

**ENTRANCE ANTIPHON**

Be my protector, O God,  
a mighty stronghold to save me.  
For you are my rock, my stronghold!  
Lead me, guide me, for the sake of your name.

Cf. Ps 30: 3-4

**COLLECT**

O God, who teach us that you abide  
in hearts that are just and true,  
grant that we may be so fashioned by your grace  
as to become a dwelling pleasing to you.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the  
Holy Spirit,  
God, for ever and ever.  
**Amen.**

**FIRST READING**

A reading from the Book of Sirach.

Sirach 15:15-20

If you desire, you will keep the commandments, and to act faithfully is a matter of choice. He has placed before you fire and water: stretch out your hand for whichever you wish. Life and death are in front of people, and whichever one chooses will be given to him. For great is the wisdom of the Lord; he is mighty in power and sees everything; his eyes are on those who fear him, and he knows a person's every deed. He has not commanded anyone to be ungodly, and he has not given anyone permission to sin.

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

**PSALM**

Psalm 119(118):1-2. 4-5. 17-18. 33-34. R.1b

**R. Blessed are those who walk in the law of the Lord!**

Blessed are those whose way is blameless,  
who walk in the law of the LORD!  
Blessed are those who keep his decrees!  
With all their hearts they seek him.

You have laid down your precepts  
to be carefully kept.  
May my ways be firm  
in keeping your statutes.

Deal bountifully with your servant,  
that I may live and keep your word.  
Open my eyes, that I may see  
the wonders of your law.

LORD, teach me the way of your statutes,  
and I will keep them to the end.  
Grant me insight that I may keep your law,  
and observe it wholeheartedly.

**SECOND READING**A reading from the First Letter of Saint Paul to the Corinthians.  
1 Corinthians 2:6-10

Brothers and sisters: Among the mature we do impart wisdom, although it is not a wisdom of this age or of the rulers of this age, who are doomed to pass away. But we impart a secret and hidden wisdom of God, which God decreed before the ages for our glory. None of the rulers of this age understood this, for if they had, they would not have crucified the Lord of glory. But, as it is written, "What no eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him" — these things God has revealed to us through the Spirit. For the Spirit searches everything, even the depths of God.

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

**ACCLAMATION BEFORE THE GOSPEL**

**Alleluia, alleluia.** Cf. Matthew 11:25  
I thank you, Father, Lord of heaven and earth,  
you have revealed the secrets of the kingdom to little children.  
**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 5:17-37

At that time: Jesus said to his disciples, 'Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfil them. For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the Law until all is accomplished. Therefore whoever relaxes one of the least of these commandments and teaches others to do the same will be called least in the kingdom of heaven, but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

'You have heard that it was said to those of old, "You shall not murder; and whoever murders will be liable to judgement." But I say to you that everyone who is angry with his brother will be liable to judgement; whoever insults his brother will be liable to the council; and whoever says, "You fool!" will be liable to the hell of fire. So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift. Come to terms quickly with your accuser while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. Truly, I say to you, you will never get out until you have paid the last penny.

'You have heard that it was said, "You shall not commit adultery." But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart. If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell.

'It was also said, "Whoever divorces his wife, let him give her a certificate of divorce." But I say to you that everyone who divorces his wife, except on the ground of sexual immorality, makes her commit adultery, and whoever marries a divorced woman commits adultery.

'Again you have heard that it was said to those of old, "You shall not swear falsely, but shall perform to the Lord what you have sworn." But I say to you: Do not take an oath at all, either by heaven, for it is the throne of God, or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. And do not take an oath by your head, for you cannot make one hair white or black. Let what you say be simply "Yes" or "No"; anything more than this comes from evil.'

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.****PRAYER OVER THE OFFERINGS**

May this oblation, O Lord, we pray,  
cleanse and renew us  
and may it become for those who do your will  
the source of eternal reward.  
Through Christ our Lord. **Amen.**

**COMMUNION ANTIPHON**

**They ate and had their fill,  
and what they craved the Lord gave them;  
they were not disappointed in what they craved.**

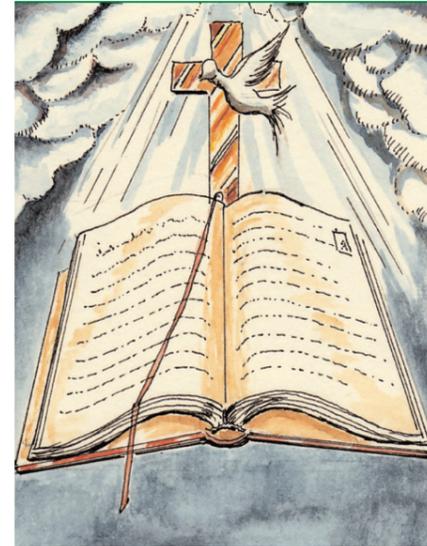
Cf. Ps 77: 29-30

**PRAYER AFTER COMMUNION**

Having fed upon these heavenly delights,  
we pray, O Lord,  
so that we may always long  
for that food by which we truly live.  
Through Christ our Lord. **Amen.**

# Our Faith on Sunday

## GOSPEL REFLECTION



The ten commandments give us very clear indications about what is right and wrong: murder, stealing, adultery, envy, honouring parents

etc. However, Jesus sets the bar of behaviour even higher. It is not enough to avoid murder; I must not insult others or call them a fool. I may think I am gaining God's favour by bringing my gift to the altar but it will be rejected if I am not in right relationship with my neighbour. We find these exacting standards throughout the Gospel. Jesus tells his disciples, "Be perfect, therefore, as your heavenly Father is perfect" (Mt 5, 48). That's a tall order for us human beings; we are only too well aware of the ease with which we give in to temptations of every sort. Who among us has never lost their temper or called someone a fool? Christian perfection would

seem to be unreachable if it were not for the fact that humility lies at its heart. If sin separates me from God, recognizing myself as a sinner has the opposite effect. Of course, that does not give me a licence to sin; what it means is that the journey towards perfection begins with the words of the tax collector in the gospel parable: "God, have mercy upon me, a sinner"; "for those who humble themselves will be exalted" (Lk, 18: 13,14).



POPE FRANCIS' ENCYCLICAL  
**FRATELLI TUTTI**  
BROTHERS AND SISTERS ALL



## RELIGIONS AT THE SERVICE OF FRATERNITY IN OUR WORLD

271. The different religions, based on their respect for each human person as a creature called to be a child of God, contribute significantly to building fraternity and defending justice in society. Dialogue between the followers of different religions does not take place simply for the sake of diplomacy, consideration or tolerance. In the words of the Bishops of India, "the goal of dialogue is to establish friendship, peace and harmony, and to share spiritual and moral values and experiences in a spirit of truth and love".<sup>259</sup>

<sup>259</sup> Catholic Bishops' Conference of India, Response of the Church in India to the Present-day Challenges (9 March 2016).

## Jubilee of Seminarians

Meditation of Pope Leo XIV, 24 June 2025

Just as Jesus loved with a human heart, so you are called to love with the Heart of Christ! To love with the heart of Jesus! To learn this art, however, you need to work on your interior life. That is the place where God makes his voice heard, and where the deepest decisions of our lives take shape. It is also the place where you will encounter the tensions and struggles ( Mk 7:14-23) that summon you to conversion, so that your entire life can breathe the fragrance of the Gospel. Your first job, then, is to work on your interior life. Keep in mind Saint Augustine's constant invitation to return to the heart, because it is there that we will find God. Sometimes descending to the depths of our heart can be intimidating, since we also have to confront our hurts, our wounds. Yet do not be afraid to face them, also with the help of others, because those wounds will make you sympathetic and compassionate towards others who suffer. Without an interior life, no real spiritual life is possible, because it is in the heart that God speaks to us. God speaks in the heart, and we have to learn how to hear his voice. Part of this process is learning how to read the movements of the heart: not only the instant and fleeting emotions typical of youth, but also and above all the feelings that will help you discover the right direction in life.



# 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#\\_=\\_](https://m.facebook.com/.westcar#_=_)

## Weekly Services

### Sunday 15 February: Sixth Sunday in Ordinary Time (Wednesday is Ash Wednesday; fasting and abstinence)

9:00am St G Mass: Tessa Truman Int (90th B'day)

5.30pm St W Mass: Mathew RIP

### Monday 16 February

2:30pm St G Rosary Group: All welcome

### Tuesday 17 February

9am St G Dinky Lissenburg RIP

### Wednesday 18 February (Ash Wednesday)

6.30pm St W Mass: Marie Solange &  
Louis Yves Dick Int

### Thursday 19 February

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

### Friday 20 February

1pm St W Funeral Service Agnes Delaney

### Sunday 22 February: First Sunday of Lent

(Friday is CAFOD Lent Fast Day, Collection on 1/3/26)

9:00am St G Mass: Mathew & Cicily RIP

10.30am St W Mass: Michael Copper RIP

3pm St G Stations of the Cross

### 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

**Ash Wednesday:** On Wednesday 18th February there will be a Mass with blessing and distribution of ashes at **6.30pm at St Wilfrid's.**

**Thank you:** Tessa says thank you for all the prayers, gifts and cards on her 90th Birthday. They are much appreciated.

**8th Feb - Mass Attendance:** St W's 129 St G's 70

**Lenten Reconciliation Service** on Friday, March 6<sup>th</sup> at 6.30pm in St Wilfrid's church.

**Lent and Springtime:** As you read this newsletter you will have received a paper titled Lent and Springtime. Originally written for the church in Ireland you will forgive me if I state the obvious by stating that the message is appropriate for our church today as it was when first published. I hope that you find this article inspiring as we seek to deepen our relationship with our God, redeemer and source of Life. Wishing you all a happy and joyous Lent.

### CAFOD Lent Appeal – Family Fast Day & Big Lent Walk:

This Lent, we're invited to live out the Gospel call to love our neighbour. By taking part in Family Fast Day and giving what you save, you help families around the world grow food in difficult conditions. Please take a CAFOD envelope, use the digital plate or donate online using this QR code. To mark Family Fast Day, join us for a simple soup and bread lunch in St Wilfrid's Hall after the 10.30am Mass on Sunday 22nd February. All are welcome for fellowship and family Lenten activities.



You can also support CAFOD by sponsoring Gerry and Teresa Palmer, who are each walking 200km in 40 days as part of the CAFOD Big Lent Walk: Sponsor forms are available at the back of church or follow this link. [Teresa and Gerrys Big Lent Walk is fundraising for CAFOD](#)

If you'd like to take on the Big Lent Walk yourself, you can sign up using the QR code on the parish noticeboard.

**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 11am on Ash Wednesday, 18th Feb, and will last for approx. one hour. For further information or to register, please speak to David or E: [pfc.hailsham@abdiocese.org.uk](mailto:pfc.hailsham@abdiocese.org.uk)

**Sunday Charity Breakfast:** 22 Feb, after mass at St George's when we will be supporting "Beachy Head Chaplaincy".

**Parish Over 50's Afternoon Tea & Games:** 26 Feb, 2-4pm, theme is Winder Wonderland. Anyone over 50 is welcome.

### Dates for your Diary:

Wed 18 Feb, 11am - Lenten Reflections, St W's

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

Sun 22nd Feb, 10.30am - Family Fast Day, Soup Lunch, St W's

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.

Fri 6 March, 6.30pm - Lenten Reconciliation Service, St W's.

Thurs 12 March, 6-7.30pm - 1st Holy Com Mtg, St W's Hall.

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