



5th and 6th Sundays in Ordinary Time - Year A

Sundays 8th & 15th February '26

SUFFER THE DETACHMENT: LENT IS COMING

Word on Fire - Rachel Bulman

We are just a few days away from what I think is one of the greatest days of evangelization in the Catholic Church: Ash Wednesday. While not a holy day of obligation, this is the perfect start to the Lenten season, and an opportunity for the outward sign of the ashes on your forehead to draw people into the truth that the Church provides for us.

Every person desires the direction and asceticism given to us through Lent because every person desires true freedom. The ashes that we will receive speak of that desire for freedom and what such a desire requires.

A few years ago, one of our favourite spiritual writers was leading a retreat about seven hours away from us. An ad for the event popped up on my computer screen, and it just so happened to be the following day. I texted my husband, "This is tomorrow . . . let's go!" Our boys stayed behind with the grandparents and our youngest was about eight months old, so she came along.

The next morning, we were able to hear and see Fr. Jacques Philippe in person while he offered a one-day retreat. He told the most beautiful and poignant story as an illustration on freedom. Being from France, Fr. Jacques visits [America] for speaking engagements, and on one of those visits, he went to the nearest grocery store for some yogurt. As he stood in the yogurt aisle, he was overwhelmed with the many options before him - Greek, regular, non-fat, fruit at the bottom, etc. He inevitably couldn't decide and walked to a different store with fewer options. He mused that this is exactly what "freedom" is to the world: a plethora of choices. But this often robs us of the ability to choose, leading us to a sort of "analysis paralysis" or even worse, choosing for the sake of choosing without any real discernment or consideration of the decision at hand.

Does this thing or this habit bring me to the cross? Instead, St. John Paul II says this: "Freedom consists not in doing what we like, but in having the right to do what we ought." What does that mean? It means that true freedom, when grounded in the truth of Christ, allows us

to exercise choice through the good, fully discovering oneself and inevitably transcending oneself toward that which is our deepest desire, union with God.

What keeps us from right choice? While the form of the world's distractions is as different as each person, I firmly believe that the same questions lie at the core of each distraction.

Is God who he says he is? Am I who he says I am? The enemy answers each of these questions with a resounding no and offers quick and temporal fillers for the God we seek and the belovedness that is meant to be ours. Belief in God as Messiah, Saviour, and Father - and belief that he loves and desires us - requires a deep reorientation, which necessitates a suffering that many are not willing to undergo. That suffering is found in letting go of the things that we've allowed to define us - our jobs, our successes, our vices, and our sins. It's not always suffering the detachment from negative things but can also mean suffering the detachment from good things. For instance, doing ministry at your parish, loving your family, being called into public ministry, and more are all very good things in and of themselves, but when we allow those things to replace or distract from worship of God, we must suffer the detachment from said things.

Lent is a gift to us as it invites us to strip away at the trappings of this world until all that remains is Christ on the cross. And the ashes we will receive are a reminder of what we are called to this Lent - to die, to burn it all down until only the ashes remain - and those ashes lead us to the Paschal Mystery. This reality serves as the foundation for which right choice is made and the avenue in which authentic freedom is defined.

Does this thing or this habit bring me to the cross? If the answer is no, then may you temper your desire for it through the holy fire of Lenten penance. And may you begin this season with ashes on your forehead, harkening to the onlookers that you pass on Ash Wednesday that God is indeed alive and through the darkest seasons, Easter is coming.

Rachel Bulman - Word on Fire

PARISH 150th ANNIVERSARY - OPEN MEETING

Sat 14th February 2pm. St Philip Howard Hall

To start looking at ideas for celebrating our 150th in 2028. Please do come and let's think about what we can do to thank God and Celebrate our Catholic Faith.

PORTSMOUTH VOCATIONS www.portsmouthvocations.org

Contact Canon John at 01329 318 869 or

Email: vocations@portsmouthdiocese.org.uk

"Seeker Saturdays" Pray, Decide & Don't Worry

Sat 28th Feb. 11am - 3pm at Sacred Heart Presbytery.

Fellowship, discussion, Mass, hospitality adoration. For those with "that idea that won't go away". Come and see!

UNION OF CATHOLIC MOTHERS 'UCM' MEETING

Every other Monday, 7pm. Sacred Heart Hall

Next meeting: 16th February. From 7pm for coffee/tea. Please join us for a talk by the Air Ambulance. All are very welcome. For info contact: lornefry1954@hotmail.com

'LITTLE TREASURES' TODDLER GROUP

Every Tuesday, 9:30am - 11am at St Philip Howard Hall

Just £1.50 for children to come and play with a lovely selection of toys and for carers to have a hot drink and biscuit. All are welcome.

LADIES' GROUP Second Weds 7.30pm. St P. Howard Hall

Come and see! Getting to know each other, sharing our faith, and growing deeper in our relationship with the Lord. Every woman is so welcome - no age limit applies.

Contact Eloise at: eloise@olimcomms.com

CONVERSATION GROUP Next meeting: 19th February.

Every other Thursday 2pm - 3.30pm at Sacred Heart Hall

Do you have APHASIA or communication difficulties after a stroke? Come and join our friendly group. Donation of £2. For info. contact Angela at: amnally65@gmail.com

SCRIPTURE GROUP - FEASTING ON THE WORD OF GOD

Friday mornings: 11.15am Sacred Heart Hall

The aim is to spend time reading Scripture and to then discuss it. We look forward to welcoming you.

AMBASSADORS FOR CHRIST - APOLOGETICS PROJECT

A video series from the Archdiocese of Southwark helping you better understand your faith and confidently answer questions about Jesus and the Church.

Every Monday throughout 2026, a new video answering a question, objection or myth will be posted on Southwark's YouTube channel: youtube.com/RCSouthwark1

Doctrinal accuracy: Each script draws from a foundation of Scripture, primary Church Father documents, the Catechism and official Papal and Church teachings, to help you deepen your relationship with the Lord Jesus.

Subscribe: Each topic is available in audio form on channels such as Apple Podcasts, Spotify and Amazon Music.

PLEASE PRAY FOR The sick & those who care for them...

Richard B., Ann H., Lucyna S., John N., Zita, Ana, Navroza, Beth, Jan, Sr Veronica, Mary M., Basil and young **Charlotte**.

REST IN PEACE Please keep in your prayers

Please pray for **Margaret McMahon RIP**

Requiem Mass: Thurs 5th Feb. 11am. Sacred Heart Church.

Please pray for **Stephen Young RIP**

Requiem Mass: Weds 11th Feb. 10am. St Philip Howard.

Please pray for **Jim McGivern RIP**

Requiem Mass: Fri 20th Feb. 11.30am. St Philip Howard.

Please pray for **Ken Burrows RIP**

Requiem Mass: Wed 25th Feb. 11.30am. St Philip Howard.

Please pray for **David Kelly RIP**

Requiem Mass: Fri 27th Feb. 11am. St Philip Howard.

Also, **Alan Taylor RIP** who died recently.

PARISH BEREAVEMENT "BETHANY" GROUP

3rd Thursdays, 10am at Sacred Heart Hall

For anyone who has lost a loved one. A welcoming and safe space to be. For info: sacredheart.bethany@gmail.com

LENT

Ash Wednesday - 18th February

- ◆ 10am - Mass. Sacred Heart Church
- ◆ 7.30pm - Mass. St Philip Howard Church

Fasting The law of fasting requires that a Catholic between the ages of 18 - 60yrs eats only one full meal in a day, with no food in-between meals. It is understood that two other meals, if one eats three meals a day, should not total one full meal. Suggest one might fast in a more complete way, i.e., eating only a portion of a single meal. (CCC 2043)

Abstinence means not to eat meat. Its purpose is to be an act of sacrifice, that helps us grow in freedom to make much bigger sacrifices. It would not make sense to make the sacrifice of not eating meat, and then eat a wonderful meal I might enjoy even more.

Lent Devotions

Stations of the Cross and Benediction

- ◆ Wednesday & Friday, 9:15am before Mass
- ◆ Sundays, 4pm at Sacred Heart Church

A physical, mental and spiritual devotion, pondering the sufferings of Christ.

7am Dawn Mass Thursdays in Lent. Sacred Heart Church

Starting on Thurs 19th February. A simple Mass followed by a lovely breakfast in the Hall hosted by the UCM supporting our Lent Appeal - Portsmouth Down Syndrome Association.

LENT - THE RITE OF THE ELECT

Sat 21st February, 11am at the Cathedral

Please pray for our two Catechumens and ten Candidates being presented to the Bishop at the Rite of Election. Everyone is invited to witness this powerful moment.

LENT APPEAL www.portsmouthdsa.org**PORTSMOUTH DOWN SYNDROME ASSOCIATION**

Portsmouth DSA is an award-winning charity committed to improving the lives of children and families.

We provide a range of some of the best specialist services in the UK supporting development and education and offer training to assist families and professionals in providing effective support from the point of diagnosis, helping to teach children the skills they need to reach their developmental milestones, succeed at school, and become valued and productive members of their communities. When children with Down Syndrome are given opportunities to participate and be fully included, the whole community benefits. We thank you for your support.

BAPTISM www.catholicchurchfareham.org.uk/baptism

Please visit the parish website for details and to register online. Why not take part while "still expecting"?

CONFIRMATION PATHWAY - "CHOSEN"

Next session: Fri 13th Feb. 7 - 8.30pm St Philip Howard Ch.

PARISH CATECHISTS' FORMATION DAY – LENT '26

Saturday 14th March 9.30am - 3.30pm at St Philip Howard

Led by Sr Hyacinthe OP. www.lightoftruth.uk/courses

A date for the diary, please, for all new and existing Catechists. We are very blessed to have the **Dominican Sisters of Sway** come to our Solent Pastoral Area and lead a formation day for us. It is the 3rd Saturday in Lent, a refreshing day of formation and prayer, as we seek to bring people to Christ.

SACRAMENT OF RECONCILIATION - CONFESSIONS

- ◆ **Thursday 12th Feb: After 10am Mass.**
- ◆ **1st Saturdays: 10am - 11am.**
- ◆ **2nd, 3rd, 4th Saturdays: 5pm - 6pm.**

'We don't drift to Heaven like we think we do. Just like Olympic athletes, reaching Heaven takes intentional sacrifice and purpose. We cannot be united to God unless we freely choose to love him.' *Fr Mike Schmitz*

Bit unsure how? Cn John's booklets available on the font, or visit: www.ctsbooks.org/how-to-go-to-confession

Mass Times, Intentions and Locations, including Adoration & Confessions

5th SUNDAY ORD TIME Year A <i>Psalter Week 4</i>	Sat Vigil 7th	6:30pm	Sacred Heart	Ints. of Basil & Mary Hedley	
	Sun 8th Feb	9am	Sacred Heart	For the People of the Parish	
		11am	St Philip Howard	Rose Fullarton RIP	
		6pm	St Philip Howard	Ints. of the Thomas Family	
	Feria	Mon 9th Feb	-	Sacred Heart	<i>Sorry, no service</i>
	St Scholastica	Tues 10th Feb	10am	Sacred Heart	For the Holy Souls
	Adoration	<i>Holy Hour</i>	'till noon	Sacred Heart	Adoration – silent prayer
	Funeral	Wed 11th Feb	10am	St Philip Howard	Requiem Mass - Stephen Young RIP
	Feria	Thurs 12th Feb	10am	Sacred Heart	Rafat Stobiecki RIP
	Reconciliation		...after	Sacred Heart	Confessions
6th SUNDAY ORD TIME Year A <i>Psalter Week 2</i>	Adoration	<i>Holy Hour</i>	7-8pm	Sacred Heart	Holy Hour for Vocations and Night Prayer
	Feria	Fri 13th Feb	10am	Sacred Heart	Anne Hine RIP
	Reconciliation	Sat 14th Feb	5-6pm	Sacred Heart	Confessions
	Feria	Sat Vigil 14th	6:30pm	Sacred Heart	Christina Greenfield RIP
	Feria	Sun 15th Feb	9am	Sacred Heart	For the People of the Parish
			11am	St Philip Howard	Carmel Brady RIP
			6pm	St Philip Howard	Arthur Mabey RIP
	Feria	Mon 16th Feb	-	Sacred Heart	<i>Sorry, no service</i>
	Feria	Tues 17th Feb	10am	Sacred Heart	Ints. of Aidan Nally (90th Birthday)
		<i>Holy Hour</i>	'till noon	Sacred Heart	Adoration - silent prayer
Ash Wednesday	Wed 18th Feb	10am	Sacred Heart	Fr John Buckley RIP	
		7.30pm	St Philip Howard		
	After Ash Wed.	Thurs 19th Feb	7am	Sacred Heart	Ints. of Ana D - Good Health
	Reconciliation		10am	Sacred Heart	Confessions
		<i>Holy Hour</i>	7.30pm	Sacred Heart	Holy Hour for Vocations and Night Prayer
	After Ash Wed.	Fri 20th Feb	11.30am	St Philip Howard	Requiem Mass - James McGiveron RIP
	Rite of the Elect	Sat 21st Feb	11am	Cathedral	Rite of the Elect
	Reconciliation		5-6pm	Sacred Heart	Confessions
	FIRST SUNDAY OF LENT	Sat Vigil 21st	6:30pm	Sacred Heart	Julie Nally RIP
	Year A	Sun 22nd Feb	9am	Sacred Heart	For the People of the Parish
	<i>Psalter Week 1</i>		11am	St Philip Howard	In Thanksgiving for baby JB
			4pm	Sacred Heart	Stations of the Cross and Benediction
			6pm	St Philip Howard	Michael Anderson RIP

SERVER OF THE MONTH - January

Well done to *Sancta C.*, who has been awarded the *Green Cincture of Honour* for the coming month (February). Above all, thank you to our wonderful team of servers.

EUCCHARISTIC ADORATION OF THE REAL PRESENCE OF OUR LORD IN THE BLESSED SACRAMENT

Tuesdays, 10:30am - 12 noon Sacred Heart Church

Come & be with Our Lord, even if only for a few moments. Essential for growing in a personal relationship with Christ.

HOLY HOUR FOR VOCATIONS - '... ask the Lord.' Mt 9:38

Thursdays, 7pm - 8pm at Sacred Heart Church

Please come and pray for workers in the Lord's vineyard.

LENT LUNCHES

Christians Together in Portchester

Five Wednesdays commencing 25th February,

12 noon service. Methodist Ch, Castle Street, Portchester. Followed by a light lunch of soup, bread and cheese. Donations to CAFOD and Christian Aid.

Christians Together in Fareham

Five Thursdays starting 26th February,

12.15 to 1pm. Fareham URC Church, Osborne Road South. Homemade soup, bread, fruit, tea and coffee. Donations to Christian Aid.

LENT STUDY GROUPS: CTIF

'What is this 'good news', and who is it for?'

The course starts in the week beginning 23rd Feb and runs for 5 weeks. Each attendee will receive the course book at the first session which will cost £5.00.

If you wish to join a group please contact Liz at:

elizdunning@ntlworld.com by Friday 13th February.

LICENCES: COPYRIGHT & PERFORMANCE

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SYCAMORE ADULT PATHWAY IN FAITH

Wednesdays, 7pm Church for time of prayer, then 7.15pm in Sacred Heart Hall for hospitality and topic. 9pm finish.

Looking for answers about the Catholic faith? All welcome.

Contact Dcn Larry: lmurawski@portsmouthdiocese.org.uk

OFS SECULAR FRANCISCAN MEETING

Saturday 21st Feb, 12pm, Sacred Heart Hall

For info. contact John: franciscansolent@outlook.com

PARISH BEREAVEMENT "BETHANY" GROUP

3rd Thursdays, 10am at Sacred Heart Hall

For anyone who has lost a loved one. A welcoming and safe space to be. For info: sacredheart.bethany@gmail.com

CRAFT & CHAT GROUP

Tuesdays from 1pm at Sacred Heart Church Hall

CAFOD FAMILY FAST DAY Friday 27th February

This Family Fast Day, let's show love to our neighbours. Let's eat simply and give generously – so another family can put food on the table.

You can give using the envelopes which will be handed out at Mass the weekend of 21st / 22nd Feb or use the Dona plates in both churches.

SUNDAY OFFERING - Thank you for your generosity

January average: c. £2,607 per week

St John's Cathedral, Portsmouth - £1,300

Crib Collection - Friends of the Holy Land

Diocesan total: £163,369.45

PARISH FINANCE

Dona Plates Contactless giving made easy Gift Aid optional

Standing Orders Please contact the Parish Office for details.

BACS Transfer Our bank details if you need them are:

CDP Fareham Sacred Heart (Lloyds Bank)

Sort Code 30-93-04 Account 00877744

Cheques Payable to 'CDP Fareham Sacred Heart'

Gift Aid Tax payers are encouraged to contact in confidence at: farehamgiftaid@portsmouthdiocese.org.uk

Parish Office:

41 Portland Street, Fareham. PO16 0NF Tel: 01329 318 869

Email: farehamportchester@portsmouthdiocese.org.uk

www.catholicchurchfareham.org.uk

Parish Clergy:

Cn. John Cooke and Dcn. Larry Murawski

Parish Administrator:

Mrs Pauline McNamara *Parish Office Opening Times:* Monday to Friday 09.30-12.30pm

Parish Finance:

farehamgiftaid@portsmouthdiocese.org.uk

Parish Safeguarding:

Stephanie Campbell 07414 685 955. Email: safeguarding.fare@portsmouthdiocese.org.uk

Diocesan Safeguarding:

Ruth Attfield Email: rattfield@portsmouthdiocese.org.uk

Parish SVP Group:

07435 880 190 - Call in confidence, any day between 8am - 6pm

Fareham:

Sacred Heart Church, Portland Street, Fareham, PO16 0NQ

St. Philip Howard Church, Bishopsfield Road, Fareham, PO14 1ND

Wickham:

The Chapel of St. Thomas More, Park Place Pastoral Centre, Wickham, PO17 5HA

St Jude's Primary School

Headteacher: Mrs Sarah Wall. Email: admin@st-judes.info Tel: 01329 235 131