

ENTRANCE ANTIPHON

O come, let us worship God
and bow low before the God who made us,
for he is the Lord our God.

COLLECT

Keep your family safe, O Lord, with unfailing care,
that, relying solely on the hope of heavenly grace,
they may be defended always by your protection.
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 Prophet Isaiah.

Isaiah 58:6-10

Thus says the Lord: Is not this the fast that I choose: to loose
the bonds of wickedness, to undo the straps of the yoke, to let
the oppressed go free, and to break every yoke?
Is it not to share your bread with the hungry and bring the
homeless poor into your house; when you see the naked, to
cover him, and not to hide yourself from your own flesh?

Then shall your light break forth like the dawn, and your healing
shall spring up speedily; your righteousness shall go before
you; the glory of the Lord shall be your rearguard.

Then you shall call, and the Lord will answer; you shall cry, and
he will say, 'Here I am.' If you take away the yoke from your
midst, the pointing of the finger, and speaking wickedness, if
you pour yourself out for the hungry and satisfy the desire of
the afflicted, then shall your light rise in the darkness and your
gloom be as the noonday.

The word of the Lord.
Thanks be to God.

PSALM

Psalm 112(111):4-5. 6-7. 8a, 9. R.4a

R. A light rises in the darkness for the upright.

or: Alleluia.

A light rises in the darkness for the upright;
he is generous, merciful, and righteous.
It goes well for the man who deals generously and lends,
who conducts his affairs with justice.

He will never be moved;
for ever shall the upright be remembered.
He has no fear of evil news;
with a firm heart, he trusts in the Lord.

With a steadfast heart he will not fear.
Open-handed, he gives to the poor;
his justice stands firm for ever.
His might shall be exalted in glory.

SECOND READING

A reading from the First Letter of Saint Paul to the Corinthians.
1 Corinthians 2:1-5

I, when I came to you, brothers and sisters, did not come
proclaiming to you the testimony of God with lofty speech or
wisdom. For I decided to know nothing among you except
Jesus Christ and him crucified. And I was with you in weakness
and in fear and much trembling, and my speech and my
message were not in plausible words of wisdom, but in
demonstration of the Spirit and of power, so that your faith might
not rest in the wisdom of men but in the power of God.

The word of the Lord.
Thanks be to God.

Ps 94:6-7

ACCLAMATION BEFORE THE GOSPEL

Alleluia, alleluia.
I am the light of the world, says the Lord;
whoever follows me will have the light of life.
Alleluia.

John 8:12

GOSPEL

Matthew 5:13-16

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 said to his disciples, 'You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet.'

'You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

O Lord our God,
who once established these created things
to sustain us in our frailty,
grant, we pray,
that they may become for us now
the Sacrament of eternal life.
Through Christ our Lord.

Amen.

R.

COMMUNION ANTIPHON

Cf. Ps 106:8-9

Let them thank the Lord for his mercy,
his wonders for the children of men
for he satisfies the thirsty soul,
and the hungry he fills with good things.

PRAYER AFTER COMMUNION

O God, who have willed that we be partakers
in the one Bread and the one Chalice,
grant us, we pray, so to live
that, made one in Christ,
we may joyfully bear fruit
for the salvation of the world.

Through Christ our Lord.

Amen.

8TH FEBRUARY 2026

Our Faith on Sunday

GOSPEL REFLECTION



As a Christian I am called to be the "salt of the earth". So, what could it mean for this salt to lose its taste?

When can a Christian no longer be called a Christian? The simple answer is: when I do not love my neighbour. Jesus clearly told us that we will be recognised as his disciples if we love one another. It is only by putting this into practice that we will be "the light of the world". Love is a light and whoever loves walks in the light and radiates light. Everyone can see the good works we do. They are truly good because they are not self-centred. They are not aimed at self-glorification. They give glory to the "Father who is in heaven". Love does not put itself in the light; love shines its light on the beloved. Jesus modelled this for

us by continually turning our gaze towards his Father and our Father. Just as salt can lose its taste a light can go out. The prophet Isaiah says: "If you pour yourself out for the hungry, and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as noonday" (Is 58,10). Perhaps more than at any other time the world today needs light. Are you that light?



POPE FRANCIS' ENCYCLICAL
FRATELLI TUTTI
BROTHERS AND SISTERS ALL



THE DEATH PENALTY

270. I ask Christians who remain hesitant on this point, and those tempted to yield to violence in any form, to keep in mind the words of the book of Isaiah: "They shall beat their swords into plowshares" (2:4). For us, this prophecy took flesh in Christ Jesus who, seeing a disciple tempted to violence, said firmly: "Put your sword back into its place; for all who take the sword will perish by the sword" (Mt 26:52). These words echoed the ancient warning: "I will require a reckoning for human life. Whoever sheds the blood of a man, by man shall his blood be shed" (Gen 9:5-6). Jesus' reaction, which sprang from his heart, bridges the gap of the centuries and reaches the present as an enduring appeal.



Pope Leo XIV
Angelus 22 June 2025



At the root of every human sharing lies a greater sharing that precedes it, namely God's sharing with us. He, the Creator, who gave us life, in order to save us asked one of his creatures to be his mother, to give him a fragile, limited, mortal body like ours, entrusting himself to her as a child. In this way, he shared our poverty to the utmost limits, choosing to use the little we could offer him in order to redeem us. Let us think of how wonderful it is when we give a gift — even a small one, proportionate to our means — and see that it is appreciated by the recipient; how happy we are when the gift, despite its simplicity, unites us even more to those we love. Indeed, what happens between us and God through the Eucharist is precisely that the Lord welcomes, sanctifies and blesses the bread and wine that we place on the altar, together with the offering of our lives, and he transforms them into the Body and Blood of Christ, the sacrifice of love for the salvation of the world. God unites himself to us by joyfully accepting what we bring, and he invites us to unite ourselves to him by likewise joyfully receiving and sharing his gift of love. In this way, says Saint Augustine, "just as one loaf is made from single grains collected together... so in the same way the body of Christ is made one by the harmony of charity".

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 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.

Monday 9 February

2:30pm St G Rosary Group: All welcome

Tuesday 10 February

11:00am St G Requiem Mass Mary Dolores Giles

Wednesday 11 February

12noon St W Mass: Alan & Bill O'Rourke RIP

Thursday 12 February

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

Saturday 14 February

St W

Sunday 15 February: Sixth Sunday in Ordinary Time

(Wednesday is Ash Wednesday; fasting and abstinence)

9:00am St G Mass: Tessa Truman Int.

5.30pm St W Mass: Mathew RIP

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

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.

Parish Social Events Questionnaire: Please remember to complete your responses by 8th February. Thank you.

1st Feb - Mass Attendance: St W's 121 St G's 80

Fr Paul writes:

Mass times this coming week. Last weekend I assured you that I and Fr. Kevin Dring, the Dean and Parish Priest at Our Lady of Ransom in Eastbourne, have gladly undertaken to look after the pastoral care of the parish in Fr Rory's absence. I said that I already have commitments made some time ago and which I will need to fulfil and that I hoped you would understand and be prepared to be a bit flexible until then. *As one of those commitments, this coming week I am saying weekday Mass at Hove so I am afraid there will be no Mass at St George's on Tuesday, but there will be a funeral Mass as arranged with Fr Terry at 11am, then Mass at St Wilfrid's will be at 12.00 noon on Wednesday. Next Sunday (February 15th) I shall be at Hove in the morning, and Fr Dring will rearrange his own parish Mass schedule to come and say Mass at St George's at the usual time of 9.00am. At St Wilfrid's next Sunday, for one week only, will be no morning Mass but I will be with you for Mass at 5.30pm.* I appreciate that for some of this will mean changing your usual Sunday routine, but I am afraid it is the only option if we are to make Mass available for you in both churches next weekend. As I say, it will be for one weekend only and I hope you will understand. Thanks for your cooperation. Remember, Fr Kevin and I will do all we can to be helpful in any way so that together we may continue on our way to grow in faith and love, filled with the commitment and hope which comes from our desire to build up the community of the Church and proclaim the gospel.

Please keep Bishop Richard in your prayers as he makes his final preparation for his installation as Archbishop of Westminster next Saturday. I know that you will keep Fr Rory in your prayers, and I would like to assure you that the Diocese is making sure that he has all the care and support possible.

Please remember Father Rory in your prayers. He wishes to thank Canon Paul and Deacon John for covering for him during his absence. The Parish Council will be meeting this week to formulate a plan to support and sustain our community of faith in the coming months. This will be shared with everyone soon afterwards.

Ash Wednesday: On Wednesday 18th February there will be a Mass with blessing and distribution of ashes at **6.30pm 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 11am on Ash Wednesday, 18th Feb, and will last for approx. one hour. To help ensure that sufficient resources are available for all who wish to take part, please register your interest by 10th Feb. For further information or to register, please speak to David or E: pfc.hailsham@abdiocese.org.uk

Dates for your Diary:

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.