



St Joseph's & St John the Baptist

PART OF THE BRIGHTON & HOVE CATHOLIC PARISH

www.eastbrightoncatholic.org.uk

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

First Sunday of Lent (A) 22nd February 2026

Psalter week 1

WELCOME

Message from Fr Aidan

We are now in the liturgical season of Lent, a graced season when we journey with Jesus to the Cross and to Easter, that glorious celebration of the Lord's resurrection. Lent is a season of conversion and repentance and the church gives us three pillars to assist us: *prayer, fasting and almsgiving*.

The origin of the word "Alms" means mercy and pity and almsgiving is "*a witness to fraternal charity*" and "*a work of justice pleasing to God*". Almsgiving is the act of donating money or goods to the poor or performing other acts of charity and is an outward sign of Christian love for others.

We can give alms in a number of ways and this is sometimes summed up as the three T's **Time - Talent - Treasure**. Giving of our time in the service of others, using our gifts to help the church and community and thirdly giving of our treasure, giving of our own resources financial or otherwise, to those who are in need.

At Mass this weekend you will have heard about the importance of giving to the parish to support our mission. This too can be almsgiving and is important today so that we can continue to live and preach the gospel, bringing others to Christ and having compassion and care for those in need.

In the office of Matins on Thursday last week a reading from Pope Saint Leo the Great summed up almsgiving in this way: "...almsgiving under the one name of mercy covers a multitude of praiseworthy deeds of charity. Thus all the faithful, although unequal to one another in their worldly possessions, should be equal in the drive of their spiritual lives..... it is our duty to love both God and our fellow men and, however we may be hindered in other ways, we are always sufficiently free to wish well to others.....There are all manners of possible works of mercy and their very variety implies this for true Christians that both the rich and the poor have opportunities for doing good. Thus, even if we are not all equal in our worldly goods, we can achieve an equal standard in the love of our fellows."

Almsgiving is a sign of our love for our fellows

THREE PILLARS OF LENT



PRAYER



FASTING



ALMSGIVING



Giving Sunday – Supporting Our Shared Mission

This weekend is **Giving Sunday**, an opportunity to reflect on how we each support the life and mission of our parish. Everything we do - worship, outreach, support for families and our community spaces - is made possible by your generosity.

If you are able, please consider setting up a regular donation or reviewing your current giving. We have parishioners at the back of church after Mass to answer any questions.

Visit: www.eastbrightoncatholic.org.uk/support-us

Thank you — your giving makes our mission possible.

Lent Retreat Day with the Monks Saturday 7th March.

Monks in the City invite you to a Day Retreat introducing Benedictine insights for Lent, to be held at St. John the Baptist and the FCH. Time: 10.45 – 4pm. Please bring your own lunch. Teas and Coffees provided.

Contact monksinthecity@worth.org.uk or 07444 802368 to book your place.

Alpha online - want to know more about our faith? Wednesdays 7:30

Alpha is an open space to explore faith through film, conversation, and community.

Why not invite a friend? For more information and to join contact alpha@eastbrightoncatholic.org.uk.



Stations of the Cross

St Joseph's - Friday evenings Mass 6pm | Vespers 6:30pm | Stations of the Cross at 7pm

St John the Baptist - Friday evenings Stations of the Cross at 8pm

Reclaiming Humanity: Attention & Love in a Fragmented World

An afternoon Exploring Catholic Social Teaching with **Fr Toby Lees OP**

Sunday 22 March · 1:30-4:15pm · Fitzherbert Community Hub

Fr Toby Lees OP — Dominican priest, moral theologian, and Priest Director of Radio Maria England — will explore how forces in our culture fight for our attention, weakening our capacity to love; how fragmentation affects our humanity, and how we can stay grounded through contemplation, communion, and generosity.

All are welcome to join early for a shared lunch at 12:45pm (please bring a packed lunch or a dish to share).

No booking required. Donation only. Tea, coffee, & cake provided. For more info joanna.gilbert@abdiocese.org.uk



PRAY, FAST & DONATE with CAFOD this LENT

Come and talk to us at one of our cake sales after the 11am masses.

The Second collection for the CAFOD Lent Fast Day Appeal will be on Sun 8 March



Thank You to Brighton Lions Charity Club

We are very grateful to the Brighton Lions Charity Club, who generously donated and delivered around £550 worth of food for our parish foodbank this month. Their practical support will make a real difference to local families. Thank you to Bob, Pete and all the Brighton Lions members for their kindness & support of our community.

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!

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!

Young adults' Easter retreat at Worth Abbey! Maundy Thursday 2nd April - Easter Sunday 5th April.



(Plus optional walking pilgrimage from Brighton, leaving Palm Sunday.)

Come and celebrate together the death and Resurrection of Jesus Christ, the greatest Feast of the year and climax of our faith. Talks from monks / space for personal reflection / group discussion / social time / beautiful liturgy

Retreat cost: £200 (£100 places available - please enquire at retreats@worth.org.uk for more details). To book your place visit: www.worthabbey.org/our-retreats and click on the 'young adults' tab.

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>



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 - 1 pm for a time of music, prayer and reflection with a monk.

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

CHILDREN & FAMILIES

Parents & Toddlers We meet at St Joseph's (side door entrance) on alternate Monday mornings from 10 am to 12 pm **Monday 2 March**, 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 28 February

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 are one Saturday a month at the Fitzherbert Community Hub. For info, contact Julia.*



Proclaim! Monday 2 March 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.

Messy Church - St Josephs Church 12.45 - 2.15 pm Sunday 8 March

Messy Church is a Christ-centred family event for our community to come together to eat, make friends, get creative in activities that don't involve a screen, and learn more about Jesus in a relaxed, messy environment. Invite your grandparents, friends & neighbours to "come & see"!



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

Saturday 21st February		
St John the Baptist	6:00pm First Mass of Sunday	People of the Parish
Sunday 22nd February		
First Sunday of Lent		
St John the Baptist	11:00am Mass with Children's Liturgy	Neha George RIP - 3rd Anniversary (George & family)
St Joseph's	11:00am Mass with Children's Liturgy	Teresa Mary Flynn RIP
St Joseph's	5:30pm Mass	Helen McEvoy RIP
Monday 23rd February		
St John the Baptist	9:30am Mass	Maria & Alphonso Schiavone RIP (Enza)
Tuesday 24th February		
St John the Baptist	9:30am Mass	Murphy Family (Jack Murphy)
St Joseph's	6:00pm Mass	Sebastian Cyriac RIP (Bril Sebastian)
Wednesday 25th February		
St John the Baptist	9:30am Mass	Libby McElhinny - intentions (Maria & Micheline)
St Joseph's	6:00pm Mass	Grasya Kim & Jinwoo Kim
Thursday 26th February		
St John the Baptist	9:30am Mass	Phyllis Lintag
St Joseph's	6:00pm Mass	James & Margaret Holmes RIP (Foundation)
Friday 27th February		
St John the Baptist	9:30am Mass	Tony Pigott RIP
St Joseph's	6:00pm Mass	Holy Souls
Saturday 28th February		
St John the Baptist	9:30am Mass followed by Confessions	Anacleto Niala RIP - 2 nd Anniversary (Junard Niala & family)
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	Nora Moran RIP
Sunday 1st March		
Second 'Transfiguration' Sunday of Lent		
St John the Baptist	11:00am Mass with Children's Liturgy	Holy Souls
St Joseph's	11:00am Mass with Children's Liturgy	Francis Stevenson RIP (Carmel Stevenson)
St Joseph's	5:30pm Mass	People of the Parish

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, 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.