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**1st February 2026**

**Fourth Sunday in Ordinary Time**

**Year A**

**WELCOME TO OUR PARISH**

**From Father Graham**

"What do you want to do when you grow up?" A question often asked of children or young students. A list of jobs or careers may ensue. Education ceases to be whole if its framework is focussed upon employment. Perhaps an alternative question might ask: "What do you want to be when you grow up?" Who we are is the foundation of what we do.

How would we answer this latter question? The readings today give an insight to what God calls us to be.

Jesus describes the attributes of the Kingdom of God in the Beatitudes: meekness, righteousness, purity, peace, mercy. It is difficult to live this way in our modern society with worldly standards. It will lead to persecution. History shows us that Jesus was right and still is. It is necessary to hide in Him when all around us seems angry.

God sees who we are. He knows not only what we are like as a human race and a Church but also our individual traits and weaknesses. He died to remedy them. But He also knows our God given gifts and graces received. He gives them to us through nature and the Holy Spirit.

The reality is that we only know ourselves by seeing ourselves in relation to God in Jesus. How important it is then that we "Seek the Lord" with all our heart as if our life depends on it - because it does.

So, what is a good answer to the better question? What do we want to be when we grow up? Humble.

With my prayer. May God bless you.

Fr Graham

**Fourth Sunday in Ordinary Time**

**Mass Intention**

Sat 31 Jan	10.00	SP	Mass & Rosary	For Vocations
Sat 31 Jan	17.30	TT	Vigil Mass <i>(for Sunday)</i>	Daniel Bennett RIP
Sun 1 Feb	09.00	SP	Mass	Cornelius 'Bob' O'Donoghue RIP
	11.00	CTK	Mass	For all Parishioners
Mon 2 Feb	09.00	SP	Adoration	
<i>The Presentation of the Lord (Candlemas)</i>	09.30	SP	Liturgy of the Word with Blessing of Candles	
	10.00	SP	Rosary	
	17.30	TT	Mass	[please note change of time]
	19.30	Zoom	Rosary	
Tue 3 Feb	09.30	CTK	Rosary	
<i>Feria</i>	10.00	CTK	Mass	Ben & Moya McNeany RIP
	10.30	CTK	Adoration & Confessions	
	17.30	TT	Mass	
Wed 4 Feb	17.30	TT	Mass	
Thur 5 Feb	09.00	SP	Adoration	
<i>Saint Agatha</i>	09.30	SP	Mass	Ints of Pauline Zahoui
	16.30	TT	Mass	
	19.30	SP	Adoration, Divine Mercy Chaplet & Confessions	
Fri 6 Feb	11.00	SP	Requiem Mass: Tony Rolph RIP	
<i>Saint Paul Miki &amp; Companions</i>	15.00	Zoom	Divine Mercy Chaplet <i>with Stations of the Cross</i>	
	17.30	TT	Mass	
Sat 7 Feb	10.00	SP	Mass & Rosary	Anne O'Kelly RIP

**Fifth Sunday in Ordinary Time**

Sat 7 Feb	17.30	TT	Vigil Mass <i>(for Sunday)</i>	For all Parishioners
Sun 8 Feb	09.00	SP	Mass	Nik Patel RIP
<i>Sexagesima</i>	11.00	CTK	Mass	For Victims of Modern Slavery

*Alleluia, alleluia.  
Rejoice and be glad, for your reward is great in heaven.  
Alleluia*

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TT | The Towers Convent, Upper Beeding, BN44 3TF

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OPPORTUNITIES TO CONNECT WITH YOUR FAITH

Welcome to any newcomers or visitors to our Parish

Where are you on your faith journey? Do you have questions? Maybe it is useful for you to know that no one has all the answers. God does. We are all growing in faith, day by day. God bless you.

We have a group, 'Come & See', for people to come and discuss/learn more about our faith and ask questions in an informal setting (see posters and leaflets in the porch). In the meantime, please feel free to bring your questions to Father Graham or Deacon Simon.

Next session: Tues 3rd February 2026, 7.30pm. All are welcome.



OLQP Bible Group

The Bible Group meet on Saturday mornings at St Peter's (on weeks when there is a 10.00am mass). We are currently watching a new set of programmes set in the Holy Land with a new positive take on Christology. This will take us through Lent onto Easter and the last film called the Resurrection. All are welcome, whether you have been before or not.

From YouCat Daily

<https://www.youcat.org/daily>

357: Is atheism always a sin against the First Commandment?

If someone intentionally and explicitly denies God, he sins against the first commandment. However, his responsibility may be seriously impaired, as when, for example, he has learned nothing about God or has examined the question about God's existence conscientiously and cannot believe.

The line between being unable to believe and being unwilling to believe is not clear. The attitude that simply dismisses faith as unimportant, without having examined it more closely, is often worse than well-considered atheism.

To Sing is to Pray Twice (St Augustin)

This week a setting of Nunc Dimittis by Gustav Holst beautifully sung by Voces 8.



Mass Intentions: Why offer a Mass?

People have a Mass said for someone as a powerful form of prayer, offering the ultimate sacrifice of Jesus Christ for a specific intention, whether for the deceased (for their soul's purification in purgatory), the living (for healing, birthdays, anniversaries, or general well-being), or in thanksgiving, serving as a deep spiritual gift and expression of love for both the living and departed.

What is the significance?

- ◆ Most Perfect Prayer: The Catholic Church considers the Mass the highest and most powerful form of prayer, uniting believers with Christ's sacrifice.
- ◆ Act of Love: Requesting a Mass is seen as a profound gift, offering spiritual benefits beyond measure.
- ◆ Universal Application: Masses can be offered for anyone, living or dead, Catholic or non-Catholic, and for any worthy cause.

Speak to Fr Graham or Antonia in the office if you would like to have a mass said. You can also read more here: The Greatest Gift.

PRAYER INTENTIONS

**Please pray for** Christine, Mary, Margaret, June, Tommie, Sr Zita, Sarah, Christine B, Joanne, Anne C, Ian, Daisy, Lynn, Jenny, David, Michael C, Mary F, Margaret A, Pat O'C, Crispin M, Jennifer R, David R, Harvey R, Phil R, Michael H, Joan T, Joanna, Richenda, Rachel, Mike D, Ashley R, Jess D, Trish Y, Maureen C, Peter P, Rosie B and all who are sick.

**Please pray for** the soul of Tony Rolph RIP. Please pray for Mary and all their family. Tony's Requiem Mass will be at St Peter's Church on Friday 6<sup>th</sup> February at 11am.

**Please pray for** the soul of Mike Donlevy RIP who died this week. Please pray for Jess, Vicki and all their family. Michael's funeral is at CTK on Monday 9<sup>th</sup> February at 12 noon.

**Please also pray for** the soul of Nik Patel RIP who died recently. Please pray for Michelle, Neeral, Sim & Kyle and all their family. May he rest in peace.

**Please pray for** our 1<sup>st</sup> Holy Communion families, Confirmation candidates, Come and See group and Enquirers, Saint Peter's school and our catholic schools, peace, and vocations.

Pope Leo's Prayer Intention

For children with incurable diseases, asking that they and their families receive necessary medical care and support while maintaining strength and hope.

Saint Francis of Assisi prayed...

*All the darkness in the world cannot extinguish the light of a single candle.*

(Candlemas is celebrated on 2 Feb)



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HAPPENING THIS WEEK

EVENTS & NOTICES

Sun 1 Feb	SP Parish Room, 10.00am: SVP Bookstall
Mon 2	No mass at SP. Instead there will be Liturgy of the Word with Procession & Blessing of Candles.  <i>Please bring your candles from home for blessing. All are welcome.</i>
Tue 3	<i>Blessing of throats after Mass</i>  4pm SP School Governors meeting  SP Parish Room, 7.30pm: Come & See enquirers group, looking at 'The Sacrament of Baptism'.
Thu 5	SP Parish Room, 10.00am: Coffee pop-in  <i>Deanery Clergy Meeting</i>
Fri 6	SP Parish Room, 9.30am: Mothers Prayers  <i>[please note earlier time]</i>
Sat 7	OLQP Bible Group
Sun 8	2nd Collection: A&B Lourdes Pilgrimage Fund

Future dates for your diary

25 Feb	Jumble Sale hosted by Cancer Research UK at SP
28 Feb	Catenians quiz night at The Towers
6 Mar	SP, 2,00pm: World Day of Prayer (with refreshments in the Parish Room afterwards)
7-8 Mar	World Apostolate of Fatima England & Wales visiting the parish
12 Mar	Healing Service at St Peter's
23 Apr	Afternoon Tea for St George's Day at St Peter's

Saint Blaise - Blessing of Throats

On Tuesday (3rd February) after Mass Deacon Simon will give the customary blessing of throats and prayers for healing from all other ailments. All are welcome.

Saint Cuthman

Sunday (8th Feb) is usually the feast of St Cuthman of Steyning. Prayers and celebration to all our parishioners at Christ the King.

Thank you

Our deanery clergy enjoyed a wonderful lunch and time together this week in our OLQP parish at St Peter's. Thankyou to Trish and the team for all their hard work and generosity. The food was lovely, the welcome and hospitality was generous, the decoration and flowers were beautiful and the service was humble. Thank you.

Mila's Café: Sunday 15th February at CTK

"Come to my café to support St Peter's Catholic Primary School to get new computers as the current ones don't work. There will be cakes, biscuits, and a bunch of different drinks. The date is 15th February and the time is 12pm in the Cuthman Room next to CTK".



Devotions, Adoration and Confessions this week

Rosary: Monday (SP) 10.00 & (Zoom) 19.30; Tuesday (CTK) 09.30; Saturday (SP) after Mass

Confessions: Tuesday (CTK) 10.30; Thursday (SP) 19.30; or by appointment or request

Adoration: Monday (SP) 09.00; Tuesday (CTK) 10.30; Thursday (SP) 19.30

Divine Mercy Chaplet: Thursday (SP) 20.00; Friday (Zoom) 15.00 (with Stations)

Adur Valley Catenians Quiz Night

Adur Valley Catenians are trying to raise money for 'Safe in Sussex', a women's refuge from domestic abuse.

Saturday 28th February, 6.30 for 7.00pm, at The Towers Convent, Henfield Road, Upper Beeding BN44 3TF

Buffet Supper / Licenced Bar / Raffle / Prizes for the winners / Teams of 4-6 people / £12.50 per person / £8.50 under 18s.

Tickets from: [info@adurvalleycatenians.co.uk](mailto:info@adurvalleycatenians.co.uk). Or call Adrian on 07976-913774, or speak to any of the Catenians after mass.

Diocesan Pilgrimage to Lourdes

We will be having a second collection for The Lourdes Pilgrimage Fund next week (Sunday 8th February).

The pilgrimage to Lourdes is one of the most significant pastoral events in the annual Diocesan calendar. Lourdes is a place of renewal, unlike tourists, visiting a popular attraction, we are pilgrims, making the journey together, we laugh together, break bread together, and we enter a space in which we can be open to the promptings of the Holy Spirit in ways that, perhaps, we would never have thought possible before. Thank you for your support.

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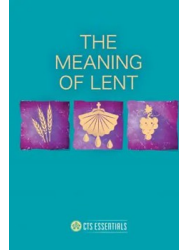
PREPARING FOR LENT

Online Lent Retreat: Signup is now open

Pray More Lenten Retreat: <https://praymoreretreat.org/2026-lent-retreat/>. An online retreat with four inspiring speakers, video and audio presentations and reflective study guides. Grow closer to Christ. Begins 18th February.

Lent Printed Resources

We will have prayer diaries and daily reflections booklets available soon, as well as some calendars and activity books for children. We have also invested in some 'library' books on various topics, all available for parishioners to borrow and share.



World Apostolate of Fatima

We are honoured to be the first parish in 2026 to host a visit of the National Pilgrim Virgin Statue of Our Lady of Fatima, along with the Relics of Saints Jacinta and Francisco.

This is a wonderful opportunity to have an insight into Fatima. There will be mass, rosary, meditation, confessions, divine mercy, films and items to buy. 9.45am until 4.45pm (please bring a packed lunch; tea & coffee will be available).

To learn more, email: [patsydaniels@gmail.com](mailto:patsydaniels@gmail.com), or see poster/flyers in the porch.

VISITATION OF THE NATIONAL PILGRIM VIRGIN STATUE (NPVS) OF *Our Lady of Fatima* AND THE RELICS OF SAINTS JACINTA AND FRANCISCO  
Our Lady Queen of Peace, Adur Valley BN43 5WG

**7 March 2026 (first Saturday)**

- 0950H: Procession and Enthronement of the NPVS of Our Lady of Fatima and the Relics of Saints Jacinta & Francisco
- 1000H: Holy Mass  
With the Prayer of re-Consecration to the Immaculate Heart of Mary
- 1050H: Tea break
- 1120H: 15 minutes meditation
- 1135H: Recitation of the Joyful Mysteries of the Rosary
- 1200H: Veneration of the Relics of Saints Jacinta and Francisco
- 1215H: Lunch
- 1315H: Holy Hour with Confessions
- 1415H: Benediction
- 1425H: Divine Mercy Chaplet
- 1435H: Tea break
- 1500H: Showcase of Fatima Programmes / Initiatives  
Station 1: Fatima Prayer Cell  
Station 2: COTE/YMM  
Station 3: Promoters  
Station 4: Home Pilgrim Statue Visitation
- 1630H: Enrolment and Investiture of the Brown Scapular
- 1645H: End of day 1.

**8 March 2026, Sunday**

- 0900H: Holy Mass (St Peter)
- 1000H: Veneration of the Relics of Saints Jacinta and Francisco
- 1100H: Holy Mass (Christ the King)
- 1200H: End of visitation.

For more information, please contact the parish or visit the parish website.

Arranged by the World Apostolate of Fatima (England & Wales)  
A Public Association of the Faithful  
Registered Charity 1198986

Contact the World Apostolate of Fatima  
Mobile no. 07788473210 (9 am to 5 pm only, Mon to Fri)

Unwrapping our Faith: Fr Graham writes...

It is not too early to think about Lent. The three Sundays before Lent begins have traditionally been a time of preparing for the Lenten fast. To ease us into the season gently. *Septuagesima*, *Sexagesima* and *Quinquagesima* are Sundays that mark roughly 70, 60 and 50 days before Easter.

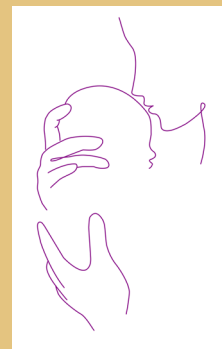
It is a good practice to continue at least to begin to think about what our Lenten fast or rule might look like. Don't wait until Ash Wednesday. It might help to look at what the Church has done through the ages: prayer, fasting and almsgiving. We will have opportunities and resources available. We can find support with shared endeavours especially if we are struggling. The purpose is to grow closer to the Lord as a disciple and a parish, not closer to self. Prayer is not always words, fasting is not always food and alms is not always money.

Remember the Lord looks at the heart.



From Right to Life

As we celebrate the Presentation of the Lord on Monday, let us pray for all new parents and pregnant mothers.



During this transitional time, amidst the challenges, may they too see the light their child brings and find the support they need in our community.

**Readings: 4th Sunday in OT A**

1st Reading Zephaniah 2:3; 3:12-13

Psalm 146(145):6c-7. 8-9a. 9b-10. R Matthew 5:3

2nd Reading 1 Corinthians 1:26-31

Gospel Matthew 5:1-12a

To see the readings for the coming week visit [www.universalis.com](http://www.universalis.com).

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