

The Catholic Church In Seaford, Newhaven & Peacehaven | Sunday 22nd February 2026



Welcome to Our Church Community!

We warmly welcome you as we gather to celebrate the **First Sunday of Lent**, a sacred season of prayer, fasting, and renewal. This holy time invites us to turn our hearts more fully to God, reflect on our lives, and grow in faith, hope, and love as we prepare for the joy of Easter.

As we begin this Lenten journey together, may this season be a time of grace and transformation, drawing us closer to Christ and to one another. May our worship today inspire us to deepen our commitment to prayer, acts of charity, and faithful living. May your time with us bring you peace, reflection, and spiritual renewal.

Hallow App – Grow in Prayer this Lent:

Looking for a simple and practical way to deepen your prayer life this Lent? The *Hallow* app is a wonderful Catholic resource designed to help you pray each day, wherever you are.

Hallow offers:

- Daily Gospel reflections
- Guided prayer and meditation
- The Rosary and Divine Mercy Chaplet
- Night Prayer and sleep stories rooted in Scripture

- Talks and reflections from well-known Catholic voices
- Music, Scripture and themed prayer journeys

In particular, the **Lent Challenge** is a beautiful way to journey through the season with daily reflections, Scripture, and guided prayer. It's ideal whether you're new to prayer or looking to go deeper. Even ten minutes a day can make a real difference.

You can download the app here:
<https://hallow.com>

Why not give it a try this Lent and allow it to support your prayer, fasting and almsgiving as we prepare for Easter?

“Lord, teach us to pray.”

Praying the Rosary: During Lent, all parishioners are warmly invited to pray the Rosary together before each Mass. This is a special opportunity to prepare our hearts, deepen our prayer, and reflect on the season of repentance and renewal. Please join us as we gather half an hour before Mass begins.

Dates for your diary

- Fridays during Lent, 7pm, **Stations of the Cross**, STM Seaford.
- Saturdays during Lent, 10am, **Lent Course**, STM hall, Seaford

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Liturgy Schedule for the coming week:

Holy Mass this week:

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

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

Midweek:

- Wed 25th February, 10am, Peacehaven, *Int: Marion & Patrick White RIP*
- Wed 25th February 12 noon, Seaford, ***Funeral Service*** – *Diane Tinkl RIP*
- Thurs 26th February, 10am, Seaford, ***Requiem Mass*** – *Bernie Webster RIP*
- Fri 27th February 7pm, Seaford, ***Stations of the Cross***

2nd Sunday in Lent-pg. 159 in the new CTS Missal

- Sat 28 Feb, 6pm, Seaford, *Int: People of the Parish*
- Sun 1st March, 11am, Peacehaven, *Int: Rev Stephen Bond RIP*

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: £312.07 | Seaford: £216.16

What does 'entering Lent' mean? It means we enter a season of special commitment in the spiritual battle to oppose the evil present in the world, in each one of us and around us. It means not off-loading the problem of evil on to others, on to society or on to God but rather recognising one's own responsibility and assuming it with awareness. In this regard, Jesus's invitation to each one of us Christians to take up our 'cross' and follow him with humility and trust is particularly pressing. Although the 'cross' may be heavy, it is not synonymous with misfortune, with disgrace, to be avoided on all accounts; rather it is an opportunity to follow Jesus and thereby to acquire strength in the fight against sin and evil. (*Pope Benedict XVI*)

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