in the past. Today many are trying to reduce their salt intake for the good of their health, but some salt is necessary for good health and, in the past was essential to life itself. Not only did it enhance the flavour of food, but it was widely used to preserve food through times of shortage. It was so valued that it was used in religious offerings in Ancient Egypt, was sometimes used to pay Roman soldiers, (hence the word salary), and was often taxed, leading to the smuggling of salt in 18th century Britain, and to political unrest in many parts of the world.

To describe someone as 'the salt of the earth' is to suggest that they are unpretentiously trustworthy and reliable. This is a good thing to be simply as a human being, but Christ implies that our faith, too, should be like that, unpretentious, trustworthy and reliable, but also not insipid but full of flavour, just as salt can enhance food making it not just fuel for our bodies but adding joy to our lives. Our faith, too, must be full of flavour.

Christ also uses the image of light. Again, in our electrically illuminated world, we can easily fail to recognise the power that light had in the lives of people in the past, and in many places still, when it was a precious phenomenon that gave a sense of safety and showed the way ahead. A man taking an after-dark balloon-ride over London in the 1780s was impressed most by the 'lines of fire' of the streetlights. Today we may lack that sense of wonder, but we are, nonetheless, called to be people of light, whose faith shines out so that others may see the light and love of God in us and the way we live our lives.

Our faith is, above all, faith in God's love. Christ calls us to experience it as the flavour of our life and to let it shine out in our loving service to others.

Special Collection for the Arundel & Brighton Lourdes Pilgrimage

As you will have seen from the Newsletter and heard at Mass, we will be taking a collection in support of the Arundel & Brighton Diocesan Lourdes Pilgrimage. Each year around 700 people travel to Lourdes, including approximately 130 Assisted Pilgrims who are frail, elderly, sick, or living with disabilities. They are supported throughout the pilgrimage by dedicated doctors, nurses, healthcare professionals, and volunteers.

Around 150 young people aged 15–29 also take part. Over many years, the pilgrimage has helped countless people encounter God's love and healing, spiritually, emotionally, and physically, and has inspired many young people to return renewed in faith and more actively involved in parish life.



The pilgrimage depends entirely on volunteers and generous donations. Your support helps subsidise Assisted Pilgrims, those who care for them, and young people responding to the call of the Annunciation, to listen, to welcome, and to say "yes".

In 2025, around £60,000 was needed to support those unable to afford the full cost. Donations may be made via the collection, the parish contactless machine, or the Diocesan website. Gift Aid is available. Thank you for your generosity.

All who support the pilgrimage will be remembered in prayer at the Grotto this summer.

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 St, 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; 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 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	<i>Polish Mass</i>
Sun 8	Feb	Fifth Sunday in Ordinary Time
8.30 am	SP	Margaret Harake
9.00	ST	Sebastiana Rato RIP
9.30	SH	People of the Parish
9:30	SMM	People of the Parish
10.00	SP	Kathleen Hennessy RIP
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
Mon 9	Feb	Monday
10.00 am †	SH	Frederick Richardson
Tue 10	Feb	St Scholastica
10.00 am	SG	People of the Parish
10.00 †	SH	John & Elizabeth Leahy
10.00	SP	<i>No Mass</i>
6.00pm †	SMM	People of the Parish
7.00pm	ST	People of the Parish
Wed 11	Feb	Our Lady of Lourdes
8.00am	SH	Keith Simpson RIP
8.00am	CNCS	
10.00	SP	People of the Parish
6.00pm †	SMM	People of the Parish
7.00pm	ST	Fr James Kirwin RIP
Thurs 12	Feb	Thursday
10.00am	SP	Angela Fitzgerald RIP
10.00 am ‡	SG	People of the Parish
12noon †	SH	William & Margaret Sweeney RIP
6.00pm †	SMM	People of the Parish
7.00pm	ST	People of the Parish
Fri 13	Feb	Friday
8.00 am	SH	Tessa Truman's Int
10.00	SP	People of the Parish
6.00pm †	SMM	People of the Parish
7.00	ST	Deceased Parishioners
Sat 14	Feb	Saints Cyril and Methodius
12noon†	SMM	People of the Parish
6.00pm †	SH	Larry Murphy RIP
6.00	SP	People of the Parish
6.30	SG	<i>Polish Mass</i>
Sun 15	Feb	Sixth Sunday in Ordinary Time
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	Rachel Farrell RIP
11.00	SG	People of the Parish
11.00	SMM	People of the Parish
11.30	SH	AS Parket & EM Mynott
11.30	SP	Jadwiga Mackowiak RIP
5.00	SMM	Pepita Coca 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

Regular Events

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

Tuesday Prayer Group – Sacred Heart Every Tuesday at 10:30am, SH Parish Room. All welcome.
Online Prayer Group – Thursdays at 8pm via video-link.
St Peter's You are warmly invited to join the online contemplative prayer group on Fridays from 7:30–8:30pm.
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 10th February.
Sacred Heart SVP Social Group Join us after 12noon Mass. Next 19th February, 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.

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

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

St Peter' Money Counters We really need a some more people to volunteer to join the three teams we have, if we have at least four more people, each team would only need to count every six weeks. It is a simple enough job, 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.

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's Parish Office Please note the parish office is open for enquiries from 9am—12pm, Tuesday—Thursday.

Southwick Churches Together

We meet at 9:30 every Wednesday morning, at St Michael's Church in Southwick, for a short service, led by people from churches in the local area. There are refreshments afterwards. All are welcome!

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.

Our Lady Star of the Sea SVP

Meeting Thursday 19th February, 5:45pm at St Theresa's (meeting room at the back of the church). If you would like to get involved with the SVP or simply find out more, please join us. All are welcome!

St Peter's Tai Chi term time in the hall 10:30—11:30am on Monday's.

The next Healing Service at SMM

1st March at 3pm with Fr Alphonse. All are warmly encouraged to attend.

Lent Talk at Worth Abbey

Saturday 14th February 2026

Worth Abbey Pilgrims invite you to a Lent Talk with Abbot Mark in the Unity Room at Worth Abbey Church. The talk, Facing What Is: Lent, Listening, and Hope in a Time of Change, offers a reflective start to Lent, drawing on Scripture and the monastic tradition to explore faith, truth, and hope in

changing times. Coffee and registration begin at 10:30am, with the talk starting promptly at 11am. Lunch will be available afterwards (small charge), followed by Midday Prayer at 1pm with the monastic community. To reserve a place, please email koharra@worth.org.uk, indicating whether you would like to stay for lunch.

At SMM on Saturday 21st February, 11am Holy Hour and 12pm Mass are cancelled. We will be at Arundel Cathedral for the Rite of Election.

Fundraising / Giving

Special Collections 2026

8 Feb – Lourdes Pilgrimage(Gift Aid)(All)
22 Feb – Columban Priests (SH)

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 will be reported monthly, in arrears.

St Peter's offertory for January = £5,569.

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!

Charity Quiz Night – 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 andrew.davey160@gmail.com or after the 9am Mass at St Theresa's. Sponsored by Adur Valley Catenians.

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 & W Blatchington Foodbank

This week, we would especially welcome donations of: **Peanut butter; Honey; Tinned rice pudding; Tinned custard; Pasta bake (jars); Crisps; Chocolate; and Deodorant.** We have a mountain of porridge, baked beans, pasta and tea so please don't buy us any more!

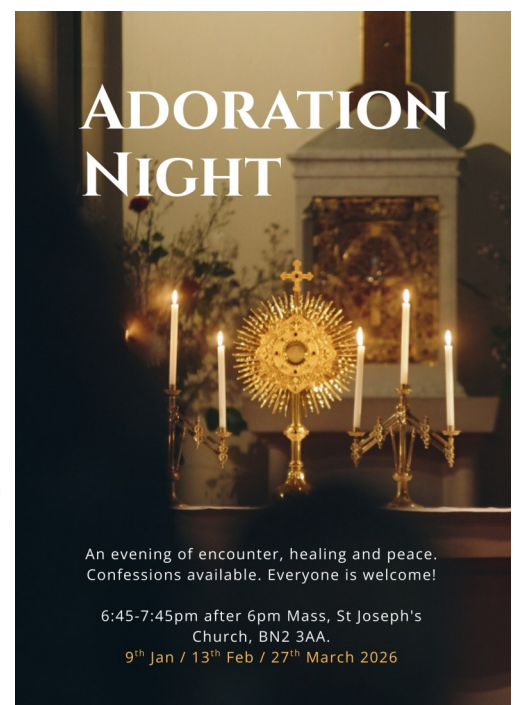
Donations may be brought to SG hall on Wednesdays 10:30—11:45, or dropped into the collection bins in the One Stop in Court Farm Road, Books Alive in Elm Drive, or any of the West Hub churches.

Prayer List

During Ordinary Time, we are asked to pray for, peace on earth; openness to the Word of God; Christian unity; the sick and their caregivers; victims of trafficking and those working to combat it; and the unemployed.

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; & Winifred Wilde.



An evening of encounter, healing and peace.
Confessions available. Everyone is welcome!

6:45-7:45pm after 6pm Mass, St Joseph's
Church, BN2 3AA.
9th Jan / 13th Feb / 27th March 2026

**Sunday 8th February 2026,
Fifth Sunday in Ordinary time**

Entrance Antiphon

O come, let us worship God and bow low before the God who made us, for he is the Lord our God.

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

Keep your family safe, O Lord, with unfailing care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection. 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: Isaiah 58:6-10 ·

Thus says the Lord:

Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh?

Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you; the glory of the LORD shall be your rearguard.

Then you shall call, and the LORD will answer; you shall cry, and he will say, 'Here I am.' If you take away the yoke from your midst, the pointing of the finger, and speaking wickedness,

if you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday.

The word of the Lord.

Thanks be to God.

Psalm Response

A light rises in the darkness for the upright.

Second Reading: 1 Corinthians 2:1-5 ·

I, when I came to you, brothers and sisters, did not come proclaiming to you the testimony of God with lofty speech or wisdom. For I decided to know nothing among you except Jesus Christ and him crucified. And I was with you in weakness and in fear and much trembling, and my speech and my message were not in plausible words of wisdom, but in demonstration of the Spirit and of power, so that your faith might not rest in the wisdom of men but in the power of God.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

Alleluia, alleluia.

I am the light of the world, says the Lord; whoever follows me will have the light of life.

Alleluia.

Gospel: Matthew 5:13-16

At that time: Jesus said to his disciples, 'You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet.

'You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Prayer over the Offerings O Lord, our God, who once established these created things to sustain us in our frailty, grant, we pray, that they may become for us now the Sacrament of eternal life. Through Christ our Lord.

Communion Antiphon

Let them thank the Lord for his mercy, his wonders for the children of men, for he satisfies the thirsty soul, and the hungry he fills with good things.

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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