



www.eastbrightoncatholic.org.uk

Seeking God in Prayer, Growing Together in Faith, Reaching Out in Love.

Fourth Sunday in OT (A) 1st February 2026

Psalter week 4

WELCOME

Message from Fr Kieron

This week the Gospel gives us a kind of “blueprint” for Christian living; not with a list of prohibitions but with a set of blessings and aspirations - the *beatitudes*. Literally a list of right attitudes for life. Sadly some sections of popular culture now seem intent on not merely dismantling these ideals, but replacing them with the polar opposite. So, self-sufficiency takes over our need for God; no need to be poor in spirit. Meekness is seen as a weakness and arrogance is a virtue. Might is right, but it will never be enough and to be merciful is just a show of inadequacy. Whereas we once prided ourselves in maintaining peace, now it is fashionable to prepare for war. Those who are persecuted are not blest, but victimised. This sounds like exaggeration, but we can see truth in all of this at least some of the time. It has never been more urgent for us to recapture the spirit of Matthew 5 and rediscover the attitudes to life which make us truly blest.

The values of God’s Kingdom sometimes seem diametrically opposed to what we see around us and yet we witness more people genuinely seeking truth and justice and finding the answer in the teaching of Jesus. The vision for our Parish of Brighton & Hove, shared a couple of weeks ago, is an attempt to show how we give concrete form and shape to the ideals of the Beatitudes in our own time and place. What popular culture might want to dismantle and destroy, we can build up and proclaim, so that our lived reality in our city gradually becomes more Kingdom like and more Jesus centred.



Monks in the City - Season 8

Saturday Sanctuary - Next Saturday

Saturday 7th February from 10:45am - 12:45pm

Take time out to reflect and pray with the Monks.

PRAYING THE DIVINE OFFICE with the Monks

NEW TIME of 4:45pm on Saturday and Sunday

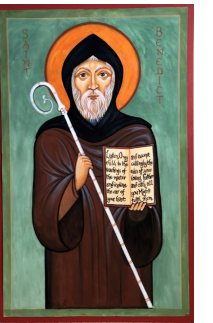
Prayer of the Church with psalms, scripture readings and intercessions.

Monk Talks

Tuesday 17th February - “A Benedictine approach to Lent” with Fr Peter

Fr Peter will share his insights and those of St Benedict as we enter this holy season.

6pm Evening Prayer | 6:30pm simple supper | 7pm Talk



Adoration, Reflection & Music - Friday 13th February 2026

Join us at St Josephs from 6:45-7:45. Everyone is very welcome!

Our next date is Friday 27th March for Adoration and Lent Reconciliation Service



Our New Parish Hub - Redevelopment of St Josephs Hall.



Work continues to progress well on site following the demolition of the hall, as we move into the next phase of the build. From 2 February, the following works will be taking place over the next few weeks: Full site establishment. Underpinning works commencing. Garden retaining wall works commencing

We'd love you to help us tell the story of our new Parish Hub. If you've already taken photos or videos of the site, or if you notice moments of change as the build progresses and are able to capture them, please do share them with us. Together, these images will help record the journey of the Hub as it takes shape.

You can send these to projects.eastbrighton@abdiocese.org.uk. Shared photos may be used in parish communications (such as newsletters, the website or displays). Thank you for your support!

Parish Foodbank – We need used egg boxes please!

The foodbank is open **Mondays, 10:30–11:30am** at the SJB presbytery (front office). Please bring donations to Sunday Mass: Eggs, fresh fruit & veg, tins, dry goods, strong bags. **Please remember! We can't store refrigerated food—please don't bring anything that needs a fridge!** To donate to the **Foodbank Fund**, [click here](#). Thanks!

Support New Family Homes

Mission: HOME are seeking support for a live planning application for four new council homes for families in Brighton & Hove, closing 3 Feb. If approved, the homes would provide stable housing for families currently living in temporary accommodation. Your support can make a real difference. A short draft letter and a quick individual support option are available online: www.missionhome.org.uk/watch

Household Items Available

A parishioner who is relocating is generously offering a number of household items, including a fridge freezer, washing machine, dishwasher, sofa and TV. If you may be interested, please contact the Parish Office details.

Emergency Appeal – Thank You & Ongoing Collection

Thank you to everyone who has responded so generously to our emergency appeal for refugee families displaced by the December fire. Your donations have already gone directly to the women and families affected, who are deeply grateful for the kindness shown.

We are continuing to collect donations this week, as the families still face significant uncertainty and limited support. Urgently needed items include women's and children's clothing, baby items, and books or games for children. Donations can be dropped off at the Parish Office on Monday, Wednesday and Friday, 9.00am–1.00pm. Financial donations can also be made via the parish website or the Dona machine in church. Thank you for your continued compassion and generosity.

Parish Safeguarding for the Young or Vulnerable

If you have concerns for someone you know or need advice or help yourself, please call the Diocesan Safeguarding Co-ordinator, Angela McGrory in confidence on 01293651148 or email one of the Parish Safeguarding Rep's: Linda Evans, St Josephs sg1.eastbrighton@abdiocese.org.uk & Julia Murray Logue, SJB sg2.eastbrighton@abdiocese.org.uk

YOUNG ADULTS/STUDENTS

We have a vibrant Student/Young Adults group in the parish called Deep Waters that gets together on Wednesday evenings 6:45pm next door in the basement of 6 Wellington Road. We share a meal, listen to a talk, have a time of prayer and then a social with drinks. On Sundays after the 11am Mass we also share lunch, and have some input, usually a personal faith story. This also takes place in 6 Wellington Rd. If you come to the back of church after Mass someone will find you and show you where to come!

For more info you can join our WhatsApp chat - for details email Claire on claireosullivan@brighton.ac.uk. Or follow our Instagram @brightonsussexcatholic. We look forward to meeting you!

GROUPS / MEETINGS

Mothers Prayers We are a group of mothers meeting on Monday's at 5pm on zoom. For info contact the parish office.

Tuesday Evenings Join us online at 7:30 on <https://us02web.zoom.us/j/84005968178>


Praise and Worship Group TUESDAY evenings, 7-8pm. 6 Wellington Rd- all welcome! Contact 07833 614205

Wednesday Evening Perpetual Novena and Divine Mercy Chaplet Every Wednesday at 4:00pm at SJB Church (if Church is closed - please ring the doorbell to the Presbytery)

Thursday Morning Group meets on the 2nd and the last Thursdays of each month at 10:15 - in person in the parish meeting room at St Joseph's, and also accessible online.

Padre Pio Group Join us at 6:30pm, Thursday evenings at St Joseph's for Rosary & Adoration of the Blessed Sacrament.

Catenians - a monthly meeting of Catholic men at The Hove Club. For more info see <https://cateniansprovince18.org.uk>



MONKS
IN THE CITY

PRAY WITH US
Morning Prayer at 9am: Monday - Saturday
Evening Prayer at 6pm: Monday - Thursday & NEW TIME 4:45pm on Saturday & Sunday

Midday Stillness Drop in between 12 Noon and 1 pm for a time of music, prayer and reflection with a monk - stay as long as you like.

Lectio Divina every Wednesday 8-9 pm [Join online here](#) or see our website.

St John the Baptist Catholic Primary School, Whitehawk Hill Road, BN2 0AH

The children have had a lovely week learning about their topics: space for reception year 1 and 2, Vikings for year 2, Romans for year 4, Crime and Punishment for year 5 and all about South America for year 6!

We put out a request for toys and clothes for refugee families and the community really came together to donate a huge amount. It took a lot of trips to collect it all!

Many Blessings, Carly Carden, Headteacher

CHILDREN & FAMILIES

Baptism Preparation

The next course for parents and carers who wish to prepare for the baptism of their baby or toddler is starting on 15th February. We will be preparing for baptism in April or May. Contact Julia for more information

Parents & Toddlers We meet at St Joseph's (side door entrance) on alternate Monday mornings from 10 am to 12 pm **Monday 26 January**, join us for fellowship, tea and coffee, play-time and an opportunity for adoration with or without children in the church. All welcome. Email Julia to join the WhatsApp group.



Family of Faith – Saturday 31 January

Family of Faith is a parish group for families who wish to grow together in their faith. Parents and children learn about the Mass, prayer, the liturgical year and the teachings of the Catholic Church, using YouCat for Kids, covering the full catechism over a three-year cycle. The programme is suitable for families with primary-school-aged children, including those preparing for Baptism, First Reconciliation and First Holy Communion, as well as families preparing for Confirmation in the future.

Sessions take place once a month on Saturdays at the Fitzherbert Community Hub. For more info, contact Julia.

Proclaim! Monday 2 February from 6:30–9pm at the FCH

Proclaim is a youth group for young people in Years 7-13 in which we build friendships, play games, and create a space for discussion about faith.



Contact Julia at families.eastbrighton@abdiocese.org.uk for details on any of the above

CONTACT DETAILS

The Presbytery & Parish Office: 2 Bristol Road, Brighton, BN2 1AP Tel 01273 087839

Canon Kieron O'Brien
kieron.obrien@abdiocese.org.uk

Fr Aidan Murray
amurray@worth.org.uk

Fr Peter Williams
pwilliams@worth.org.uk

Fr Patrick Fludder OSB
pfludder@worth.org.uk

Julia Wingfield - Families Ministry

All enquiries about Baptism, First Holy Communion, Messy Church etc
families.eastbrighton@abdiocese.org.uk

Parish Office (Mon, Wed & Fri, 9:30 -13:00)

Email: eastbrighton@abdiocese.org.uk

MASS TIMES

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| Saturday 31st January | | |
| St John the Baptist | 6:00pm First Mass of Sunday | Rose Feeley RIP - 10th Anniversary (<i>Feeley & King Family</i>) |
| Sunday 1st February | Fourth Sunday in Ordinary Time | |
| St John the Baptist | 11:00am Mass | Herb & Janine |
| St Joseph's | 11:00am Mass with Children's Liturgy | People of the Parish |
| St Joseph's | 5:30pm Mass | Teresa Denyer RIP (<i>Mary Murray</i>) |
| Monday 2nd February | | |
| St John the Baptist | 9:30am Mass | Jessie Connell RIP (<i>Foundation</i>) |
| Tuesday 3rd February | | |
| St John the Baptist | 9:30am Mass | Deceased parishioners of SJB |
| St Joseph's | No Mass | |
| Wednesday 4th February | | |
| St John the Baptist | 9:30am Mass | Lorraine Tinlin RIP—anniversary (<i>Ian Tinlin</i>) |
| St Joseph's | 6:00pm Mass | Healing for Donald, Xi, Susie, Vladimir & Charles (<i>Slawek</i>) |
| Thursday 5th February | | |
| St John the Baptist | 9:30am Mass | Danny Lillis |
| St Joseph's | No Mass | |
| Friday 6th February | | |
| St John the Baptist | 9:30am Mass | Erica Goodwin—get well |
| St Joseph's | 6:00pm Mass | Fanny Scott RIP (<i>Foundation</i>) |
| Saturday 7th February | | |
| St John the Baptist | 9:30am Mass followed by Confessions | Fr Aidan |
| St John the Baptist | 10:00am Adoration for the Diocesan Plan | |
| St Joseph's | 11:00am—11:45am Confessions | |
| St John the Baptist | 6:00pm First Mass of Sunday | People of the Parish |
| Sunday 8th February | Fifth Sunday in Ordinary Time | |
| St John the Baptist | 11:00am Mass with Children's Liturgy | Friends & family of Eilish McGinley RIP (<i>Michael O'Donnell</i>) |
| St Joseph's | 11:00am Mass with Children's Liturgy | Grace & Jinwoo Kim |
| St Joseph's | 5:30pm Mass | In thanksgiving to Carlos Atticus |

The greatest gift you can give a loved one - living or deceased - is the Sacrifice of the Holy Mass.

To request a Mass, please complete a Mass Intention envelope (available in church) or contact the Parish Office. Donations may be made in cash or cheque (red letter box in the Sacristy), via the Dona machine ("Mass Intentions"), or by bank transfer (details from the Parish Office). If you need a specific date, please book early and we will try our best to accommodate.

Please pray for the sick of our parish:

Moira Hall, Agnes Manyingwa, Jean Small, Yenna VanHannover, Ann Callaghan, Tommy Maher, Claire Ashenden, Mary Howes Ewa Knebloch-Kozlowska, Barbara Garlington, Mary Howes, Phil McGrandles, Gordon Murray, Ian Tinlin, Marie Clare, Sue Bonner, Maria Rigby, Shannon Grewal, Janet Alan, Jayveer Grewal, Anthony Price, Pete Weston, Gerald Grace, Michael Warner, José Luis Cabanas, Laurie Garlington, Helen Symmons, Anthony Warner, Maureen Croake, Ann Peyton, Ian Brockwell and Roger Paine. And all parishioners who need our prayers.

Those who have died recently especially Wyn Wescott, Dorothy Gartier, and those whose anniversaries occur around this time. *To be added to the sick list contact the Parish Office. Please contact Fr Kieron if you are going into hospital.*