

# The Catholic Church In Seaford, Newhaven & Peacehaven | Sunday 8<sup>th</sup> February 2026



**Welcome** to our parish on this Fifth Sunday of Ordinary Time. Whether you are new to the parish, visiting with us today, or a faithful parishioner, you are most welcome, we're glad to see you and to celebrate together as one community. Children's Liturgy is taking place in the hall, and our young parishioners and visitors are warmly invited to go through and join in.

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**Thank you! Our Volunteering Sign-up weekend** was a wonderful success, and we give thanks for the generosity of our parish community. Many parishioners have stepped forward, some able to commit weekly and others on an ad-hoc basis. Most importantly, our older parishioners, who have given so much over the years, have committed to praying regularly for the parish and for our Mission Hope endeavours, supporting our community in a truly invaluable way. You are still able to sign up, email or talk to Claire for the link. We will reach out to all those who have signed up shortly.

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**You're warmly invited** to join us for **Shrove Tuesday** pancakes following Evening Prayer (10mins at 6.30pm) on **Tuesday 17<sup>th</sup> February** at St Thomas More Church. Come along for a

relaxed and joyful evening of pancake making and good company, just bring your own favourite toppings to share!

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**Join us to celebrate St. Patrick's Day** on **Tuesday 17th March** from **7:00pm** for an evening of faith, food, music and dancing! We'll begin with **Benediction**, followed by **Irish stew** and **Guinness**, with plenty of time to enjoy one another's company. A suggested donation of **£5** per person will go to support our Sisters' work in Madagascar. Feel free to bring your own drink and join in the celebration!

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**Shirley and Hannah** will be engaging us with a talk about their time in Rome after Mass on Sunday 22<sup>nd</sup> February at St Thomas More Church. Do come along to find out more.

## Dates for your diary

- 12<sup>th</sup> Feb, **Thursday Club**, Peacehaven 2pm -4pm
- Sat 14<sup>th</sup> Feb, 10am, **Readers' meeting**, STM hall, Seaford
- Wed 18<sup>th</sup> Feb, **Ash Wednesday**, Mass @ Peacehaven 10am, Mass @ Seaford 7pm.
- Sat 21<sup>st</sup> Feb, 10am, **Lent Course**, STM hall, Seaford

# Lourdes | A place of Encounter, Service, and Joy.

## Lourdes 2026 | 24-30 July

Each year, thousands of pilgrims travel to Lourdes to pray, to seek healing, and to place their hopes and struggles in the loving hands of Our Lady. Among them is our own **Arundel and Brighton Diocese Pilgrimage**, a beautiful expression of **faith, service, and community** that brings together people of all ages and backgrounds.

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Lourdes is not just a destination, it's an experience. It is a place where **prayer** fills the air, where candlelight processions move **hearts**, and where the presence of **Mary gently draws people closer to her Son**. For many pilgrims, Lourdes becomes a **turning point in their faith journey**: a place of deep peace, honest prayer, and unexpected joy.

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At the heart of our diocesan pilgrimage are the young volunteers: Red Shirts and Purple Shirts. These young people give their time, energy, and compassion to support pilgrims who are sick, elderly, or living with disabilities. From pushing wheelchairs and assisting at meals to sharing conversations and laughter, Red Shirts and Purple Shirts play a vital role in making Lourdes a place of dignity, care, and friendship.

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If you are a young person wondering whether to volunteer, know this: Lourdes will change you. You will serve others, but you will also be served in ways you don't expect. You will pray in powerful and simple ways, form friendships that last a lifetime, and discover gifts within yourself that you may not yet know are there. It is hard work, yes – but it is also full of fun, meaning, and moments that stay with you forever.

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Being a Red or Purple Shirt is not about having all the answers or being "perfect." It's about showing up with an open heart, a willing spirit, and a readiness to love. Lourdes teaches us that holiness is often found in small acts: a smile, a helping hand, a shared prayer.

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If you're looking for an adventure that is both **exciting** and deeply **prayerful**, a chance to make a **real difference** while **growing in faith**, then consider joining the Arundel and Brighton Diocese Pilgrimage. Lourdes is waiting, and so are the people whose lives you might touch, and who will surely touch yours.

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Today's second collection is for the Arundel and Brighton Lourdes Pilgrimage Fund.

E: [lourdes@abdiocese.org.uk](mailto:lourdes@abdiocese.org.uk)

## Walking the Way of the Cross | *Turning our hearts and minds towards Lent...*

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Lent invites us into holy ground. It is not simply a season of giving things up, but a time of turning back, of allowing our hearts and minds to be re-oriented toward God. Few devotions help us do this as powerfully, or as simply, as the Stations of the Cross.

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When we pray the Stations, we walk with Jesus in His final hours. We linger where the world would rather rush past: suffering, injustice, weakness, compassion, love poured out to the end. Each station holds up a mirror to our own lives, our failures and fears, but also our capacity for faithfulness, mercy, and hope. In tracing Christ's path to Calvary, we are gently invited to ask: *Where am I in this story? Where is Christ carrying the cross for me, and where is He asking me to help carry it for others?*

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The Stations of the Cross slow us down in a world that prizes speed and distraction. They teach us to pray not only with words, but with our bodies and our attention - with silence, movement, and reflection. Over the weeks of Lent, this repeated prayer shapes us, softens us, and prepares us for the great mysteries of the Triduum. By the time we stand at the foot of the Cross on Good Friday, and later before the empty tomb at Easter, our hearts have already been led there, step by step.

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This Lent, consider making the Stations of the Cross a regular part of your journey. Join us each **Friday evening at 7:00 pm** at St Thomas More Church, as we gather to pray together. Come whether you are carrying heavy burdens or simply longing for deeper stillness. Come to walk with Christ, and with one another, toward the Cross, trusting that this road, though marked by suffering, always leads to resurrection.



## Liturgy Schedule for the coming week:

**Holy Mass | Confession** is available 30 minutes before Holy Mass

**5<sup>th</sup> Sunday in Ordinary Time – pg. 706 in the new CTS Missal**

- Sat 7<sup>th</sup> February, 6pm Peacehaven, *Int: Lydia Waugh RIP*
- Sun 8<sup>th</sup> February, 11am Seaford, *Int: Baby Emily*

**Midweek:**

- Wed 11<sup>th</sup> February, 10am, Peacehaven, *Int John and Jean Gravenor RIP*
- Thurs 12<sup>th</sup> February, 10am, Seaford, *Int: Christine Smith RIP*

**6<sup>th</sup> Sunday in Ordinary Time -pg.709 in the new CTS Missal**

- Sat 14<sup>th</sup> February, 6pm Seaford, *Int: People of the Parish*
- Sun 15<sup>th</sup> February, 11am, Peacehaven, *Int: Josie Parry RIP*

**Morning Prayer:**

- Seaford | Mon – Fri 8.30am, Sat & Sun 9am. Peacehaven | Tues 9am.

**Evening Prayer:**

- Seaford | Mon – Fri 6:30pm. Peacehaven | Mon 6.30pm, Tue & Wed 6pm

**Adoration:** Seaford | Tue 10am (Vocation to Marriage and Family Life)

- Peacehaven | Mon 6pm (Vocations), Thurs 6pm (Pastoral Plan), Fri 10am

**Rosary:**

- Seaford | Sat 9.15am, Thurs 9.30am
- Peacehaven | Wed 9.30am, Fri 9.30am

**Benediction:** Seaford | Sunday 6pm

**Mass Intention** envelopes are in the porch

**Last week's offertory** | Peacehaven £ 301.94 -2<sup>nd</sup> £69.23 - S/O £895 Seaford £305.17 2nd -£84.77

### Prayer for Young Pilgrims to Lourdes

Loving God, we thank you for the gift of this upcoming pilgrimage to Lourdes. We ask your blessing on all the young people who will be going, as they journey to help and serve others. Open their hearts to the call of Our Lady, and guide them to be attentive to the signs of your Spirit at work. May their prayers, laughter, service, and learning help them to recognise you and feel your unending love. Keep them safe and joyful on their journey, and may they return inspired to share your love with all they meet. We ask this through Christ our Lord. Amen.

**Safeguarding Reps:** Julie O'Sullivan, 07735955821. Lyndsey Gravenor, 07483201055

**Facebook:** @catholicfaith.one. **Instagram:** catholic\_faith.one. **Web:** catholicfaith.one

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