

**ENTRANCE ANTIPHON**

Cf. Ps 90:15-16

**When he calls on me, I will answer him;  
I will deliver him and give him glory,  
I will grant him length of days.**

**THE COLLECT**

Grant, almighty God,  
through the yearly observances of holy Lent,  
that we may grow in understanding  
of the riches hidden in Christ  
and by worthy conduct pursue their effects.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever.

**FIRST READING**

A reading from the book of Deuteronomy

26:4-10

Moses said to the people: 'The priest shall take the panner from your hand and lay it before the altar of the Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement:

"My father was a wandering Aramaean. He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers. The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with mighty hand and outstretched arm, with great terror, and with signs and wonders. He brought us here and gave us this land, a land where milk and honey flow. Here then I bring the first-fruits of the produce of the soil that you, Lord, have given me." You must then lay them before the Lord your God, and bow down in the sight of the Lord your God.'

The word of the Lord.  
**Thanks be to God.**

**PSALM**

Ps. 90:1-2.10-15.R.v15

**R) Be with me, O Lord, in my distress.**

He who dwells in the shelter of the Most High  
and abides in the shade of the Almighty  
says to the Lord: 'My refuge,  
my stronghold, my God in whom I trust!' **(R)**

Upon you no evil shall fall,  
no plague approach where you dwell.  
For you has he commanded his angels,  
to keep you in all your ways. **(R)**

They shall bear you upon their hands  
lest you strike your foot against a stone.  
On the lion and the viper you will tread  
and trample the young lion and the dragon. **(R)**

His love he set on me, so I will rescue him;  
protect him for he knows my name.  
When he calls I shall answer: 'I am with you.'  
I will save him in distress and give him glory. **(R)**

**SECOND READING**

A reading from the letter of St Paul to the Romans 10:8-13

Scripture says: The word, that is the faith we proclaim, is very near to you, it is on your lips and in your heart. If your lips confess that Jesus is Lord and if you believe in your heart that God raised him from the dead, then you will be saved. By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: those who believe in him will have no cause for shame, it makes no distinction between Jew and Greek: all belong to the same Lord

who is rich enough, however many ask for his help, for everyone who calls on the name of the Lord will be saved.

The word of the Lord.  
**Thanks be to God.**

**GOSPEL ACCLAMATION**

Mt 4:4

**Praise to you, O Christ, king of eternal glory!  
Man does not live on bread alone  
but on every word that comes from the mouth of God.  
Praise to you, O Christ, king of eternal glory!**

**GOSPEL**

Luke 4:1-13

The Lord be with you.  
**And with your spirit.**  
A reading from the holy Gospel according to Luke.  
**Glorify to you, O Lord.**

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But Jesus replied, 'Scripture says: Man does not live on bread alone.'

Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.' But Jesus answered him. 'Scripture says:

You must worship the Lord your God,  
and serve him alone.'

Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God', he said to him 'throw yourself down from here, for scripture says:

He will put his angels in charge of you to guard you,  
and again:

They will hold you up on their hands  
in case you hurt your foot against a stone.'

But Jesus answered him, 'It has been said:

You must not put the Lord your God to the test.'

Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

The Gospel of the Lord.  
**Praise to you, Lord Jesus Christ.**

**PRAYER OVER THE OFFERINGS**

Give us the right dispositions, O Lord, we pray,  
to make these offerings,  
for with them we celebrate the beginning  
of this venerable and sacred time.  
Through Christ our Lord.

**COMMUNION ANTIPHON**

Mt 4:4

**One does not live by bread alone,  
but by every word that comes forth from the mouth of God.**

**PRAYER AFTER COMMUNION**

Renewed now with heavenly bread,  
by which faith is nourished, hope increased,  
and charity strengthened,  
we pray, O Lord,  
that we may learn to hunger for Christ,  
the true and living Bread,  
and strive to live by every word  
which proceeds from your mouth.  
Through Christ our Lord.



# OUR FAITH ON SUNDAY

## GOSPEL REFLECTION



It is only the 1st Sunday of Lent and already the readings speak of baptism. We are to undertake our Lenten exercises in full knowledge of their origin and goal. 'The

time has come and the Kingdom of God is at hand.' Whether it is Lent, Easter, Pentecost or Ordinary Time, we live in the eternal 'now' of Jesus Christ. With Christ crucified, risen and glorified we undertake our fast. With Christ crucified, risen and glorified we celebrate the new birth that is Baptism. With Christ crucified, risen and glorified we enter heaven and are seated at God's right hand.

Lent is that training period during which we are schooled at the feet of Christ in the desert, in order to learn how to withstand the testing, trial and temptation which are a necessary and ever present reality of the freedom of the children of God. It is a time 'to learn to hunger for Christ, the true and living Bread, and to strive to live by every word which proceeds from [the mouth of God]'.  
*(Post-communion Prayer)*

**EVANGELII GAUDIUM  
(JOY OF THE GOSPEL)****III. FROM THE HEART OF THE GOSPEL**

34. If we attempt to put all things in a missionary key, this will also affect the way we communicate the message. In today's world of instant communication and occasionally biased media coverage, the message we preach runs a greater risk of being distorted or reduced to some of its secondary aspects. In this way certain issues which are part of the Church's moral teaching are taken out of the context which gives them their meaning. The biggest problem is when the message we preach then seems identified with those secondary aspects which, important as they are, do not in and of themselves convey the heart of Christ's message. We need to be realistic and not assume that our audience understands the full background to what we are saying, or is capable of relating what we say to the very heart of the Gospel which gives it meaning, beauty and attractiveness.

**Monsignor Bruce Harbert –  
Thoughts on today's Mass**

People sometimes speak of their Lenten discipline as if it were a programme of exercise at the gym. But, as one Lenten prayer has it, 'God has taught us to chasten our bodies for the healing of our souls'. Ash Wednesday's Gospel reminds us that Lent is about more than 'giving up' - prayer and almsgiving have their part to play as well. Even those are not enough, because the purpose of those exercises is to bring about in us a change of heart, a conversion, making us ready for Easter. On Ash Wednesday, the Prayer after Communion spoke of the Lenten fast as a 'healing remedy', a phrase that will occur again next Thursday. Last Friday we prayed to be 'suited to the remedies of God's compassion', and at tomorrow's Mass we shall pray for 'heavenly healing'. Lent may be like the gym, but it is also like the hospital.



# PARISH COMMUNITIES OF

## ST GEORGE

Eastbourne Road  
Polegate



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## ST WILFRID

South Road  
Hailsham



The Arundel & Brighton Diocesan Trust is a Registered Charity No. 252878

### WEEKLY SERVICES

Sat	13th	6.00pm	St Wilfrid's - Elizabeth "Betty" Elliott Anniversary
<b>FIRST SUNDAY OF LENT</b>			
<b>(Special Collection next Sunday for CAFOD Lenten Fast Day (Friday))</b>			
Sun	14th	<b>9.00am</b>	St George's - Mr & Mrs Matthews RIP
		10.30am	St Wilfrid's - Parish Communities' Intention
Mon	15th	12.15pm	St George's - Requiem Mass for Vera Almeida
Mon	15th	2.30pm	St George's - 2.30pm Rosary Group, every Monday except Bank Holidays
Tue	16th	10.00am	St Wilfrid's - Kay McCarthy's Intention
Wed	17th	10.00am	St George's - Mrs Mary Kenward's Intention
Wed	17th	6.30pm	St Wilfrid's - Lenten Devotions
Thur	18th	10.00am	St Wilfrid's - Annie Mezzella's Intention
Fri	19th	<b>11.30am</b>	St George's - S & C Lodrick RIP
Fri	19th	7.00pm	St George's - Lenten Devotions
Sat	20th	6.00pm	St Wilfrid's - Parish Communities' Intention
<b>SECOND SUNDAY OF LENT</b>			
<b>(Special Collection Today for CAFOD Lenten Fast Day)</b>			
Sun	21st	<b>9.00am</b>	St George's - In Thanksgiving
		10.30am	St Wilfrid's - Special Intention

**IMPORTANT:** Going into hospital? Would like a visit from the Catholic Chaplaincy? Ring 417400, ext 4145 and leave a message for the Catholic Chaplain. Please also let Fr Rory know. Catholic Mass in the hospital Chapel every Friday at 3pm.

**St. Thomas a Becket Infant School:** Tel 01323 726004 **St. Thomas a Becket Junior School:** Tel 01323 737221  
**St Richard's Catholic College, Bexhill:** Tel 01424 731070

**New to the Parish or would like to get back in touch but not sure how?** Please complete the welcome form available in the porch and/or make yourself known to Fr. Rory. *It would be great to get to know you and offer any help.*

### USEFUL PARISH INFORMATION

St Wilfrid's Planned Giving Contact (01323) 847014  
St George's Planned Giving Contact (01323) 870990  
St George's & St. Wilfrid's Finance Committee Treasurers Charles Piegrome & Brian Winter  
Chairperson of the Finance Committee Peter Dromgoole  
**ALL CORRESPONDENCE FOR THE ABOVE VIA THE PRIEST'S HOUSE PLEASE**  
Polegate Hall Hire.....Tel: (01323) 504753  
Prayer Line .....Jean Barham Tel: (01323) 842824

#### CROSSLINK CHURCHES TOGETHER, HAILSHAM

Contact: Ann Fielder 01323 843361

#### POLEGATE CHURCHES TOGETHER

Contact: Margaret Piegrome 01323 870990

**PLEASE REMEMBER IN YOUR PRAYERS** those who are unwell: Lily May, Maureen Barnard, Jennifer Duder-Rumsey, Edna Andrews, Juliette Lusted, Jennifer Piskac, Agnes Galt, Margaret Gearing, Joshua Hardy, Betty O'Hora, Peter & Teresa Zurenkas, Anne & Harry Holt, David Thomas, Michael Bradley, Elizabeth Osbourne, John Dodson, Irene Boulstridge, Mary Scales, Margaret, Tom and Elizabeth Woodrow-Spencer, Enza Riddiford and Brian Winter.

**PLEASE ALSO REMEMBER THOSE NAMED IN THE BOOKS IN OUR CHURCHES**

**Newsletter items:** Please send to Jackie at [ssgeorge.wilfrid@btinternet.com](mailto:ssgeorge.wilfrid@btinternet.com), tel.841504 or by hand marked **NEWSLETTER**, to Fr. Rory's House by **9am Wednesday.**

**Fr Rory Writes:**

With Lent underway our first priority should be our prayers and devotions. At the heart of our Lenten devotions on Wednesday and Friday evenings is the scriptures for Sunday. Our Lenten giving through CAFOD and other charities, and the Stations of the Cross are other ways to give priority to the great gift and hence responsibility for our faith.

At the Priests' and Deacons' Deanery Meeting there was a real sense of being pleased for us with our new church. In fact, at the Catenian meal on Tuesday, Fr Rags was saying how chuffed he was for us, and so far so good for an overall outcome for our project. The Church Hall and Parish Centre are fit for use, and we look forward to renovating our Presbytery and installing toilets and kitchen in the Hall.

Also a date has been given to us for the consecration of the new church and it is 7pm on Thursday 21st April. Before this it is very important that we prepare to celebrate Holy Week with extra care this year. This is a great opportunity to work together so that this will be a very good time and give us many happy memories. We have a pastoral message from Bishop Richard this weekend.

*Fr Rory*

**Lenten Devotions** To enable us to prepare hearts and minds for Easter, **St. George's Church** will be holding Liturgical Services during Lent on **Friday evenings at 7.00 p.m.**, commencing on the 12th February. The Services will comprise readings, psalms and prayers with Holy Communion. They provide the ideal opportunity to reflect on the events leading up to Holy Week and our celebration of the Risen Christ. Both communities are warmly welcome.

**Lenten Lunches, St George's** will commence on Friday, 12th February. Remember to put your name on the list in the porch if you wish to come and share soup and bread with friends.

**Vera Almeida's Funeral Mass** will be held on Monday, 15th February, at St George's Church, at 12.15p.m. All parishioners are invited to the Mass and to the Crematorium at 1.45 p.m. This will be followed by tea at the Langham Hotel, Eastbourne.

**St George's Eucharistic Ministers:** Father Rory would like all Eucharistic Ministers to come to a meeting on Saturday, 20th February, at 10.00am in the Church Hall.

**Tai chi classes** are being held in St George's Church Hall every Wednesday evening from 7-8.30 pm. Adults only. £6.00 per session. Just turn up in comfortable clothes and ask for Lynn the leader of the class. Thank you.

**Sainsbury's Active Kids Vouchers:** please collect these for our Catholic School, St Thomas a Becket. They enable the school to exchange them for sport equipment. They can be passed on via a parishioner who has a child at the school or via the Children's Liturgy team on Sunday morning.

**Easter Cards** are now on sale at the back of St George's Church on the 21st February.

**Stations of the Cross:** Starting on Sun 14th February, Stations of the Cross will be held at 3pm at St George's each Sunday during Lent, with the exception of Sun 6th March, Mothering Sunday. Stations of the Cross can be a very meaningful preparation leading up to the services of Holy Week.

**DATES FOR YOUR DIARY:**

**Wed 17th Feb** St Wilfrid's Choir Practice, St Wilfrid's Church, 7pm  
**Sat 20th Feb** St George's Eucharistic Ministers, St George's Hall, 10am  
**Wed 24th Feb** St Wilfrid's Choir Practice, St Wilfrid's Church, 7pm  
**Tue 1st March** Sacrament of Reconciliation/1st Confession, St Wilfrid's Church, 7pm  
**Wed 9th March** Mother Teresa Group Mtg, St George's Hall, 2.30pm

**GIFT AID:** The offertory envelopes for the next tax year are currently being prepared. If **YOU** are new to the Parish (and pay income tax) and would like a box of envelopes, then please contact the organisers: St George's - Margaret Piegrome on 870990, and St Wilfrid's - Pip Jenkins on 845094 or Bob Waters on 847014, and we will reserve a box for you. The Parish can then claim a tax refund of 25 pence for every £1 you give! If you make your offerings by Bankers Order and need another box of undated envelopes (for special collections, etc) then also please contact an organiser.

**Women's World Day of Prayer:** This year is being held on Friday 4th March at 10.30am at the Gospel Mission in Station Road. It has been written by the women of Cuba and the theme is Receive Children, Receive Me. All are welcome.

**Year of Mercy:** The Jubilee Year of Mercy established by Pope Francis runs until 20 November 2016. He desires everyone to experience the great mercy of God, by going on a pilgrimage. The Knights of St Columba invite parishioners to join them in Pilgrimage to one of the Doors of Mercy established in every Diocese. The following have been arranged - Saturday 23<sup>rd</sup> April. St George's Cathedral, Southwark. By train to arrive before the 3pm Mass. Sunday 1st May. Shrine of Our Lady of Consolation, West Grinstead. By car or coach to arrive before Rosary and Benediction at 3pm. Sunday 6 November. Westminster Cathedral. By train to arrive before 10.30am Mass. Sunday 20 November. Arundel Cathedral. By car or coach to arrive before Mass on the final day of the Holy Year at 11.15am. Further details are available from David 423323 or Bob 847014

**Sacrament of Reconciliation and the Children's First Confession** will be held at St Wilfrid's Church on 1st March at 7pm.  
**1st Communion Mass** at St Wilfrid's will be at the 10:30am Mass on 22nd May.

**Bonus Ball:** There are lots of numbers available for both the Saturday and Wednesday Bonus Ball. Anyone interested in one please see Bill or Mick. Thank you.

**COLLECTIONS: (6th/7th Feb)**

**St George's** £181.25  
 Weekly ave./Monthly D/D £176.50  
**St Wilfrid's** £451.79  
 Weekly aver. of DD £204.60  
 Attendances: St W's 176 St G's 92  
**Thank you for your continued generosity**  
 If you pay tax please use gift aid envelopes.

**Bonus Ball:**

**Sat 6th February**  
 No: 50  
 No Winner  
**Wed 3rd February**  
 No: 49  
 Ann Fielder