

# Our Parish Liturgy . . . . .

## This Week (5 A)

<b>DIVINE OFFICE</b>	<b>WEEK 1</b>
<b>ENTRANCE HYMN</b>	18.00 877 09.00 877 11.00 Musicians
<b>PENITENTIAL ACT</b>	Spoken
<b>GLORIA</b>	18.00 New Celtic Mass 09.00 New Celtic Mass 11.00 Musicians
<b>FIRST READING</b>	Isaiah 58:6-10 <i>'Your light shall break forth like the dawn.'</i>
<b>PSALM RESPONSE</b>	<i>A light rises in the darkness for the upright.</i>
<b>SECOND READING</b>	Corinthians 2:1-5 <i>'I proclaimed to you the mystery of Christ crucified.'</i>
<b>GOSPEL ACCLAMATION</b>	<i>Alleluia, alleluia! I am the light of the world, says the Lord; whoever follows me will have the light of life. Alleluia!</i>
<b>GOSPEL READING</b>	Matthew 5:13-16 <i>'You are the light of the world.'</i>
<b>PRESENTATION OF THE GIFTS</b>	18.00 608 09.00 608 11.00 Musicians
<b>SANCTUS</b>	18.00 New Celtic Mass 09.00 New Celtic Mass 11.00 Musicians
<b>MEMORIAL ACCLAMATION</b>	18.00 New Celtic Mass 09.00 New Celtic Mass 11.00 Musicians
<b>GREAT AMEN</b>	18.00 New Celtic Mass 09.00 New Celtic Mass 11.00 Spoken
<b>OUR FATHER</b>	18.00 Spoken 09.00 Spoken 11.00 Musicians
<b>AGNUS DEI</b>	18.00 Spoken 09.00 Spoken 11.00 Musicians
<b>COMMUNION ANTIPHON</b>	<i>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.</i>
<b>THANKSGIVING</b>	18.00 720 09.00 720 11.00 Musicians

<b>RECESSION</b>	18.00 282 09.00 282 11.00 Musicians
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## Next Week (6 A)

<b>DIVINE OFFICE</b>	<b>WEEK 2 (4 from Ash Wednesday)</b>
<b>FIRST READING</b>	Sirach 15:15-20 <i>'He has not commanded anyone to be ungodly.'</i>
<b>PSALM RESPONSE</b>	<i>Blessed are those who walk in the law of the Lord!</i>
<b>SECOND READING</b>	1 Corinthians 2:6-10 <i>'A wisdom God decreed before the ages for our glory.'</i>
<b>GOSPEL READING</b>	Matthew 5:17-37 <i>'It was said to those of old, but I say to you.'</i>
<b>Music and text of Antiphons from Psallite, © 2005 Collegeville Composers Group. Published by Liturgical Press, MN56321. Used with Permission. One Licence No.0199</b>	

### 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.

### UNITY IS THE KEY



When we married, a new flame was lit in our Church, signified by the lighting of a new candle as we made our vows and became "Little Church" together. Now, as we think of our life up to now, we can see how our love has been reflected on to our children, our family and our Church community.

# 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

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Volume 07 Issue 11

8<sup>th</sup> February 2026 : 5<sup>th</sup> Sunday Year A

### THIS WEEK:

#### BIBLE READING PLAN

Mo Exodus 28-32  
Tu Exodus 33-35  
We Exodus 36-38  
Th Exodus 39-40  
Fr Leviticus 1-7

### Financial News . . .

#### Weekend of 01/02/26

1<sup>st</sup> Plate £ 402:60  
Standing Orders £ 755:00  
Contactless £ 185:00  
1<sup>st</sup> Total £ 1,342:60  
2<sup>nd</sup> £ 244:40  
Nat. Cath. Fund Levy #1

Thankyou for your continuing generosity to your Parish.

### 2<sup>nd</sup> Collection . . .

#### This Weekend 08/02/26

#### Diocesan Lourdes Fund

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

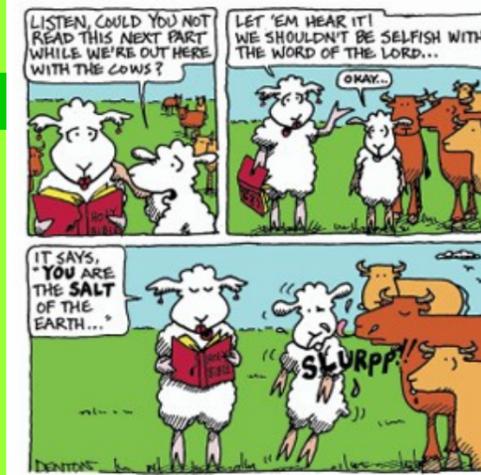
#### Next Weekend 15/02/26

None

### Bite Size . . .

A barking dog is often more useful than a sleeping lion.

Washington Irvine



"You are the salt of the earth."

#### Sheepish Question:

When have I shied away from exemplifying the Gospel among my friends?

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

Jesus' metaphor for his disciples "You are the salt of the earth" may not seem that noteworthy to us living in a time when salt is just one very common seasoning among dozens in the food we eat. Yet in Jesus' day, salt was one of the few seasonings used regularly in a diet that was much more restricted - we might even say "boring" - than the rich variety of foods we have access to today. For that reason alone it was a precious commodity. Not only was salt used as the primary flavouring of his time, but it was also used to preserve fish and meat in the days before refrigerators and freezers. Salt was so precious that Roman soldiers were sometimes paid in salt, or given allowances to buy it.

When Jesus tells his disciples they are "salt of the earth" and "light of the world" (in a world where there was no such thing as artificial light at the flip of a switch) he was saying something! He was talking to people who were not wealthy, well-educated, or high-ranking in society, so this was probably news to them. They probably

would have been surprised to hear this, a bit proud, and very likely eager to rise to the challenge for someone who saw such goodness and potential in them. Jesus had high expectations for them which gave them a chance to grow into their new role as salt and light for the world.



### Questions of the week

- 1 When have you ever had an experience of someone seeing something good and noteworthy in you that others didn't see? How did that recognition affect you?
- 2 How might Jesus be calling you to let "your light shine before others" this week?

# 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 31<sup>st</sup> 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.

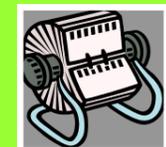
Parishioners are advised that it is very difficult to imagine that any family or individual who is not regularly practising the Faith as members of our community could possibly be ready to celebrate a Sacrament of the Church.

**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 . . . .

The Presbytery is now back to a steady rhythm or normal timetable as we enter the fifth week of the first section of Ordinary Time this year. However, Lent is fast creeping up on us (Fr D has noticed that Easter Eggs are 'front and centre' in the shops - ready for the shop keepers to make their money!

At our 11.00 Mass last Sunday we again welcomed our First Eucharist candidates and learnt that they had been looking at that section of the Mass that we call the 'Liturgy of the Word.' To make this, during the Mass they were presented with their own copy of the Gospel that we are reading at Sunday Masses this year, the Gospel of Matthew. When they had met with Fr D on the Saturday morning they had been talking about how important it was to listen in life and at Mass; Fr D told them that it was no mistake on God's part that we had two ears and only one mouth - so we should be listening twice as much as speaking!

After Morning Prayer, Mass, and Exposition Fr D was not having to rush off to the diocesan offices because his secretary was off with flu (too much fraternising with her grandson a nursery student!). This worked well as Fr D had received an email in the morning from the lighting engineers who visited the church last Friday containing the write up of what they had discussed. They will now come and complete a full survey of the lighting system (wiring, Lumières, switching and the 'brain' under the stairs). This will take about half a day and at the end of it (when it is darker outside) they will show some possible modern led replacements for our present halogen units. In the evening Fr D met with the Parish Finance Committee to review last years figures and look at what is happening now that we are losing our bishop and what this might mean for the work of the Finance Committee.

On Wednesday evening Fr D met with our Confirmation candidates in the Parish Centre for the second of their sessions (the Holy Spirit and Confirmation). They also spoke about the possibility of taking on a confirmation name when they are confirmed in May and were encouraged to look in the school libraries for a Book of Saints Names or on the internet, to learn a little about what their chosen saint did to become a saint.

On Thursday afternoon Fr D was in Eastbourne for a meeting of the Bosco Catholic Education trustees, this was taking place at a school that was coming up to its first anniversary of joining the trust . . . . .



# CHILDREN'S WORD SEARCH 5<sup>TH</sup> SUNDAY YEAR A

F	J	O	C	I	T	Y	K	A	T
N	U	S	U	Y	X	V	I	A	E
J	H	L	Q	G	I	E	N	X	A
R	E	M	F	Q	S	X	G	L	C
Z	A	K	W	I	D	Q	D	I	H
G	V	C	B	W	L	S	O	G	E
N	E	K	G	B	I	L	M	H	S
E	N	K	S	A	L	T	E	T	C
T	R	A	M	P	L	E	D	D	X
X	V	X	A	E	A	R	T	H	P

"You are the SALT & LIGHT of the earth"  
 Matthew 5:13-20



Please PASS the Salt & TURN on the Light for others

TEACHES HEAVEN  
 EARTH CITY  
 FULFILLED TRAMPLED  
 SALT KINGDOM

## SALT AND LIGHT

### Matthew 5:13-16

<sup>13</sup>You are like salt for the whole human race. But if salt loses its saltiness, there is no way to make it salty again. It has become worthless, so it is thrown out and people trample on it.

<sup>14</sup>You are like light for the whole world. A city built on a hill cannot be hidden. <sup>15</sup>No one lights a lamp and puts it under a bowl; instead he puts it on the lampstand, where it gives light for everyone in the house. <sup>16</sup>In the same way your light must shine before people, so that they will see the good things you do and praise your Father in heaven.

*Other Readings: Isaiah 58:7-10; Psalm 112:4-9; 1 Corinthians 2:1-5*

### LECTIO:

We continue to reflect on Jesus' teaching for his followers. Matthew drew all these nuggets of wisdom together and created the beautiful but challenging Sermon on the Mount (Matthew 5-7). Given on different occasions, the individual lessons circulated freely around the Christian community of the first century AD.

Last week we looked at the beatitudes. Matthew chooses to follow this with three striking images that Jesus used to describe a disciple's relationship with the world.

The significance of the ideas has changed a little for us today. At the time Matthew was writing the primary role of salt was as a preservative to prevent things from going bad. While this is still important, most people today would think of using salt to improve the flavour of food.

The image of light is briefly interrupted by the image of a city on a hill. Cities were often built on hilltops because it made them easier to defend. They had influence over the surrounding area and would be highly visible.

Jesus continues to talk about light. For many of us a flick of a switch will give us as many lights as we want indoors. And it's easy to slip a torch into our pocket for a walk on a dark night. These are recent developments.

In Jesus' day, little oil and rush lamps lit houses. Outside the stars and moon shone, the only other light. So light was very important. Jesus uses humour to help reinforce his message. No one would think of putting a lamp under a bowl – there would be no point and soon the light would go out completely.

This English translation uses comparisons to explain - you are like salt or light. But the original Greek makes a stronger statement, saying you are the salt for the whole human race and you are the light.

Jesus places a responsibility on Christians individually, and on the Church collectively, to be salt, light and a city set on a hill. We are to show the way, add flavour and be an example in our communities. And the purpose is that God is given praise - or as we pray in the Lord's prayer, that God's holy name is honoured.



### MEDITATIO:

- Consider the three images Jesus uses of salt, light and a city on a hill. What can we learn from each about living out our faith in this world?
- The readings from Isaiah 58 and Psalm 112 give some practical examples of being salt and light. Consider whether, and how, you can put any of these into practice in your life.

### ORATIO:

Do you feel ready for the responsibility Jesus is laying upon you as his disciple? The apostle Paul felt no shame in laying bare his own fears and anxieties before God and us (1 Corinthians 2:1-8); we need not fear doing the same. So ask God to strengthen you and give you boldness to be salt and light for him in your family, at work and in your community.

### CONTEMPLATIO:

When Jesus sets the standards for our Christian lives, we can easily make the mistake of trying to meet these in our own strength. Paul reminds us that we shouldn't rely on our own abilities but on the power of the spirit. Read Paul's full prayer in Ephesians 1:17-20 and let this encourage you. Verses 17, 19 and 20 are given below:

'...and ask the God of our Lord Jesus Christ, the glorious Father, to give you the Spirit, who will make you wise and reveal God to you, so that you will know him.  
...and how very great is his power at work in us who believe. This power working in us is the same as the mighty strength which he used when he raised Christ from death and seated him at his right side in the heavenly world.'

Day	Date	Time	Service / Intention	Donor
Sat.	7 <sup>th</sup> February	Ferial Weekday	<b>Sacrament of Reconciliation</b>	
			18.00 Bernard Kelly †	M. Kelly
Sun.	8 <sup>th</sup> February	<b>5<sup>TH</sup> SUNDAY IN ORDINARY TIME, YEAR A</b>		
			09.00 For the Parishioners	
			11.00 Timothy O'Sullivan †	O'Sullivan Family
Mon.	9 <sup>th</sup> February	Ferial Weekday	<b>No Service Today</b>	Mass 10.00 at Leatherhead
Tue.	10 <sup>th</sup> February	<b>St Scholastica, Virgin</b>		
			PLEASE NOTE : No Morning Prayer of the Church Today	
			PLEASE NOTE : <b>No Service Today</b>	Mass 09.15 at Effingham
			PLEASE NOTE : No Exposition of Blessed Sacrament Today	
Wed.	11 <sup>th</sup> February	<b>Our Lady of Lourdes</b>		
			09.15 Morning Prayer of the Church	[p.p. 51 & 493]
			09.30 Ilir & Family	M.
Thu.	12 <sup>th</sup> February	Ferial Weekday		
			09.15 Morning Prayer of the Church	[p.p. 60 & 493]
			09.30 Canon Tony Clarke †	M. Drury
Fri.	13 <sup>th</sup> February	Ferial Weekday ( <i>Day of Abstinence</i> )		
			09.15 Morning Prayer of the Church	[p.p. 71 & 493]
			09.30 Josephine M <sup>c</sup> Nulty †	
Sat.	14 <sup>th</sup> February	<b>Sts Cyril &amp; Methodius, Bishop Patrons of Europe</b>		
			17.00 - 17.30 <b>Sacrament of Reconciliation</b>	
			18.00 Anton Selvaratnam & Vicent George Families	Jasmine & Deluckshan
Sun.	15 <sup>th</sup> February	<b>6<sup>TH</sup> SUNDAY IN ORDINARY TIME, YEAR A</b>		
			09.00 Christopher & Candida Pimenta †	L. Kolber
			11.00 For the Parishioners	

## Sts Cyril & Methodius . . . . .

After a course of studies, Cyril refused the governorship of a district such as his brother had accepted among the Slavic people. Cyril went to live in a monastery where his brother Methodius had become a monk after some years after leaving a government post.

A change in their lives occurred when the Eastern Emperor gave the Slavs political independence from German rule and allowed them to have their own clergy and liturgy. Cyril and Methodius undertook the missionary tasks involved.

Cyril's first work was to invent an alphabet, still used today in some Eastern liturgies. Together they translated the Gospels, the Psalms, Paul's letters and the liturgical books into Slavonic,

and created a Slavonic liturgy. Their free use of the vernacular in preaching led to opposition from the German clergy. The bishop refused to consecrate Slavic bishops and priests, and Cyril was forced to appeal to Rome. On the visit to Rome, he and Methodius saw their new liturgy approved by the Pope. Cyril, long an invalid, died in Rome 50 days after taking the monastic habit.

Methodius continued his mission work for 16 more years. He was papal legate for all the Slavic peoples, and consecrated a bishop. Since much of their territory was removed from their jurisdiction, the German bishops retaliated against Methodius. This resulted in Methodius being exiled for three years. Pope John

VIII secured his release. He died on the Tuesday of Holy Week, surrounded by his disciples, in his cathedral church.

In 1980, Pope John Paul II named them additional co-patrons of Europe.



DATE / MASS	WELCOME MINISTERS	READERS	EXTRAORDINARY MINISTERS	REPOSITORY AFTER MASS
SATURDAY 06 A 14/02/26 18.00	Still Required; please offer	J. Granström	N/A at present	P. Hunt A. Essien
SUNDAY 06 A 15/02/26 09.00	Still Required; please offer	A. Gilroy	Sr Maria P. Carello	B. Harris M. Jethwa
SUNDAY 06 A 15/02/26 11.00	Still Required; please offer	N. Twist	J. Vizzini E. Twist	I. Heims S. Williams

**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

Lent begins with **ASH WEDNESDAY** on **18<sup>th</sup> February**  
Masses with ashes at the Sacred Heart **09.30** and **19.30**

<p style="text-align: center;"><b>FRIDAY'S OF LENT</b> 20, 27 Feb., &amp; 6, 13, 20, 27 Mar.</p> <p style="text-align: center;"><b>Way of the Cross 12.30</b> 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 style="text-align: center;"><b>CAFOD Fast Lunch</b> 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 style="text-align: center;"><b>SUNDAY'S OF LENT</b> 22 Feb. &amp; 1, 8, 15, 22, 29 Mar.</p> <p style="text-align: center;"><b>Evening Prayer &amp; Benediction 15.30</b> 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 style="text-align: center;"><b>RECONCILIATION SERVICES</b></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><b>ADULT'S DEANERY SERVICE</b> (with Bishop Richard) 25 March 19.00, St Michael's, Ashtead, KT21 1RS.</p> <p><b>PARISH CHILDREN'S SERVICE</b> (8&gt;11 yrs), 29 March 11.00, Sacred Heart</p> </div> <div style="width: 45%; border-left: 1px solid purple; padding-left: 5px;"> <p style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; color: red;">BUILDINGS FUND LATEST . . . . .</p> </div> </div>
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**Prayers Please . . . . .**

<p><b>FOR THOSE UNWELL AT THIS TIME:</b> 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 and Anne Sproul.</p> <p><b>THE RECENTLY DECEASED:</b> None</p>	<p><b>ANNIVERSARIES OF DEATH:</b> Timothy O'Sullivan † Tony Evans † Margarita Coe † Gerald Farris † Deborah Muddiman † Anne Bell † Fr Raymond Bryant † Deacon James M<sup>c</sup>Ewan † Fr Jerome O'Sullivan †</p>	<p><b>HOLY FATHER'S MONTHLY PRAYER INTENTION:</b> ". . . that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope."</p>
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*For those who are unwell.....*

*those who have died recently....*

*those whose anniversaries occur.....*

*the Holy Father's Prayer Intention....*

**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 Ashtead (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 27<sup>th</sup> 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=oddttdcreator](http://www.eventbrite.co.uk/e/alpha-youth-at-st-michaels-tickets-1980904089456?aff=oddttdcreator)

**NATIONAL NOVENA TO ST JOSEPH** - This will take place from 10<sup>th</sup> - 18<sup>th</sup> March 2026 at St Joseph's Church, Maidenhead. Every year, the Mill Hill Missionaries prepare for the Feast of St Joseph, their Society Patron, with a special Novena of Masses and prayers to ask for God's blessing on the Society's missionary outreach, and for the intentions of all those who support their work. If you are able, and it is possible to attend, Masses are at 10.00 every day of the Novena, except Sunday, when it is 11.00. These Masses will be available to follow on Zoom via the Mill Hill website: [www.millhillmissionaries.com/novena](http://www.millhillmissionaries.com/novena)

**WAY OF THE CROSS & SOUP LUNCHES, FRIDAYS DURING LENT** - Beginning Friday 20<sup>th</sup> February helpers are required:  
 => (1) to lead the Stations of the Cross prayers and  
 => (2) teams of 2 to provide the soup and bread, to set up cutlery/tables in the Parish Centre. Please use the Sign-up sheet at the rear of the church.

**SAVE THE DATE : SATURDAY 21<sup>ST</sup> FEBRUARY** - Fundraiser for ODNs, 'The Mission' at Notre Dame School, Montaigne Theatre 14.00-17.30 with an interval, & refreshments, parking available on site.

**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:  
 Sat. 7 Feb. (10.30); 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).

**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](http://www.abdiocese.org.uk/lourdes/home?ct) & QR Code on narthex notice board.

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

## Sacred Heart Parish Shrove Tuesday Quiz Night

**ENTRY BY TICKET £5.00**  
ON SALE AFTER WEEKEND MASSES & FROM PARISH OFFICE

**BRING YOUR OWN DRINK**

**Test Your Knowledge**

**RAFFLE ON THE EVENING**

Tuesday 17<sup>th</sup> February, 19.00

Sacred Heart Parish Centre

The Arundel & Brighton Diocesan Trust Is A Registered Charity 252878