

## ENTRANCE ANTIPHON

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

Cf. Ps 90:15-16

## SECOND READING

A reading from the First Letter of Saint Paul to the Romans.  
Romans 5:12-19

*(Shorter form)*

Brothers and Sisters: Just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned. For if, because of one man's trespass, death reigned through that one man; much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ. Therefore, as one trespass led to condemnation for all men, so one act of righteousness leads to justification and life for all men. For as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

The word of the Lord.  
Thanks be to God.

## ACCLAMATION BEFORE THE GOSPEL

**Glory and praise to you, O Christ.** Matthew 4:4b  
**One does not live by bread alone,  
but by every word that comes forth from the mouth of God.**  
**Glory and praise to you, O Christ.**

## GOSPEL

Matthew 4:1-11

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

At that time: Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry.

And the tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, "Man shall not live by bread alone, but by every word that comes from the mouth of God."'

Then the devil took him to the holy city and set him on the pinnacle of the Temple and said to him, 'If you are the Son of God, throw yourself down, for it is written, "He will command his angels concerning you", and "On their hands they will bear you up, lest you strike your foot against a stone."' Jesus said to him, 'Again it is written, "You shall not put the Lord your God to the test."'

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory. And he said to him, 'All these I will give you, if you will fall down and worship me.' Then Jesus said to him, 'Be gone, Satan! For it is written, "You shall worship the Lord your God and him only shall you serve."' Then the devil left him, and behold, angels came and were ministering to him.

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.  
**Amen.**

R.

## COMMUNION ANTIPHON

Mt 4:4

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

R.

## 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.  
**Amen.**

R.

## 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,  
God, for ever and ever.  
**Amen.**

## FIRST READING

A reading from the Book of Genesis. Genesis 2:7-9; 3:1-7

The LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature. And the LORD God planted a garden in Eden, in the east, and there he put the man whom he had formed. And out of the ground the LORD God made to spring up every tree that is pleasant to the sight and good for food. The tree of life was in the midst of the garden, and the tree of the knowledge of good and evil.

Now the serpent was more crafty than any other beast of the field that the LORD God had made. He said to the woman, 'Did God actually say, "You shall not eat of any tree in the garden"?' And the woman said to the serpent, 'We may eat of the fruit of the trees in the garden, but God said, "You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die."' But the serpent said to the woman, 'You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.' So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths.

The word of the Lord.  
Thanks be to God.

## PSALM

Psalm 51(50):3-4. 5-6b. 12-13. 14, 17. R. cf. 3a

## R. Have mercy on us, O Lord, for we have sinned.

Have mercy on me, O God,  
according to your merciful love;  
according to your great compassion,  
blot out my transgressions.  
Wash me completely from my iniquity,  
and cleanse me from my sin.

My transgressions, truly I know them;  
my sin is always before me.  
Against you, you alone, have I sinned;  
what is evil in your sight I have done.

Create a pure heart for me, O God;  
renew a steadfast spirit within me.  
Do not cast me away from your presence;  
take not your holy spirit from me.

Restore in me the joy of your salvation;  
sustain in me a willing spirit.  
O Lord, open my lips  
and my mouth shall proclaim your praise.

## Our Faith on Sunday

## GOSPEL REFLECTION



The episode of Jesus being tempted in the desert helps us to reflect on one of the essential realities of our spiritual lives. Desire is at the heart of what it means to be human. It is the engine of motivation. Just think of all the training that an athlete is willing to take on in pursuit of the desire to win an Olympic gold medal. Some desires are related to biological needs: we desire food

when we are hungry and water when we are thirsty. But our desire goes well beyond the merely biological. When St. Clare came to speak to St. Francis of Assisi and he asked her what she desired, she replied: "God". We have a natural desire for God and as St. Augustine wrote: "You have made us for yourself, O Lord, and our heart is restless until it rests in you". This is God-centred desire. The essence of temptation is that it appeals to our ego which wants to be its own master without having to recognise its dependence on God. This is the attraction presented by the serpent to Adam and Eve: "you will be like God". Having failed in his first two attempts, in the third temptation narrated in the gospel

account the devil offers Jesus the ultimate attraction: power over all the kingdoms of the world. However, the ultimate attraction is necessarily linked to a definitive rebellion against God in the form of worshipping the devil. In his final words, Jesus gives us the model of all rejection of temptation: "You shall worship the Lord your God and him only shall you serve". During this Lenten season let us re-focus our lives on serving God alone.



POPE FRANCIS' ENCYCLICAL  
FRATELLI TUTTI  
BROTHERS AND SISTERS ALL



## THE ULTIMATE FOUNDATION

272. As believers, we are convinced that, without an openness to the Father of all, there will be no solid and stable reasons for an appeal to fraternity. We are certain that "only with this awareness that we are not orphans, but children, can we live in peace with one another".<sup>260</sup> For "reason, by itself, is capable of grasping the equality between men and of giving stability to their civic coexistence, but it cannot establish fraternity".<sup>261</sup>

261. BENEDICT XVI, Encyclical Letter Caritas in Veritate (29 June 2009), 19; AAS 101 (2009), 655.  
262. SAINT JOHN PAUL II, Encyclical Letter Centesimus Annus (1 May 1991), 44; AAS 83 (1991), 849.

Jubilee of Seminarians  
Meditation of Pope Francis Angelus  
26 February 2023

The Gospel of the first Sunday of Lent presents to us Jesus in the desert, tempted by the devil (cf. Mt 4:1-11). "Devil" means "divider". The devil always wants to create division, and it is what he sets out to do by tempting Jesus. Let us see, then, from whom he wants to divide him, and how he tempts him. From whom does the devil want to divide Jesus? After receiving Baptism from John in the Jordan, Jesus was called by the Father "my beloved Son" (Mt 3:17), and the Holy Spirit descended upon him in the form of a dove (cf. v. 16). The Gospel thus presents us the three divine Persons joined in love. Then Jesus himself will say that he came into the world to make us, too, partake in the unity between him and the Father (cf. Jn 17:11). The devil, instead, does the opposite: he enters the scene to divide Jesus from the Father and to distract him from his mission of unity for us. He always divides... We defeat the devil by countering him in faith with the divine Word. In this way, Jesus teaches us to defend unity with God and among ourselves from the attacks of the divider. The divine Word that is Jesus' answer to the temptation of the devil.



# 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 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

### Monday 23 February

2:30pm St G Rosary Group: All welcome

### Tuesday 24 February

10am St G Mass: Allison de Sousa RIP

### Wednesday 25 February

10am St W Mass: Joseph Finn RIP

### Thursday 26 February

10:00am St G Liturgy of the Word

### Sunday 1 March: Second, 'Transfiguration' Sunday of Lent

(Collection for CAFOD Today)

9:00am St G Mass: Parish Communities' Int

10.30am St W Mass: The Cleary Family 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, Madeleine Waters, Andrew, and Gerry Page

Our Parish Pastoral Council recently met and acknowledged the importance of parishioners being able to contact the group to discuss areas of interest. Consequently, we will be producing a poster to illustrate the Council members and their individual roles. It is anticipated that this may assist parishioners in identifying who best to approach for a specific issue that may need clarifying.

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

**15th Feb - Mass Attendance:** St W's 69 St G's 73

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

This Friday, 27 February, is CAFOD Family Fast Day. By fasting and giving what you save, you can help families around the world to grow food and build a future, even in the most difficult conditions. Please take a CAFOD envelope, use the digital plate, or donate online using the QR code provided.



To help us mark this important day together as a parish, everyone is warmly invited to a simple soup and bread lunch in St Wilfrid's Hall this Sunday after the 10.30am Mass. It's a chance to share fellowship, support a vital cause, and take part in family-friendly Lenten activities. All are very welcome.

You can also support the Lent Appeal 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 you can support them online via the link provided. [Teresa and Gerrys Big Lent Walk is fundraising for CAFOD](#) All funds raised will go directly to CAFOD.

**Lenten Reflection:** Our weekly reflections, based on the book "Knowing and Growing" by David Adam, continue through to Easter. There are still opportunities to join us. It is not essential to have participated in previous sessions. For more information contact David Hoad or email: [pfc.hailsham@abdiocese.org.uk](mailto:pfc.hailsham@abdiocese.org.uk)

## Spring Fair – Can You Help?

We're looking forward to holding a Spring Fair in St Wilfrid's Hall on **Saturday 28th March**, from **10.00am to 2.00pm**. There'll be plenty to enjoy, including craft stalls, a tombola, and refreshments throughout the day.

We'd love a bit of help from parishioners to make the day really special—whether that's lending a hand on the day, running a stall, or donating items for stalls or prizes. We're also welcoming local makers, crafters, and small businesses who might like to take part. Independent stallholders can book a table for £10 per table.

If you'd like to help, book a stall, or just find out more, please get in touch at [hailsham@abdiocese.org.uk](mailto:hailsham@abdiocese.org.uk). Thank you so much for your support—we hope you can be part of it!

**Sunday Charity Breakfast: Today**, 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. just turn up on the day.

## Dates for your Diary:

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.

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

Thurs 16 April, 6-7.30pm - 1st Holy Com Mtg, St W's Hall.