

ENTRANCE ANTIPHON

Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.

COLLECT

Grant us, Lord our God,
that we may honour you with all our mind,
and love everyone in truth of heart.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit,
for ever and ever.
Amen.

FIRST READING

A reading from the Prophet Zephaniah. Zephaniah 2:3; 3:12-13

Seek the LORD, all you humble of the land, who do his just commands; seek righteousness; seek humility; perhaps you may be hidden on the day of the anger of the LORD.

I will leave in your midst a people humble and lowly. They shall seek refuge in the name of the LORD, those who are left in Israel; they shall do no injustice and speak no lies, nor shall there be found in their mouth a deceitful tongue. For they shall graze and lie down, and none shall make them afraid.

The word of the Lord.

Thanks be to God.

PSALM

Psalm 146(145):6c-7. 8-9a. 9b-10. R. Matthew 5:3

R. Blessed are the poor in spirit;
for theirs is the kingdom of heaven.

or: Alleluia.

It is the LORD who preserves fidelity for ever,
who does justice to those who are oppressed.
It is he who gives bread to the hungry,
the LORD who sets prisoners free.

The LORD who opens the eyes of the blind,
the LORD who raises up those who are bowed down.
It is the LORD who loves the just,
the LORD who protects the stranger.

The LORD upholds the orphan and the widow,
but thwarts the path of the wicked.
The LORD will reign for ever,
your God, O Sion, from age to age.

SECOND READING

A reading from the First Letter of Saint Paul to the Corinthians.
1 Corinthians 1:26-31

Consider your calling, brothers and sisters: not many of you were wise according to worldly standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, even things that are not, to bring to nothing things that are, so that no human being might boast

Ps. 105:47

in the presence of God. And because of him you are in Christ Jesus, who became to us wisdom from God, righteousness, and sanctification, and redemption; so that, as it is written, 'Let the one who boasts, boast in the Lord.'

The word of the Lord.
Thanks be to God.

ACCLAMATION BEFORE THE GOSPEL

Alleluia, alleluia.

Rejoice and be glad,
for your reward is great in heaven.
Alleluia.

GOSPEL

The Lord be with you.

And with your spirit.

A reading from the holy Gospel according to Matthew.

Glory to you, O Lord.

Matthew 5:12a

Matthew 5:1-12a

At that time: Seeing the crowds, Jesus went up on the mountain, and when he sat down, his disciples came to him. And he opened his mouth and taught them, saying: 'Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall receive mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

O Lord, we bring to your altar
these offerings of our service:
be pleased to receive them, we pray,
and transform them

R. into the Sacrament of our redemption.
Through Christ our Lord.
Amen.

COMMUNION ANTIPHON

Let your face shine on your servant.
Save me in your merciful love.
O Lord, let me never be put to shame,
for I call on you.

Cf. Ps 30: 17-18

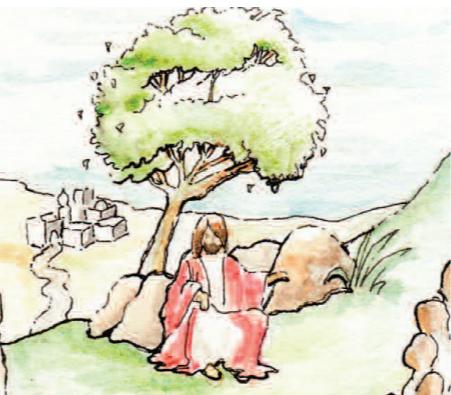
PRAYER AFTER COMMUNION

Nourished by these redeeming gifts,
we pray, O Lord,
that through this help to eternal salvation
true faith may ever increase.
Through Christ our Lord.
Amen.

1ST FEBRUARY 2026

Our Faith on Sunday

GOSPEL REFLECTION



When we read the gospels, we are often confronted with the "already-but-not-yet" reality of the Kingdom of God. If we love one another the way Jesus loved us then we are already living "on earth as it is in heaven". However, we also know that Jesus suffered while he was on earth. He was betrayed and then crucified. He

fully experienced the "not-yet" of the Kingdom. It is the experience of all those who are being daily crucified by the sufferings of war, hunger, human-trafficking, poverty, disease, homelessness, the lingering pain of a terminal illness. Looked at from a purely human point of view their situation appears hopeless. It is to all of these that the beatitudes are addressed. Jesus can speak to us about the truth of the human condition because he lived it up to its final consummation, to the point of feeling abandoned even by God. But that is not where the story ends. He rose from the dead. He conquered death and brought in the reign of the eternal love of the Father poured out for us through

the Spirit who has been given to us. While we are called to do everything in our power to witness to this love in our daily lives, we need the assurance the beatitudes give us that those who mourn shall be comforted, that those who are persecuted for the sake of righteousness will experience the fullness of the Kingdom of God; that the day will come when there will be no more suffering, when every tear will be wiped away.



POPE FRANCIS' ENCYCLICAL
FRATELLI TUTTI
BROTHERS AND SISTERS ALL



THE DEATH PENALTY

269. Let us keep in mind that "not even a murderer loses his personal dignity, and God himself pledges to guarantee this".²⁵⁸ The firm rejection of the death penalty shows to what extent it is possible to recognize the inalienable dignity of every human being and to accept that he or she has a place in this universe. If I do not deny that dignity to the worst of criminals, I will not deny it to anyone. I will give everyone the possibility of sharing this planet with me, despite all our differences.

258. SAINT JOHN PAUL II, Encyclical Letter *Evangelium Vitae* (25 March 1995), 9; AAS 87 (1995), 411.



Saint Paul describes kindness as a fruit of the Holy Spirit (Gal 5:22). He uses the Greek word *chrestótes*, which describes an attitude that is gentle, pleasant and supportive, not rude or coarse. Individuals who possess this quality help make other people's lives more bearable, especially by sharing the weight of their problems, needs and fears. This way of treating others can take different forms: an act of kindness, a concern not to offend by word or deed, a readiness to alleviate their burdens. It involves "speaking words of comfort, strength, consolation and encouragement" and not "words that demean, sadden, anger or show scorn". Kindness frees us from the cruelty that at times infects human relationships, from the anxiety that prevents us from thinking of others, from the frantic flurry of activity that forgets that others also have a right to be happy. Often nowadays we find neither the time nor the energy to stop and be kind to others, to say "excuse me", "pardon me", "thank you". Yet every now and then, miraculously, a kind person appears and is willing to set everything else aside in order to show interest, to give the gift of a smile, to speak a word of encouragement, to listen amid general indifference. (N. 223-224)

PARISH COMMUNITIES OF ST GEORGE POLEGATE AND ST WILFRID HAILSHAM



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Streaming via <https://saintsgeorgeandwilfrid.co.uk/online-masses-and-recordings> Facebook: https://m.facebook.com/.westcar#=_

Weekly Services

Saturday 31 January

St W

Sunday 1 February: Fourth Sunday in Ordinary Time

(Collection 8/2/26 A&B Lourdes Pilgrimage Fund)

9:00am St G Mass: Canon Paul's Intention

10:30am St W Mass: Parish Communities' int.

Monday 2 February

2:30pm St G Rosary Group: All welcome

Tuesday 3 February

9:00am St G Mass:

Wednesday 4 February

10:00am St W Mass:

12:30pm St G Requiem Mass Allison de Sousa

Thursday 5 February

10:00am St G Mass: Liturgy of the Word

Friday 6 February

St W

Saturday 7 February

St W

Sunday 8 February: Fifth Sunday in Ordinary Time

(Collection Today for A&B Lourdes Pilgrimage Fund)

9:00am St G Mass: Gretta Loughnane &

Len Brotherwood Anniv. RIP

10:30am St W Mass: Parish Communities' Int.

Please remember in your prayers those who are unwell and those named in the books in our churches:
Amy Jenkins, Lily May, Joshua Hardy, Peter and Teresa Zurenkas, Anne Holt, Margaret, Rosie Tuson, Lilian Summers, Sue Nye, Tom Woodrow-Spencer, Laurey Stimpson, Nicole McCutchan, Nellie Oakshott, Jean Molloy, Alan Smith, Julie Martin, Holly Leone, Deborah Osbourne Walker, Gill Standen, Letty Booth, Thomas Pailey, Thomas Guy, Michael O'Regan, Richard Streeter, Patricia Delaney, Graham, Pamela Swanston, Jean and Chris Littlewood, Jean Skelton, Jennifer, Peter Mitchell, Cecilia Hyland, Madeleine Waters, Andrew, and Gerry Page

Hub Newsletter: the next edition of the monthly Hub Newsletter will be delayed from February to March.

CAFOD Family Fast Day – Lent Appeal : Enjoy a simple soup and bread lunch in St Wilfrid's Hall after the 10.30am Mass on Sunday 22nd Feb. All are welcome to join us for fellowship and Family Lenten activities while supporting CAFOD's Lent Appeal.

Ash Wednesday: On Wednesday 18th February there will be a Mass at 7pm at St Wilfrid's.

Lenten Reflection: We are pleased to offer a programme of Lenten Reflections at St Wilfrid's, and everyone is warmly invited to take part. The first session will take place at 11.00am on Ash Wednesday, 18th February, and will last for approximately one hour.

To help ensure that sufficient resources are available for all who wish to take part, please register your interest by 10th February. For further information or to register, please speak to David Hoad or email pfc.hailsham@abdiocese.org.uk

Parish Social Events Questionnaire: Forms are available in the porch and the closing date for responses is 8 February. Please take the time to complete one, as this will help us understand the types of events and activities you would like to see included in our programme for 2026.

Walk with Us This Lent for CAFOD: Are you ready for a challenge this Lent? Gerry and Teresa Palmer are taking part in the CAFOD Big Lent Walk, each walking 200km in 40 days to raise money for life-saving water and food. Parishioners are warmly invited to sponsor their walk using this link: <https://walk.cafod.org.uk/fundraising/teresa-and-gerrys-big-lent-walk> If you would like to take on the Big Lent Walk challenge yourself, you can sign up using the following QR code



Spitfire Girl Talk - 21st February 2026 - 7.30pm St Wilfrid's Church Hall: On Saturday February 21st at 7.30pm there will be a talk on Spitfire Girl, Mary Ellis, given by Author Melody Foreman. Tickets £15. available from civilaviationtrust.org for more information contact Gary O'Brien. Thank you.

Diocesan Link: The web edition which has more detailed news can be accessed from this link February NBCW newsletter

Dates for your Diary:

Wed 4th Feb, 7-8.30pm - F.H.C. Parents Mtg, St W's Hall.

Wed 11 Feb, 6-7.30pm - 1st Holy Com Mtg, St W's Hall.

Sun 22 Feb, 10am - Charity Breakfast, St G's Hall.

Thurs 26th Feb, 2-4pm - Over 50's Club, St W's Hall.

Fri 27 Feb, 11-12pm - Parish Bereavement Group, St W's Hall.

Wed 11 March, 6-7.30pm - 1st Holy Com Mtg, St W's Hall.

Fri 3rd April, Family Stations of the Cross, St W's.

Sun 12 April, After Mass - St G's Quarterly Com Mtg, St G's.

Sunday 25th January - Mass Attendance:

St Wilfrid's 101 St George's 80