

The Catholic Church in Seaford, Newhaven & Peacehaven | Sunday 30th August 2026

A very warm welcome to you all as we gather to celebrate the 22nd Sunday in Ordinary Time. Whether you are a regular member of our parish or visiting, we are delighted to have you with us.

This Sunday we hear Jesus say that if we want to follow him, we have to deny ourselves and take up our cross. How many times have we felt that this is much easier said than done?

This Gospel invites us to pause and ask ourselves a simple but searching question: **“In my life, am I following Jesus, or am I asking him to follow me?”** It is an uncomfortable question, because there are times when we can find ourselves wanting Jesus to fit around our plans, our priorities and our expectations. But if we truly want Jesus to lead us, then we also have to ask: **“What are the ways I can deny myself and take up my cross?”**

A helpful image, offered by a Benedictine monk, is of the cross as **“a signpost: it marks the parting of the ways.”** The cross shows us that there is a choice to be made. We can continue along a path shaped by worry, self-preoccupation and the desire to have things on our own terms, or we can choose the path that Jesus places before us.

This is where parish life matters. A

parish is not simply somewhere we come to receive the sacraments or attend Mass. It is a community of people learning, sometimes imperfectly, to follow Jesus together. Each of us has something to offer, and the small acts of service, kindness, prayer and encouragement that happen every week are part of what enables our parish to flourish.

Taking up our cross can therefore be very ordinary. It might mean stepping forward to help, making time for someone, offering our gifts, or simply being willing to put another person before ourselves. These choices may seem small, but they are ways of turning towards the path Jesus leads us on.

Perhaps the question this Gospel leaves us with this week is not simply **“What cross am I carrying?”**, but **“Which way am I going?”** Are we asking Jesus to follow us, or are we willing to follow him? And if we choose his path, how might that choice change the way we live, serve and care for one another as a parish community?



Mary Ann Enriquez | maryann.enriquez@abdiocese.org.uk

Claire Duffield | claire.duffield@abdiocese.org.uk

Lyndsey Gravenor | lyndsey.gravenor@abdiocese.org.uk | 01273 583046

HYMN PRACTICE AT PEACEHAVEN

On Wednesday 2nd Sept from 6.30 to 7.15, we will rehearse some old/new hymns for Mass, everyone welcome (and hurray, the organ has been tuned!)

DATES FOR YOUR DIARY

Thurs 10 Sept – 2pm- 4pm Thursday Club - Peacehaven

Tues 15 Sept- 10am -12 noon

Macmillan Coffee morning – Seaford

Sat 10 Oct – 7pm – Fish & Chips and Quiz, Peacehaven

Wed 14 Oct – 11am Macmillan Coffee Morning, Peacehaven

Sat 24 Nov, 11.30am – Mass at Worth Abbey with our new Bishop.

Sat 21 Nov, 12noon – ordination to the permanent Diaconate of Claude Cheta.

HOLY MASS & PRAYER IN THE PARISH

Appeal This week and 2nd Collection for Columbian Missions

Holy Mass and Intentions			
Day & Date	Time	Church	Intention
22nd Sunday in Ordinary Time (CTS Sunday Missal pg767)			
Sunday 30 August	9am	Peacehaven	Eileen Russell RIP (1st Ann)
Sunday 30 August	11am	Seaford	People of the Parish
Tuesday 1 Sept	7.30pm	Seaford	Pilgrims Mass
Wed 2 Sept	10am	Peacehaven	Gail Gilbert & Mike Gilbert RIP Wedding Anniversary
Thurs 3 Sept	10am	Seaford	Janet & Michael Braggington RIP
23rd Sunday in Ordinary Time (CTS Sunday Missal pg771)			
Sunday 6 Sept	9am	Peacehaven	People of the Parish
Sunday 6 Sept	11am	Seaford	Deceased Brothers and Wives of Catenians
Rosary and Confession 30min before every Holy Mass			
Prayer & Devotions			
Devotion:	Times:		
Lauds	Seaford: Monday – Friday 8.30am, Sat & Sun 9am Peacehaven: Tuesday 9am		
Vespers	Seaford: Monday – Friday 6.30pm Peacehaven: Mon 5.30pm, Tue & Wed 6pm		
Adoration	Seaford: Tuesday 9.45am Peacehaven: Monday 5.30pm Thursday 6pm; Friday 10am		
Tea & Coffee is served in the hall after all Masses. Everyone is warmly welcome.			

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

Facebook: @catholicfaith.one. **Instagram:** catholic_faith.one. **Web:** catholicfaith.one

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