

# The Catholic Church In Seaford, Newhaven & Peacehaven | Sunday 15<sup>th</sup> February 2026



## Welcome to Our Church Community!

We are delighted to welcome you as we gather to celebrate this final Sunday in Ordinary Time before we begin the sacred season of Lent. As we prepare our hearts for this time of prayer, repentance, and renewal, we give thanks for the grace of sharing in worship together today. May this celebration deepen our faith and strengthen us for the spiritual journey ahead.

In today's Gospel (*Matthew 5:17–37*), Jesus reminds us that He came not to abolish the Law, but to fulfil it, calling His followers to a deeper righteousness rooted in love, integrity, and faithfulness of heart. His words invite us to examine our lives, to live truthfully, and to seek holiness not only in our actions but in our thoughts and intentions. As we approach Lent, we are encouraged to renew our commitment to God's will and to walk more closely in the way of Christ.

May your time with us today bring you peace, encouragement, and spiritual renewal.

## 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

**Lent begins this week** with Ash Wednesday, a day of fasting and abstinence. We will have Holy Mass on Wednesday at 10am in Peacehaven and at 7pm in Seaford.

**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

- Tue 17<sup>th</sup> Feb, Pancakes
- Wed 18<sup>th</sup> Feb, **Ash Wednesday, Mass** @ Peacehaven 10am, **Mass** @ Seaford 7pm.
- Fridays during Lent – **Stations of the Cross**, Seaford 7pm
- Sat 21<sup>st</sup> Feb, 10am, **Lent Course**, STM hall, Seaford

## Lent Course 26 | All About the Mass

This year during Lent we are turning our attention to the very heart of our Catholic life together: the Holy Mass.

The Second Vatican Council described the Eucharist as the “***source and summit***” of the Christian life. Everything flows from it, and everything leads back to it. But how often do we pause to reflect on what is really happening?

Pope Benedict XVI wrote: “***The Eucharist draws us into Jesus’ act of self-oblation. More than just statically receiving the incarnate Logos, we enter into the very dynamic of his self-giving.***”

In other words, the Mass is not something we watch. It is something we are drawn into. It is the place where heaven touches earth, where Christ speaks, feeds, transforms and sends us.

This Lent we will journey through the Mass together, from the Introductory Rites to the Dismissal, exploring what we say, what we do, and what God is doing in us. It will be reflective, accessible and rooted in Scripture and the teaching of the Church.

Join us on the Saturdays of Lent beginning **Saturday 21st February**, in **St Thomas More Church Hall**.

Come and deepen your love for the Mass.

Come and rediscover the source and summit of our life together.

## At the Hour of Our Death | *Faith, presence, and hope...*

This week we gathered for *At the Hour of Our Death*, a pastoral formation session on accompanying the dying and the hope of Christian death. It was a gentle, moving morning, with real stories shared, some tears, and also moments of faith and peace from being with loved ones at the end of life.

We reflected on what the Church calls “a good death”: being reconciled, surrounded by love and prayer, accompanied and entrusted to God’s mercy. With Saint John Henry Newman’s *The Dream of Gerontius* in mind, we were reminded that death is not simply darkness, but a profound encounter, with God nearer than we imagine.

We also touched on Confession, Anointing, and Viaticum, and the prayers that carry us when words fail. We closed with the Church’s prayer: “May the angels lead you into paradise.”

## Catenian Bursary Fund | Supporting Young People

The Catenian Association is an international body of proudly Catholic laymen who meet at least once a month in local Circles. Alongside fraternity and faith, the Catenians have a strong tradition of practical charity. Each year they provide financial support to young Catholics from around the world who volunteer to do something wonderful for others, helping them take part in projects that serve those in need and make a real difference.

Our local Catenian Circle would love to encourage and support young Catholics in our parish to take up these opportunities. If you are aged 16–25 and have a desire to serve, this could be a real help in turning a good intention into a genuine act of mission.

Two types of awards are available:

**Individual Project Award:** For young people planning a voluntary project that benefits others, either in the UK or overseas. This could include supporting a charity or non-government organisation, helping with community work, teaching, or assisting with practical projects such as building or renovation in areas of need. Awards typically range from **£500 to £1,500**, depending on the project. Applicants are normally expected to spend at least **15 full working days** actively engaged in delivering the project (excluding travel and training).

**Lourdes Award:** For those intending to serve as helpers or support staff on a Lourdes pilgrimage, whether with **HCPT**, a diocesan pilgrimage, the **Jumbulance**, or similar groups. Awards are usually between **£100 and £200**, depending on the organiser. Applicants must be **Catholics**, aged between **16 and 25** at the time of travel, and undertaking genuine voluntary service for the benefit of others.

If you, or a young person you know, might be interested in applying, or would like more information, please contact **Deacon Stephen**, who will be very happy to put you in touch with the Catenians and help you explore the next steps.



CATENIANS



Individual Project Award



Lourdes Award

# Liturgy Schedule for the coming week:

## Holy Mass this week:

### **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*

## Midweek:

- Mon 16<sup>th</sup> February 12 noon, Seaford, Requiem Mass- JP Garner RIP
- Wed 18<sup>th</sup> February, 10am, Peacehaven, Ash Wednesday *Int, Deceased members of the Barwick and Walker Family*
- Wed 18<sup>th</sup> February 7pm, Seaford, Ash Wednesday, *Int: People of the Parish*
- Thurs 19<sup>th</sup> February, 10am, Ash Wednesday, Seaford, *Int: Michael Green RIP*
- Fri 20<sup>th</sup> February 7pm, Seaford, **Stations of the Cross**

## First Sunday of Lent – pg. 153 in the new CTS Missal

- Sat 21<sup>st</sup> February, 6pm Peacehaven, *Int: Eileen Russell RIP*
- Sun 22<sup>nd</sup> February, 11 am Seaford, *Int: People of the Parish*

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

**We pray the Rosary 30 minutes before each Mass.**

## 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. Peacehaven | Mon 6pm, Thurs 6pm, Fri 10am

**Rosary:** Seaford | Sat 9.15am Peacehaven | Fri 9.30am

**Benediction:** Seaford | Sunday 6pm

**Mass Intention** envelopes are in the porch

**Last week's offertory** | Peacehaven: £287.06 | Seaford: £323.52

## Prayer for a Holy Lent:

Lord our God, bless this Lent for us. Draw us back to you with honest hearts. Teach us to pray, to fast, and to give with love. Help us let go of what weighs us down and turn from sin with trust in your mercy.

Keep us close when we struggle, and raise us when we fall. Lead us through the Cross to the joy of Easter, through Christ our Lord. Amen.

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