

## 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 Genesis

9:8-15

God spoke to Noah and his sons, 'See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.'

God said, 'Here is the sign of the Covenant I make between myself and you and every living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh.'

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

## PSALM

Ps 24:4-9. R. cf.v10

**R) Your ways, Lord, are faithfulness and love  
for those who keep your covenant.**

Lord, make me know your ways.  
Lord, teach me your paths.  
Make me walk in your truth, and teach me:  
for you are God my saviour. **(R)**

Remember your mercy, Lord,  
and the love you have shown from of old.  
In your love remember me,  
because of your goodness, O Lord. **(R)**

The Lord is good and upright.  
He shows the path to those who stray,  
he guides the humble in the right path;  
he teaches his way to the poor. **(R)**

## SECOND READING

A reading from the first letter of St Peter

3:18-22

Christ himself, innocent though he was, died once for sins,  
died for the guilty, to lead us to God. In the body he was put

to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels of the Dominations and Powers his subjects.

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

Mark 1:12-15

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

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

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

Cf. Ps 90: 4

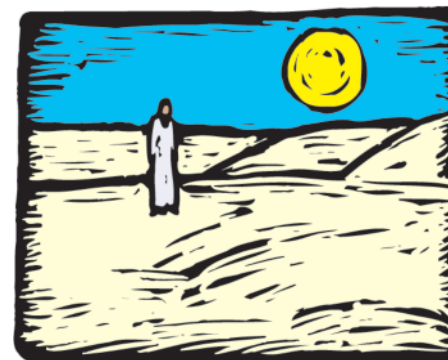
**The Lord will conceal you with his pinions,  
and under his wings you will trust.**

## 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



Today's Gospel sums up the whole theme of Lent: 'Repent and believe in the Gospel'. Lent is, first and foremost, a time of spiritual renewal. It is a time when we try to review our way of living and to shake off the 'dust' which has accumulated in our

souls and which blocks our relationship with God. There are times when we may feel overwhelmed by the 'world'. We may have let ourselves be seduced by the many 'attractions' it offers us. We may have given into the temptation, great or small, offered to us by the devil. Today Jesus is reminding us that 'the Kingdom of God is close at hand'. In other words, we don't know when our life on earth will come to an end, and so we should make ourselves ready for the next life. Traditionally people have seen Lent as a time for making small sacrifices, giving up sugar, or chocolate or television. No doubt

such sacrifices can help us progress in our spiritual life, but the most effective way of growing in our relationship with God, is to love our neighbour, and especially that neighbour, it may even be a close relative, whom we find most difficult to love. We need more than just a bit of extra willpower to be able to do this – we need to ask God for the grace to do it.



'All is well' must be our theme song, with its ending 'Glory be to God!' Remember Abraham. The more Isaac worried about finding an animal to sacrifice, the more Abraham relied on God for everything. And sure enough, at the right time he was vindicated in his trust.

If we are walking in the light our songs will be light-hearted. If we are walking in darkness our songs will echo the state of our soul. What matters is to keep singing. Prophets like Ezekiel and Jeremiah wept and lamented. Pessimism and optimism aren't different. They both come from the same source, and are two sides of the same coin.

Accept life's sorrows and pains and you will come through them to a deeper joy.

\*St Teresa's Way of Perfection for Everyone by Elizabeth Ruth Obbard. ISBN: 978-0-904287-78-3 [www.newcity.co.uk](http://www.newcity.co.uk)



# PARISH COMMUNITIES OF

## ST GEORGE



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## ST WILFRID

South Road  
Hailsham



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

## WEEKLY SERVICES

Sat	20th	St Wilfrid's - <b>First Sunday of Lent</b> (Collection for CAFOD Next Sunday)		
Sun	21st	9.00am	St George's -	S & C Lodrick RIP
		10.30am	St Wilfrid's -	Parish Communities' Intention
Mon	22nd		St George's -	
Tue	23rd		St George's -	
Wed	24th	10.00am	St Wilfrid's -	Margaret & John Forde's 59th Wedding Anniv.
Thurs	25th		St George's -	
Fri	26th	10.00am	St Wilfrid's -	Patrick McKeon RIP
Sat	27th		St Wilfrid's -	
		<b>Second, 'Transfiguration' Sunday of Lent</b> (Collection for CAFOD Today)		
Sun	28th	9.00am	St George's -	Parish Communities' Intention
		10.30am	St Wilfrid's -	Grace Verrell RIP

**St George's Church** will be celebrating Mass every Sunday at 9am. **Booking is essential - ring 01323 870990.**  
**Booking for St Wilfrid's Church:** Go to our website [www.saintsgeorgeandwilfrid.co.uk](http://www.saintsgeorgeandwilfrid.co.uk), click the link "Book a Mass" on the righthand side of the front page, select your Mass and follow the instructions, or contact the office on 841504.

**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.

**St Thomas a Becket Nursery School:** Tel 01323 725977 **St Thomas a Becket Primary 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) 832577  
 St George's Planned Giving Contact (01323) 487212  
 St George's & St Wilfrid's Finance Committee Treasurers Charles Piegrome & Monika Beaver  
 Chairperson of the Finance Committee Stephen Murray  
**ALL CORRESPONDENCE FOR THE ABOVE VIA THE PRIEST'S HOUSE PLEASE**  
 Polegate Hall Hire.....Tel: (01323) 504753  
 Hailsham Hall Hire ..... Tel: (01323) 841504 - Mon, Wed, Fri Morning or email at above address  
 Prayer Line .....Jean Barham-Wyatt Tel: (01323) 842824

### CROSSLINK CHURCHES TOGETHER, HAILSHAM

### POLEGATE CHURCHES TOGETHER

Contact: Margaret Piegrome 01323 870990  
**Contact Care:** 07900 823138

**PLEASE REMEMBER IN YOUR PRAYERS** those who are unwell: Lily May, Edna Andrews, Juliette Lusted, Jennifer Piskac, Margaret Gearing, Joshua Hardy, Peter & Teresa Zurenkas, Anne Holt, Margaret, Lilian Summers, Tom Woodrow-Spencer, Angela Archer, Colleen, Chris Neyenhuizen, Letty Booth and Michael Copper.

**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.**  
**Office Hours** Monday 9am-1pm, Wednesday 8.45am-12.45pm & Friday 9am-12.30pm

## Continued:

We begin each Station of the Cross with the prayer "We adore thee O Christ and we praise thee, because by your Holy Cross you have redeemed the World". The Stations of the Cross can be a very important devotional prayer in our lives, but especially during Lent. Our human story, the journey of life. A memory in my life is from the beginning of Lent in my first year at the seminary. The president decided that he would give us a good introduction to Lent by leading us on the Stations of the Cross. He began by giving us a lecture on their great importance, and that as seminarians this devotion should be at the centre of our lives. Then he began "oops" he went to the last station first, the 14th ..... of course there must be someone to blame..... ok yes the acolytes.

So for us to begin. The first station "We adore thee O Christ and we praise thee, because by your Holy Cross you have redeemed the world". Jesus is condemned to death. This is part of a great reality. We are all condemned to death. A reality. Here at St Wilfrid's we had a great shock with the tragic sudden death of Hannah Hoad, a young parishioner. It is honest and sincere she was "a real treasure", obviously for her family and especially her parents David and Anne. In spite of her handicaps she was a bundle of life with attitude, able to stand up for herself, full of life, mischief and fun. Some of our elderly parishioners had lovely things to say about her over the years.

Then at St George's Church we had a very special funeral celebration for Ronald and Monica Williams who died together in Eastbourne Hospital from the coronavirus. Their son Ed gave us a heartfelt story of their life, and as we streamed the service we will place their story on our website. Summed up in the words of their son "Ron and Moni were inseparable for 60 years, they devoted their lives to their 3 children, David, Edward and Anna, and they were just as in love on their last day together as they were on their wedding day. They did everything together, they cared and loved and fought for their children together, they grieved together, found the strength to go on together, and finally they died together, and they will be together forever". So, as we place our lives at the foot of the cross, preparing to make the stations of the cross as part of the journey of life this Lent. We make it our great desire that the journey of our lives will bare much fruit, fruit that will last. Then one our Father, one Hail Mary, one Glory to be it Father.

## Deacon John Writes:

Lent began last Wednesday and we were reminded that there is no better time than the present to turn to God for forgiveness and to forgive others. Lent is the ideal time to renew our commitment to the church and to live lives of faith, service, sacrifice and love. Let us all seek the courage to act and respond NOW as you read this!, not tomorrow or next week.

Pope Francis encourages us with sayings such as these: "Sister, brother, even if you buried hope in your heart, don't give up. God is sweeter. Darkness and death do not have the last word. Courage, with God nothing is lost!"

"Faith begins when we realise we are in need of salvation. We are not self-sufficient; by ourselves we flounder: we need the Lord, like ancient navigators needed the stars. Let us invite Jesus into the boats of our lives. Let us hand over our fears to him so that he can conquer them."

Some prayers for use in Lent: 1. Loving Lord, help each one of us to set an example to others in following you with trust, so that all may see how our chief shepherd, who suffered for us, is the Son of the living God. Amen. 2. Dear Lord, whatever we choose to go without this Lent, may it serve as a reminder to draw closer to you in prayer and petition with thanksgiving for all that you give us. Amen.

Finally to lighten the content: "Two boys were walking home from church and sharing their reflection on the lesson. They had been studying the temptation of Christ in the wilderness. Little Peter said to his friend John, "Do you believe that stuff about the devil? Do you think there really is a devil?" John looked at him and said, "Naah, it's just like Santa Claus — it's your dad."

With my love and prayers for you this Lent.

**CAFOD:** Abdella lives in an extremely remote and mountainous part of Ethiopia. It takes him ten hours a day to collect water. He says his life is being wasted as he has no time for anything else. Give today to reach vulnerable communities around the world with water and to provide other vital support. Donate online at [cafod.org.uk/give](http://cafod.org.uk/give) or by using one of our envelopes. Thank you.

## DO YOU WANT TO FAST THIS LENT?

*In the words of Pope Francis*

Fast from hurting words and say kind words.  
Fast from sadness and be filled with gratitude.  
Fast from anger and be filled with patience.  
Fast from pessimism and be filled with hope.  
Fast from worries and have trust in God.  
Fast from complaints, contemplate simplicity.  
Fast from pressures and be prayerful.  
Fast from bitterness, fill your hearts with joy.  
Fast from selfishness and be compassionate.  
Fast from grudges and be reconciled.  
Fast from words: be silent and listen.

## Invited. Lent 2021 – The Mission Begins.

The Diocesan Formation Team is hosting a mission for you this Lent. It will be the first of five seasons of mission, helping you to explore God's *Invitation* to live your life with him. What is a mission? An opportunity for everyone in the parish to sit back and reflect on the content provided. Season one is a series of programmes that help us to understand exactly how much we are loved by God, and features guest speakers such as David Wells, Eleanor Oliver and David Beresford. You will then be able to join a virtual conversation to meet like minded people and discuss what you have learnt. Visit [www.abdiocese.org.uk/invited](http://www.abdiocese.org.uk/invited) to find out more. You, are Invited.