

Our Parish Liturgy

This Week (1 Lent A)

DIVINE OFFICE	WEEK 1
ENTRANCE HYMN	18.00 180 09.00 180 11.00 Musicians
PENITENTIAL ACT	Spoken
FIRST READING	Genesis 2:7-9; 3:1-7 <i>'The creation and sin of our first parents.'</i>
PSALM RESPONSE	<i>Have mercy on us, O Lord, for we have sinned.</i>
SECOND READING	Romans 5:12-19 <i>'Where sin increased, grace abounded all the more.'</i>
GOSPEL ACCLAMATION	<i>Glory and praise to you, O Christ. 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.</i>
GOSPEL READING	Matthew 4:1-11 <i>'Jesus fasts for forty days and is tempted.'</i>
PRESENTATION OF THE GIFTS	18.00 842 09.00 842 11.00 Musicians
SANCTUS	18.00 Missal Tone 09.00 Missal Tone 11.00 Musicians
MEMORIAL ACCLAMATION	18.00 Missal Tone 09.00 Missal Tone 11.00 Musicians
GREAT AMEN	18.00 Missal Tone 09.00 Missal Tone 11.00 Spoken
OUR FATHER	18.00 Spoken 09.00 Spoken 11.00 Musicians
AGNUS DEI	18.00 Missal Tone 09.00 Missal Tone 11.00 Musicians
COMMUNION ANTIPHON	<i>One does not live by bread alone, but by every word that comes forth from the mouth of God.</i>
THANKSGIVING	18.00 213 09.00 213 11.00 Musicians
RECESSION	18.00 934 09.00 934 11.00 Musicians

Next Week (2 Lent A)

DIVINE OFFICE	WEEK 2
FIRST READING	Genesis 12:1-4a <i>'The call of Abram, the father of the People of God.'</i>
PSALM RESPONSE	<i>May your merciful love be upon us, as we hope in you, O Lord.</i>
SECOND READING	2 Timothy 1:8b-10 <i>'God calls and enlightens us.'</i>
GOSPEL READING	Matthew 17:1-9 <i>'His face shone like the sun.'</i>

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MARRIAGE MATTERS

In his Apostolic Exhortation *Amoris Laetitia*, Pope Francis offers a profound insight into the joy of Christian marriage and reminds us of its place at the very heart of the Church's life. Christian marriage, he observes, 'is a sign of how much Christ loved his Church in the covenant sealed on the cross, yet it also makes that love present in the communion of the spouses. By becoming one flesh, they embody the espousal of our human nature by the Son of God.'

As we know, the Holy Scriptures feed and nourish our faith and help us to grow in our relationship with God and one another. It is for this reason that these scriptural reflections are offered. They should help enable married couples to focus on the richness of God's Word that we hear proclaimed each Sunday of the Year and to experience the deep joy of God's love expressed in the great Sacrament of Marriage.

AVOID INDEPENDANCE



Today, both Eve and Jesus are tempted to become independent, to turn away from the love of God. In marriage, we can think we have a right to fulfil our own desires without considering our partner, but we need to share these deepest hopes and dreams, and be prepared to hear the impact on our loved one and our relationship.

Sacred Heart Parish Newsletter

for the Roman Catholic community of Cobham, Oxshott, & Stoke D'Abernon



part of the Arundel & Brighton Diocesan Trust, a Registered Charity No. 252878

Volume 07 Issue 13 22nd February 2026 : 1st Sunday Lent Year A

Accepting Limitations

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Rev Fr Daryl George JCL
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THIS WEEK:

BIBLE READING PLAN

Mo Leviticus 26-27
Tu Numbers 1-3
We Numbers 4-6
Th Numbers 7-10
Fr Numbers 11-13

Financial News . . .

Weekend of 15/02/26
Plate £ 393:02
Standing Orders £ 755:00
Contactless £ 120:00
1st Total £ 1,268:02

Thankyou for your continuing generosity to your Parish.

2nd None

2nd Collection . . .

This Weekend 22/02/26

Parish Buildings Fund

Gift Aid Members are able to make this collection tax efficient using the Yellow Envelope..

Next Weekend 01/03/26

CAFOD Lenten Fast Day

Gift Aid Members are to make this collection tax efficient using CAFOD's Special Envelope.

Bite Size . . .

Discipline weighs ounces, regret weighs tons.

Author unknown

As we move into this Lenten season of penitence, the readings for this first Sunday revolve around the themes of temptation and sin. The first reading recounts the story of the "Fall" of the first man and woman in the Garden of Eden. The second reading reflects back on that story. The Gospel reading, on the other hand, gives a glimpse of how we might be tempted yet remain faithful to God as Jesus was. It is as if Jesus' obedience brings the first story full circle, giving us hope that we aren't all doomed to give in to temptations to do what is wrong.

Between the first reading from Genesis when Adam and Eve eat the fruit they aren't supposed to eat, and the Gospel reading of Jesus resisting extreme temptations in his hunger and exhaustion, we are given two examples of how to deal with our own temptations. Adam and Eve were seemingly set up for an easy, blissful life with all they needed and more at their disposal. Yet the slightest suggestion from the serpent that they shouldn't be limited in what they had or in their power and knowledge was all it took for them to decide they knew better than God. How often we give in so easily when presented with options for more things even though we already have enough!

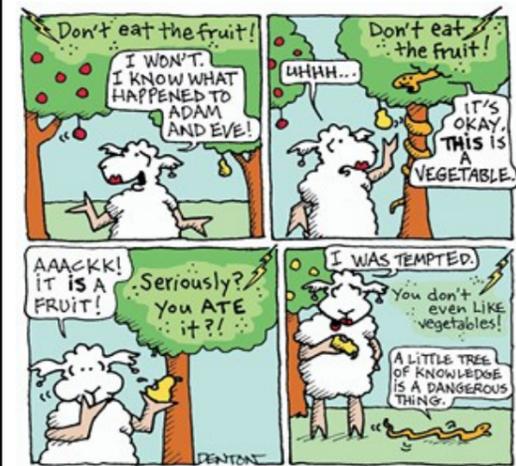
On the other hand, Jesus was in extreme physical need when he resisted the devil's temptations to feed himself and claim power. He had more reasons to give in, and most of us would be understanding if he did. But rather than grasp at physical comfort, reassurance, and strength, he chose to remain vulnerable and humble, even frail. When God became human in Jesus, he chose to be fully human and endure human limitations, from his 40 days in the desert all the way through to his agonizing death.

What is the lesson here then? Perhaps it is about not grasping for more things, more power, or more security,

but trusting we will be cared for, even in our vulnerabilities and need. Jesus accepted and lived with his human limitations. Certainly, it's uncomfortable and oftentimes outright painful to have physical, emotional, and intellectual limits as we live out our lives in imperfect bodies in an imperfect world. God isn't a masochist who wants us to be in pain and need, any more than God wanted that for Jesus, but Jesus shows us there is dignity in being limited, and there is strength in needing God.

Questions of the week

- 1 In what areas of your life are you most vulnerable to being tempted into choosing something that is not good for you?
- 2 How might you call upon the support of God and others to resist temptations this Lent?



"The woman answered the serpent: 'God said, You shall not eat it or even touch it, lest you die.'"

Sheepish Question:

But seriously, about temptation: How am I like Adam or Eve?

Before Mass - Talk to God During Mass - Listen to God After Mass - Talk to your friends

Parish Office

Normal Office Hours : Monday to Friday 09.30 - 12.30.

Parish Secretary : Sarah Cox (01932) 860244
cobham@abdiocese.org.uk

Newsletter Editorial : Items for possible inclusion in the Parish Newsletter (if there is room) need to be received (in writing please) at the Parish Office by midday on Wednesday.

Gift Aid Organiser : Dan Meehan (01372) 456416
ga.cobham@abdiocese.org.uk

Safeguarding Rep. : Mark Hillas 07436 571060
sg1.cobham@abdiocese.org.uk



General Parish Information

Parishioner Registration : Every household within the Parish is requested to complete a 'Parishioner Registration/Census' form so that our Parish records may be kept up to date. These forms can be obtained from the Parish Office and should be completed fully before being returned to the Parish Office.

Should you move address within the Parish at any time please complete a new form and write 'AMENDMENT' across the top of the form. Thank you.

Hospital : If you are going into hospital as a 'planned admission' you are strongly encouraged to make contact with Fr Daryl well beforehand so that, if appropriate, the Sacrament of the Sick can be celebrated beforehand.

Infant Baptism : Infant Baptisms are intended for the children of practising parishioners only and are celebrated on five occasions during the year after parents and godparents have completed a course of preparation. There can be no celebration without this important course. The dates of the courses for the current year can be found in the application form available from the Parish Office. Baptisms do not take place during the seasons of Advent or Lent.

Sacramental Preparation : Notice of the availability of Application Forms for preparation for First Reconciliation and First Eucharist will be made via the Parish Newsletter between the school Summer Half Term and 31st August each year. Possible candidates for Confirmation should respond to the announcements made via the Parish Newsletter at the beginning of the Autumn school term.

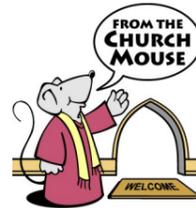
Parishioners are advised that it is very difficult to imagine that any family or individual who is not regularly practising the Faith as members of our community could possibly be ready to celebrate a Sacrament of the Church.

Marriage Preparation : Marriages are celebrated by appointment with the Parish Priest. It should be remembered that in the Diocese of Arundel & Brighton twelve months minimum notice is required before a marriage may take place; this is a requirement of the Church for all marriages that involve a Roman Catholic (even if they are not taking place in the Catholic Church). It is also necessary that one of the parties must have a meaningful connection with the Parish. Marriages do not take place during the seasons of Advent or Lent.

Parish Car Park : All Parishioners attending Mass and using our Car Park need to make sure that they have fully completed our 'Parishioner Registration/Census Form' (available from the Parish Office) before using the Car Park; this ensures that your current vehicle registration is lodged in the system. Registering only needs to be done once (unless you change your car or if you use another car in the family that is not registered on the system).

Important : if you are not registered on the system and you use the car park you will receive a parking notice. Registered Parishioners and pre-registered visitors are able to park whilst they attend our Masses/liturgies without fear of a charge notice. (Car Park queries - parking@shpcobham.com)

NOTE : the Car Park does not use QR codes any found are **scams!**



Church Mouse (cub reporter) . . .

The musings of one of God's smallest creatures on events in and around the Parish over the past seven days

So, it has begun; Fr D always says that there are Ten things to remember during Lent . . .

1. Remember the formula. The Church does a good job capturing certain truths with easy-to-remember lists and formulas: Ten Commandments, Seven Sacraments, Three Persons in the Trinity. For Lent, the Church gives us almost a slogan - Prayer, Fasting, and Almsgiving - as the three things we need to work on during the season.
2. It's a time of prayer. Lent is essentially an act of prayer spread out over forty days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by our encounter with him.
3. It's a time to fast. With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. And maybe that's why it gets all the attention. "What are you giving up for Lent? Hot dogs? Beer? Jelly beans?" It's almost a game for some, but fasting is actually a form of penance, which helps us turn away from sin and toward Christ.
4. It's a time to work on discipline. The forty days of Lent are also a good, set time to work on personal discipline in general. Instead of giving something up, it can be taking something positive on. "I'm going to exercise more. I'm going to pray more. I'm going to be nicer to my family, friends, and co-workers."
5. It's about dying to yourself. The more serious side of Lenten discipline is that it's about more than self-control - it's about finding aspects of yourself that are less than Christ-like and letting them die. The suffering and death of Christ is foremost on our minds during Lent, and we join in these mysteries by suffering, dying with Christ and being resurrected in a purified form.
6. Don't do too much. It's tempting to make Lent some ambitious period of personal reinvention, but it's best to keep it simple and focused. There's a reason the Church works on these mysteries year after year. We spend our entire lives growing closer to God. Don't try to cram it all in one Lent. That's a definite recipe for failure.
7. Lent reminds us of our weakness. Of course, even when we set simple goals for ourselves during Lent, we still have trouble keeping them. When we fast, we realise we're all just one meal away from hunger. In both cases, Lent shows us our weakness. This can be painful, but recognising how helpless we are makes us seek God's help with renewed urgency and sincerity.
8. Be patient with yourself. When we're confronted with our own weakness during Lent, the temptation is to get angry and frustrated. "What a bad person I am!" But that's the wrong lesson. God is calling us to be patient and to see ourselves as he does, with unconditional love.
9. Reach out in charity. As we experience weakness and suffering during Lent, we should be renewed in our compassion for those who are hungry, suffering, or otherwise in need. The third part of the Lenten formula is almsgiving. It's about more than throwing a few extra pounds in the collection plate; it's about reaching out to others and helping them without question as a way of sharing the experience of God's unconditional love.
10. Learn to love like Christ. Giving of ourselves in the midst of our suffering and self-denial brings us closer to loving like Christ, who suffered and poured himself out unconditionally on the Cross for all of us. Lent is a journey through the desert to the foot of the Cross on Good Friday, as we seek him out, ask his help, join in his suffering, and learn to love like him.



CHILDREN'S WORD SEARCH 1ST SUNDAY LENT YEAR A

Z	F	W	I	J	D	Y	G	V	D	S	M	L	E	P	SPLENDOR	
Q	S	R	I	E	F	W	L	A	E	T	N	P	L	N	KINGDOMS	
X	O	T	V	L	O	Y	A	O	D	H	T	T	P	O	MOUNTAIN	
F	C	I	O	R	D	O	T	L	H	G	E	J	M	F	LED	
V	L	A	D	N	O	E	E	R	A	I	M	P	E	I	SPIRIT	
T	E	M	P	T	E	R	R	R	O	N	P	U	T	L	WILDERNESS	
H	T	U	O	M	D	S	D	N	G	F	T	R	X	M	TEMPTED	MOUTH
K	B	R	O	E	B	V	Z	B	E	T	E	X	T	D	DEVIL	HOLY
I	R	A	L	S	P	I	R	I	T	S	D	J	Y	S	FASTING	TEMPLE
N	E	P	E	R	O	D	N	E	L	P	S	R	N	R	FORTY	ANGELS
G	A	B	B	P	X	O	U	E	I	W	G	W	M	M	NIGHTS	WORD
D	D	K	R	M	R	E	G	T	W	N	D	P	I	Q	HUNGRY	BREAD
O	S	Q	C	X	T	N	M	O	U	N	T	A	I	N	TEMPTER	STONES
M	L	Z	N	E	A	O	K	H	C	M	T	F	T	Q		
S	O	K	V	G	N	I	T	S	A	F	W	Q	M	Y		



OVERCOMING TEMPTATION

Matthew 4:1-11

1Then the Spirit led Jesus into the desert to be tempted by the Devil. 2After spending 40 days and nights without food, Jesus was hungry. 3Then the Devil came to him and said, "If you are God's Son, order these stones to turn into bread."

4But Jesus answered, "The scripture says, 'Human beings cannot live on bread alone, but need every word that God speaks.' "

5Then the Devil took Jesus to Jerusalem, the Holy City, set him on the highest point of the Temple, 6and said to him, "If you are God's Son, throw yourself down, for the scripture says:

'God will give orders to his angels about you; they will hold you up with their hands, so that not even your feet will be hurt on the stones.' "

7Jesus answered, "But the scripture also says, 'Do not put the Lord your God to the test.' "

8Then the Devil took Jesus to a very high mountain and showed him all the kingdoms of the world in all their greatness. 9"All this I will give you," the Devil said, "if you kneel down and worship me."

10Then Jesus answered, "Go away, Satan! The scripture says, 'Worship the Lord your God and serve only him!'" "

11Then the Devil left Jesus; and angels came and helped him.

Other Readings: Genesis 2:7-9, 3:1-7; Psalm 51:1-4, 10-12, 15; Romans 5:12-19

LECTIO:

The events we read about today happened early in Jesus' ministry and were under God's control, as verse 1 makes clear.

The Holy Spirit leads Jesus on his divine mission, into the desert. He stays there for forty days and fasts the whole time. Forty is significant as a time of preparation in the Old Testament. It recalls Moses fasting forty days on Mount Sinai (Exodus 34:28) and the Israelites spending forty years in the wilderness before entering the Promised Land (Deuteronomy 8:2-3, 29:5-6).

Matthew only tells us about three specific temptations. In the first, the Devil tempts Jesus to use his supernatural power to meet his own physical need. Jesus rejects him, identifying with us; we need more than just physical food. The implication is clear that we also need 'spiritual food' from God.

Next, the Devil tempts Jesus to prove his divine nature by throwing himself off the temple so God will send his angels to rescue him.

Lastly, he offers to give Jesus power over the nations if he will worship him. Jesus really had come to save people from the Devil's control, but not this way. These three examples illustrate the core of every temptation: the desire to push God aside, to regard him as secondary and redundant, relying solely on one's own strength, and to put the world right without God. The Devil's cunning deceptions don't deceive Jesus, even when he uses scripture itself (Psalm 91:11-12) to tempt him. Jesus in turn rejects every temptation with scripture, quoting successively from Deuteronomy 8:3, 6:16 and 6:13. Authentic interpretation of a portion of scripture must be consistent with the whole of scripture.

The essence of all temptation is the offer of an appealing alternative to God's way of doing things. This is true for Jesus and for us.



MEDITATIO:

- What helped Jesus overcome these temptations? What lessons can we learn to help us overcome the temptations we face?
• What do you think Jesus means when he quotes from Deuteronomy 8:3 in Matthew 4:4. Do you consider God's Word an essential part of your daily food? How do you let God's Word nourish you?
• What are the day-to-day temptations that you face?

ORATIO:

'Create a pure heart in me, O God, and put a new and loyal spirit in me. Give me again the joy that comes from your salvation, and make me willing to obey you.' Psalm 51:10, 12.

Psalm 51 offers us a way to come before God in repentance and ask for his forgiveness. Read the whole Psalm and allow your own prayer to flow to God.

CONTEMPLATIO:

As we start this season of Lent we look forward to Jesus' victory on the cross over sin so we can enjoy salvation living. Meditate on these wonderful words from Romans 5:15, 17,

'...but God's grace is much greater,... All who receive God's abundant grace and are freely put right with him will rule in life through Christ.'

Table with columns: Day, Date, Time, Service / Intention, Donor. Rows include Saturday 21st February (Sacrament of Reconciliation), Sunday 22nd February (FIRST SUNDAY IN LENT, YEAR A), Monday 23rd February (Lenten Weekday), Tuesday 24th February (Lenten Weekday), Wednesday 25th February (Lenten Weekday), Thursday 26th February (Lenten Weekday), Friday 27th February (Lenten Weekday (Day of Abstinence)), Saturday 28th February (Lenten Weekday), Sunday 1st March (SECOND [TRANSFIGURATION] SUNDAY IN LENT, YEAR A).

Prayer, Fasting, Almsgiving
Prayer is the cornerstone of our relationship with God. Through prayer, we open our hearts and minds to his presence, seeking guidance, strength, and grace.
Fasting, or self-denial, is a way to detach ourselves from worldly comforts and desires.
Almsgiving, or acts of charity and generosity, reflect the love and compassion of Christ.
living Lent through PRAYER, FASTING, ALMSGIVING

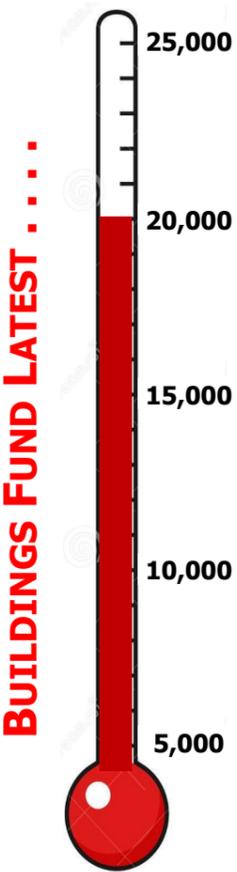
DATE / MASS	WELCOME MINISTERS	READERS	EXTRAORDINARY MINISTERS	REPOSITORY AFTER MASS
SATURDAY 2 Lent A 28/02/26 18.00	Still Required; please offer	J. Granström	N/A at present	P. Hunt A. Essien
SUNDAY 2 Lent A 01/03/26 09.00	Still Required; please offer	G. Fisher	D. Meehan Sr Maria	D. Westsmith M. Smyth
SUNDAY 2 Lent A 01/03/26 11.00	Still Required; please offer	E. Twist	P. Hourquebie C. Hourquebie	L. Farris V. Rose

PLEASE REMEMBER : If you are unable to complete your particular ministry then it is your responsibility to arrange cover with another minister. In this way our Sunday Liturgies will run in a smooth and prayerful way.

Lent at the Sacred Heart

Remember Easter Duties - ALL Catholics are expected to receive the Sacraments of Reconciliation and Eucharist between Ash Wednesday and Trinity Sunday (31st May).

<p>FRIDAY'S OF LENT 27 Feb., & 6, 13, 20, 27 Mar.</p>  <p>Way of the Cross 12.30 Why not commit to joining in this traditional Catholic Lenten Devotion. We are looking for volunteer parishioners willing to lead on one Friday.</p> <p>CAFOD Fast Lunch After the Way of the Cross why not attend a Fast Lunch of bread and soup in aid of CAFOD. We need volunteers (teams of two) to make, serve, and clear up each Friday.</p>	<p>SUNDAY'S OF LENT 22 Feb. & 1, 8, 15, 22, 29 Mar.</p>  <p>Evening Prayer & Benediction 15.30 Take the chance to step aside from the 'hustle and bustle' of modern life to spend some time with the Lord in quiet prayer.</p> <p>RECONCILIATION SERVICES</p> <p>ADULT'S SERVICE Friday 27 March 19.30, Sacred Heart, Effingham.</p> <p>CHILDREN'S SERVICE Saturday 21 March 11.00, Sacred Heart, Cobham.</p>
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Prayers Please

FOR THOSE UNWELL AT THIS TIME:
Jay Adams, Sr Anne Bayley, Norma Begley, Maggie Dongray, Tom Delbridge, Fiona Frank, Maureen Garner, baby Naomi Hunt, Michael Natcher, Fr Sebastian Paul, Pascal Smyth, Anne Sproul and John Wilkey.

THE RECENTLY DECEASED:
None

ANNIVERSARIES OF DEATH:
Norman Cunningham †
Jennifer Clark †
Yvonne O'Neill †
Susan Maeyama †
Robert Maeyama †
Fr Michael Alban †
Fr Bruce Keller †
Fr Michael Reynolds †
Fr Richard Veal †
Canon Peter Humfrey †
Fr David Sutcliffe †

HOLY FATHER'S MONTHLY PRAYER INTENTION:
". . . . that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence . . ."

For those who are unwell.....
those who have died recently....
those whose anniversaries occur.....
the Holy Father's Prayer Intention....

CHOIR PRACTICES FOR EASTER 2026 - Our singers and musicians are starting their rehearsals for leading our liturgies during Holy Week (Palm Sunday, Holy Thursday, & Good Friday). Any and all parishioners are more than welcome to come along and join in, no previous experience necessary.

If you enjoy singing as part of a group this could be for you!
Dates of rehearsals:
Tue. 24 Feb. (19.30); Thur. 5 Mar. (19.30); Sat. 14 Mar. (10.30); Wed. 18 Mar. (19.30); Sat. 28 Mar. (10.30); and Wed. 1 Apr. (19.30).

PARISH GIFT AID SCHEME - Reminder: If you have or expect to become a non-taxpayer between April 2025 and April 2026 please advise Dan Meehan before 5 April 2026 to obviate any HMRC issues.

YOUTH ALPHA COURSE - Do you have questions about life, faith, and what it all means? Alpha Youth is coming to St Michael's Catholic Church Hall in Ashted (KT21 1RS), offering a chance for young people in school Years 7-9 to explore big questions in a relaxed, friendly space - with food, videos, and real conversations.

10 sessions starting Friday 27th February, 18:30 (approx. 2 hours each session) No question is off limits. No judgement. Just honest exploration together.

Interested? Visit:
www.eventbrite.co.uk/e/alpha-youth-at-st-michaels-tickets-1980904089456?aff=oddtcreator

DIOCESAN LOURDES PILGRIMAGE - 24-30 July (air), 23 July-31 July (coach). Applications are open for this year's pilgrimage. Join more than 700 pilgrims, including those who are sick, disabled, frail or elderly and need help to make the pilgrimage. For more information and to apply:

www.abdiocese.org.uk/lourdes/home?ct & QR Code on poster in narthex.

PARISH PANCAKE & QUIZ NIGHT - Parishioners enjoyed our annual 'Quiz Night with Pancakes' in the Parish Centre on (Shrove) Tuesday evening. All the questions were general knowledge with some that only the children present were able to answer (and did very successfully). After the first round of twenty questions pancakes with a variety of toppings were served and after two more rounds of twenty questions and a raffle **£ 182.00** was raised. This will be sent on to CAFOD along with our CAFOD Lenten Fast Day collection for their world in developing countries.

DEANERY LENTEN ACTIVITIES - Some may remember that a deanery-wide calendar of activities for Lent 2025 was published in a Deanery Newsletter last year ... this year, this has gone on-line, with the calendar now part of our deanery website:

www.epsomdeanery.com/lent2026

ADRIAN IV: THE ONLY ENGLISH POPE - 14th March, 15.00, Cathedral Centre, Arundel, BN18 9AY. (Cost: £10-15).

Join a fascinating 'Friends of Arundel Cathedral' talk by Adrian Waddingham CBE about the only English Pope and discover what he accomplished and the changes he made. To book your place (essential):

www.tickettailor.com/events/friendsofarundelcathedral/2048235?



WORLD DAY OF PRAYER
A service for everyone!
Friday 6 March
I will give you rest, come

St Mary's Church
Stoke D'Aberron
KT11 3PX
(turn into Parkside School)

Service starts at 11am
Followed by Lunch in the church hall

Nigeria 2026



INFORMED PRAYER PRAYERFUL ACTION
24-7 365 Days a year Prayer movement Ecumenical International Women-led
wwdp.org.uk Registered Charity Number 232242

Cobham Area foodbank

OUR PARISH SUPPORTS THE COBHAM AREA FOODBANK

UPDATED LIST OF WANTED ITEMS

Are you able to help local people in crisis by purchasing items on the list below and placing them in the Foodbank's collection point in the narthex when you come to Mass at the weekend? Thank You!

- ♦ UHT Semi Skimmed Milk
- ♦ UHT 1l Fruit Juice
- ♦ Pasta Sauce
- ♦ Fruit Squash
- ♦ Hot Chocolate
- ♦ Sponge Puddings
- ♦ Tinned Spaghetti Hoops
- ♦ Tinned Meat
- ♦ Sanitary Pads
- ♦ Sugar (500g pack)
- ♦ Savoury Snacks
- ♦ Laundry Powder
- ♦ Male Deodorant
- ♦ Laundry Capsules
- ♦ Shaving Foam + Razors
- ♦ Shampoo