

22ND FEBRUARY -
22ND MARCH 2026

Proclaim!

Parish Newsletter!



SAVE THE DATE

Our Vision Statement

Seeking God in Prayer, Growing Together in Faith, Reaching Out in Love.

- 25/2 6.30pm The Youth Club Yrs 5,6 & 7 (Parish Hall)
- 27/2 6pm - FHC Group 2 - Session #8 (Upper Parish Room-Presbytery)
- 28/2 9.30am - FHC Group 1- Session #9 (Cassidy Centre)
- 4/3 6.30pm The Seekers (Cassidy Centre)
- 11/3 6.30pm The Youth Club Yrs 5,6 & 7 (Parish Hall)
- 18/3 5.30pm New & Novice Altar Servers Formation (Presbytery)
- 18/3 6.30pm The Seekers (Cassidy Centre)
- 20/3 6pm - FHC Group 2 - Session #9 (Upper Parish Room-Presbytery)
- 21/3 9.30am - FHC Group 1- Session #10 (Cassidy Centre)

A Time to Return to the Lord

As we begin the sacred season of Lent, the Church invites us into forty days of grace – a time of renewal, repentance, and deeper trust in God. The First Sunday of Lent always leads us into the desert with Christ. There, in silence and simplicity, Jesus confronts temptation and reveals the strength that comes from relying completely on the Father.

Lent is our desert journey. It is not a season of gloom, but of clarity. In the quiet spaces we create through prayer, fasting, and almsgiving, we begin to see more clearly what truly sustains us. We are reminded that we do not live on bread alone, nor on success, comfort, or distraction, but on every word that comes from God. The temptations Jesus faces in the Gospel are familiar to us: the desire for control, for recognition, for immediate satisfaction. Yet Christ answers each one

with trust in Scripture and fidelity to His mission. His victory gives us courage. We are not alone in our struggles; the Lord walks with us and strengthens us. This First Sunday of Lent is an invitation to begin again. Perhaps we take one small but concrete step: setting aside time each day for prayer, reconciling with someone we have avoided, or offering a quiet act of generosity.

Lent does not demand perfection – it asks for openness. God does not seek grand gestures, but willing hearts.

May this holy season draw our parish community closer together and closer to Christ. Let us enter the desert with hope, trusting that beyond it lies the joy of Easter morning.

And as we take our first steps into Lent, may each of us quietly ask: What is the Lord inviting me to let go of, so that my heart may be more fully His?



Donations for our Roof fund will be gratefully accepted including via this QR Code

Visit our WEBSITES

brightonstmary.com

saintthomasmorebrighton.com

Extracts from - Message of the Holy Father Leo XIV for Lent 2026, 13.02.2026

Lent is a time in which the Church, guided by a sense of maternal care, invites us to place the mystery of God back in the center of our lives, in order to find renewal in our faith and keep our hearts from being consumed by the anxieties and distractions of daily life.

Every path towards conversion begins by allowing the word of God to touch our hearts and welcoming it with a docile spirit. There is a relationship between the word, our acceptance of it and the transformation it brings about. For this reason, the Lenten journey is a welcome opportunity to heed the voice of the Lord and renew our commitment to following Christ, accompanying him on the road to Jerusalem, where the mystery of his passion, death and resurrection will be fulfilled.

If Lent is a time for listening, fasting is a concrete way to prepare ourselves to receive the word of God. Abstaining from food is an ancient ascetic practice that is essential on the path of conversion. Precisely because it involves the body, fasting makes it easier to recognize what we "hunger" for and what we deem necessary for our sustenance. Moreover, it helps us to identify and order our "appetites," keeping our hunger and thirst for justice alive and freeing us from complacency. Thus, it teaches us to pray and act responsibly towards our neighbor.

However, in order to practice fasting in accordance with its evangelical character and avoid the temptation that leads to pride, it must be lived in faith and humility. It must be grounded in communion with the Lord, because "those who are unable to nourish themselves with the word of God do not fast properly."

In this regard, I would like to invite you to a very practical and frequently unappreciated form of abstinence: that of refraining from words that offend and hurt our neighbor. Let us begin by disarming our language, avoiding harsh words and rash judgement, refraining from slander and speaking ill of those who are not present and cannot defend themselves. Instead, let us strive to measure our words and cultivate kindness and respect in our families, among our friends, at work, on social media, in political debates, in the media and in Christian communities. In this way, words of hatred will give way to words of hope and peace.

Five Myths about Lent

Despite its ancient history, myths about Lenten traditions abound. Here are five of the most common:

Myth 1: Lent is 40 days

Counting from Ash Wednesday to Holy Saturday, there are 46 days.

Then why do we always refer to the 40 days of Lent? The 40 days of fasting during Lent do not include Sundays.

Every Sunday Christians commemorate the day of Christ's resurrection, so, Sunday by its nature is a day of joy and celebration. The Sundays during Lent are not prescribed days of fasting and abstinence, so meat is permitted.

Myth 2: Lent ends on Easter Sunday

Lent ends on Holy Thursday. The season of Lent begins on Ash Wednesday and ends on Holy Thursday, which commemorates Jesus' last supper with His disciples.

Myth 3: Catholics abstain from meat during Lent

Only on Fridays during Lent are Catholics required to abstain from meat in remembrance of the sacrifice Jesus made on Good Friday. According to abstinence laws, meat includes warm-blooded animals and birds. Fish and other cold-blooded animals are ok. Local Catholic bishops may determine specific foods included in abstinence. This can lead to interesting exceptions.

Myth 4: The Pope decides the date of Easter

For nearly 1,700 years Easter has fallen on the first Sunday after the Paschal, or Passover, full moon. The earliest possible date of Easter is March 22, and the latest is April 25. The way to calculate the date of Easter was determined at a meeting of church bishops and others called the Council of Nicaea in 325.

Myth 5: Jesus went into the desert for 40 days before he was put to death

Actually, Jesus spent 40 days in the desert before beginning his public ministry, several years before he was crucified. The 40 days of Lent are a time to remember and imitate the life and ministry of Jesus, as Christians prepare to commemorate His death and resurrection at Easter.



Keep in your prayers.....

Please Join us in Pray for the Sick

Maureen Ashing, William Barrett, Tom Cullimore, Liz Humphries, Mary Ives, Peter Knott, Mary Neeson, Liz Regan, Chris Rodrigues, Anthony Welham, Tracey Weller and all who carry their own crosses.

Death Anniversaries

John O'Shea, Neil Bratton, Anne Marie Earle, Dudleigh Topp, Joyce O'Shea, Bernard Regan, Bob Haines, Clara Hill, Beryl Barry, Alice Turnbull, Jeanette Seagar, Brona Hawes, Joseph Schneider, Raymond Donald, Ann Kirwan, Rufino Reis Nobrega, Edward Bailie, Daniel Massey, Kay Everett, Paul Zdanek, Violet Taylor, Angela Menedez, Molly Bradley, Brenda Watts & Mary Connett

(Names are listed for 25years inline with the foundation mass format - Taken from our Parish Registers)



FINANCE MATTERS - Saint Mary

1st - 15th February 2026

1st Collection: £ 1,317.42 Gift Aid: £365.10

Sunday Tea & Coffee - Youth Ministry: £278.21

Roof Fund : £185

If you would like to financially support us we would be truly grateful. Cheques Should be made Payable to: St Mary's Church. If you would like to gift aid a donation - please include a letter stating this & that the donation is for Parish Refurbishment.

Remember the Dona machines are available for card donations as well.

Bank A/c -RCD A&B St Marys Brighton -
Sort code 40-05-20 - A/c No: 41076434

What's on in our churches?

ST MARY'S RESTON PARK

SEEKERS

Teens Club

FIND YOUR VOICE. FUEL YOUR PURPOSE

Young people, this is YOUR moment. Join us for an unforgettable experience filled with:

- BONDS OF FRIENDSHIP
- REAL TALK SESSIONS
- FUN, GAMES MORE!

DYNAMIC LEADERS

FORTNIGHTLY ON WEDNESDAY'S OPENS 6.30PM

MARCH 4TH & 18TH
 APRIL 15TH & 29TH - MAY 13TH -
 JUNE 3RD & 17 AND JULY 1ST & 15TH

ST MARY'S CHURCH HALL 5 SURRENDEN ROAD, BN1 6PA

FREE ADMISSION

FOR MORE INFORMATION: ST MARYYOUTHCLUB@OUTLOOK.COM

Youth Club

For Years 5, 6 & 7

Join us for Games, Friends & Fun

Starts at 18.30
 Pick-up 19.45-20.00

In St Mary's Church Hall

If you have any questions about the club email: stmaryyouthclub@outlook.com

The Club will be open on

February 25th
 March 11th & 25th
 April 22nd
 May 6th & 20th
 June 10th & 24th
 July 8th

Fr Seb Preaches

Our priests are great preachers to children. All children are welcome to join in the preaching at

Sunday 10am Mass

1 st March	10 th May
29 th March	31 st May
19 th April	14 th June
3 rd May	28 th June

Take a moment out of your Sunday to join us for a special tea and coffee moment

.... and often Cakes!

Sip, chat, and enjoy beverages with friends old and new

After the 10am Mass most Sundays in the Church Hall

Your Donations go to the Youth Ministry Fund



Children's Liturgy

CHILDREN ARE WELCOME TO JOIN OUR CHILDREN'S LITURGY OF THE WORD AT THE 10AM SUNDAY MASS

20 th FEBRUARY	17 th MAY
6 th MARCH	3 rd JUNE
13 th MARCH	10 th JUNE
20 th MARCH	17 th JUNE
27 th MARCH	24 th JUNE
3 rd APRIL	1 st JULY
10 th APRIL	8 th JULY
17 th APRIL	15 th JULY

CHRISTIAN MEDITATION GROUP

Join Celia and her ecumenical team for Christian meditation every Monday at 7pm in person or online. - For more info please call Celia: 01273 555967

WEEKDAY PRAYERS & LECTIO DIVINA

Most Thursdays 9.45am Monastic Morning Prayers.
 Most Fridays 9- 9.45am Adoration of the Blessed Sacrament

The Chaplet of Divine Mercy & Lectio Divina on Fridays will resume in the Spring.

ST MARY'S MEN'S GROUP

A fortnightly rhythm of walking, talking, and brotherhood

Fortnightly on Thursdays

Looking for a place to connect, share, and grow with other men?

Join us for six sessions designed around activity, conversation, and faith.

WHAT TO EXPECT

- Walks, food, and hands-on projects
- Honest conversations in a relaxed setting
- Short reflections
- Brotherhood and encouragement

UPCOMING THEMES

- Stress & Pressure
- Fatherhood & Role Models
- Work & Purpose
- Friendship & Brotherhood
- Health (Body & Mind)
- Legacy

WHEN & WHERE
 St Mary's Parish (various local venues)

To sign up, message Craig Walker (07809 198069) or email St Mary's

THE MINISTRY OF CONSOLATION BEREAVEMENT SUPPORT

"Earth has no sorrow that heaven cannot heal" - St. Thomas More

ARE YOU STRUGGLING WITH BEREAVEMENT OR LOSS? WOULD IT HELP TO HAVE SOMEONE TO TALK TO?

Grief is a personal experience, but empathy from those around you can make a big difference.

One of the many challenges in our modern world has been the reality that many people do not know what to say or how to support the bereaved, which leaves so many feeling isolated, lonely and often questioning their faith.

Within the Diocese, we have a wide network of trained bereavement supporters who accompany and befriend those who are experiencing the loneliness and pain of loss. We are fortunate at St Mary's to have 2 of these trained supporters based here.

They can provide support at a difficult time... either by speaking over the phone or meeting you in person, to listen/ facilitate/accompany you on your grief journey. We are also supported by the diocesan deanery bereavement team and if you would prefer, we can put you in touch with them.

If you would like any further details on the above, please get in touch with the parish office via email - brightonstmary@abdiocese.org.uk. A member of the bereavement team will then contact you using the contact details you have provided. Everything you tell us is confidential.

St Mary's - 5 Surrenden Road, Brighton, BN1 6PA - brightonstmary@abdiocese.org.uk - www.brightonstmary.com

Stations of the Cross

Fridays following the 10am Mass

20th February
 27th February
 6th March
 20th March
 27th March

22nd February - 22nd March 2026

Masses at St Mary & St Thomas More

SUNDAY 22nd February - FIRST SUNDAY OF LENT

5.15pm - 5.45pm Confessions
Saturday Vigil Mass -6pm -
Simone Depauw, R.I.P.

St Thomas More - Mass 10am - For the People of the Community

10 am - Clement & Elisabetta Eastman, R.I.P.
12noon - Susan Cook, R.I.P

TUESDAY 24th February

10am Mass - Anne Josephine Corder, R.I.P.

WEDNESDAY 25th February

St Thomas More-Mass 9.30am -
10am Mass - The Neeson Family

THURSDAY 26th February

10am Requiem Mass - Simone Depauw, R.I.P.

FRIDAY 27th February

9am - 10am Adoration of the Blessed Sacrament
10am Mass - For the Wellbeing of Nancy Files

Followed by Stations of the Cross

St Thomas More-Mass 9.30am -

SUNDAY 1st March - SECOND SUNDAY OF LENT

5.15pm - 5.45pm Confessions
Saturday Vigil Mass -6pm -
Pamela Sands, R.I.P

10am Mass - Verity & Harry Cross, R.I.P.

St Thomas More - Mass 10am - For the People of the Community

12noon - Pierrette Barbara Atallah, R.I.P

TUESDAY 3rd March

10am Mass - Constance Alice Grummitt, R.I.P

WEDNESDAY 4th March

St Thomas More-Mass 9.30am -
10am Mass - Simone Depauw, R.I.P.

THURSDAY 5th March

9.45am - Morning Prayers - Laudes
10am Mass - Pamela Sands, R.I.P.

FRIDAY 6th March

9am - 10am Adoration of the Blessed Sacrament
10am Mass - Simone Depauw, R.I.P.

Followed by Stations of the Cross

St Thomas More-Mass 9.30am -

SUNDAY 8th March - THIRD SUNDAY OF LENT

5.15pm - 5.45pm Confessions
Saturday Vigil Mass -6pm -
Rev Fr Oliver Heaney, R.I.P

St Thomas More - Mass 10am - For the People of the Community

10 am - Pat & Beryl Cheeseman, R.I.P.
12noon - Marcel & Claude Depauw, R.I.P.

MONDAY 9th to FRIDAY 13th

St Mary's Church Closed due to internal Works

WEDNESDAY 11th March

St Thomas More-Mass 9.30am -

FRIDAY 13th March

St Thomas More-Mass 9.30am -

SUNDAY 15th March - FOURTH SUNDAY OF LENT

5.15pm - 5.45pm Confessions
Saturday Vigil Mass 6pm - Simone Depauw, R.I.P.

St Thomas More - Mass 10am - For the People of the Community

10 am - Claire Shelton-Jones, R.I.P.
12noon - Lawrence Levy, R.I.P.

TUESDAY 17th March - St Patrick

10am Mass - Mary Ann Pool, R.I.P.

WEDNESDAY 18th March

St Thomas More-Mass 9.30am -
10am Mass - Justina Eckert, R.I.P.

THURSDAY 19th March - St Joseph

9.45am - Morning Prayers - Laudes

10am Mass-Alexander John Ambrose Reid, R.I.P.

FRIDAY 20th March

9am-10am Adoration of the Blessed Sacrament

10am Mass-Alice Rawcliffe, R.I.P.

Followed by Stations of the Cross

St Thomas More-Mass 9.30am -

SUNDAY 22nd March - FIFTH SUNDAY OF LENT

5.15pm - 5.45pm Confessions
Saturday Vigil Mass -6pm -
Simone Depauw, R.I.P.

St Thomas More - Mass 10am - For the People of the Community

10 am - **Free to Book**

12noon - Nancy & Paddy Nealon, R.I.P. (Anniv)



Why have a Mass?

There is no greater prayer, because the Mass is the perfect offering of the Son of God to his heavenly Father. In offering Mass for a specific intention, the priest prays to God that the fruits of Christ's redemptive sacrifice be applied to the requested intention, for the spiritual and temporal good of the person(s) concerned. Please book a Mass for any intention using the mass offering envelopes, via our website or by contacting the Parish Office.

A Mass stipend or donation is an offering for the mass intention & contributes towards the parish priests living expenses for the year

Mass Intentions St Mary's

Dates get booked up in advance, to avoid disappointment for a specific date please contact us as soon as possible

St Thomas More : Parish Priest: Mgr. John Hull

Phone: 01273 563017

Email: John.Hull@abdiocese.org.uk

General Enquires : brightonsttm@abdiocese.org.uk

www.saintthomasmorebrighton.com

Address: Braybon Ave, Brighton BN1 8HG Safeguarding Rep:Helen Costello sg1.brightonsttm@abdiocese.org.uk

PARISH OFFICE OPEN



**TUESDAY- WEDNESDAY - FRIDAY 9AM TO 3PM
PHONE/WHATSAPP: 07895 825296**



**Saint Mary : Parish Priest: Fr Sebastian Kijak
Address: 5 Surrenden Road, Brighton BN1 6PA
Phone/WhatsApp: 07895 825296
Email: brightonstmary@abdiocese.org.uk
www.brightonstmary.com**

**Safeguarding Reps:
Tracey McKay sg1.brightonstmary@abdiocese.org.uk
Siobhan Rogers sg2.brightonstmary@abdiocese.org.uk**

We're on Social Media



@stmarycatholicprestonpark



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