



**Parish Priest:** Fr. Graham Ricketts  
01273 464048  
graham.ricketts@abdiocese.org.uk

**Parish Deacon:** Deacon Simon Wright  
simon.wright@abdiocese.org.uk

**Administrator:** Antonia Hyatt  
01273 452654  
adurvalley@abdiocese.org.uk

**Also Resident:** Fr. Tony Lovegrove

**Safeguarding Rep:** Georgina Carter  
sg2.adurvalley@abdiocese.org.uk

**8th February 2026**

**Fifth Sunday in Ordinary Time**

**Year A**

**WELCOME TO OUR PARISH**

*Alleluia, alleluia. I am the light of the world, says the Lord; whoever follows me will have the light of life. Alleluia*

**From Father Graham**

We have not started Lent yet, but we are in the Sundays before Ash Wednesday, and the readings are preparing us for the season. Isaiah echoes the voice of God when he tells us the sort of fast that God wants and is most effective for prayer. Fasting strengthens prayer. Justice and mercy are the fruits of fasting. A fast or Lenten discipline is not for us, to make us feel better, but for others. Then our souls will have been cleansed in the sight of God as "love cancels out many sins."

Food for thought as we prepare for our observance.

Just as pilgrims in Lourdes hold up their lighted candles in procession, we are invited to be open about our faith and emit the light of Christ around us. Not to be intimidated by what people might think of us. We are preparing to allow our souls to be illuminated and to increase in lumens. We will try to keep Lent so that we will not be part of the crowd and be bland or anonymous but seasoned with the Spirit that our souls may be appealing to a lost world. To stand out and offer hope to those disillusioned by the falseness and deceit of power.

Jesus shows us true power in His weakness.

We do not rely upon our own strength or wisdom but upon our weakness in the presence of the crucified Christ. May God complete that good work that He has inspired and begun in us through the Holy Spirit.

With my daily prayer for you. May God bless you. Fr Graham

**Fifth Sunday in Ordinary Time (Sexagesima)**

**Mass Intention**

Sat 7 Feb	10.00	SP	Mass	Anne O'Kelly RIP
<i>Our Lady</i>	10.30	SP	Rosary & First Saturday Fatima Devotions	
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
Mon 9 Feb	09.00	SP	Adoration	
<i>Feria</i>	09.30	SP	Mass	Aimee Trend RIP
	10.00	SP	Rosary	
	12.00	CTK	Funeral: Michael Donlevy RIP	
	16.30	TT	Mass	[please note change of time]
	19.30	Zoom	Rosary	
Tue 10 Feb	09.30	CTK	Rosary	
<i>Saint Scholastica</i>	10.00	CTK	Mass	Holy Souls RIP
	10.30	CTK	Adoration (no confessions)	
	16.30	TT	Mass	[please note change of time]
Wed 11 Feb	16.30	TT	Mass	[please note change of time]
Thur 12 Feb	09.00	SP	Adoration	
<i>Feria</i>	09.30	SP	Mass	Alan Comaschi RIP
	16.30	TT	Mass	
	19.30	SP	Adoration, Divine Mercy Chaplet & Confessions	
Fri 13 Feb	09.00	SP	Adoration	
<i>Feria</i>	09.30	SP	Mass	World Apostolate of Fatima
	10.00	SP	Confessions	
	15.00	Zoom	Divine Mercy Chaplet <i>with Stations of the Cross</i>	
	16.30	TT	Mass	[please note change of time]
Sat 14 Feb	10.00	SP	Mass	Robert & Joan Beck RIP
	10.30	SP	Rosary	

**Sixth Sunday in Ordinary Time**

Sat 14 Feb	17.30	TT	Vigil Mass <i>(for Sunday)</i>	For all Parishioners
Sun 15 Feb	09.00	SP	Mass	Tony Rolph RIP
<i>Quinquagesima</i>	11.00	CTK	Mass	Michael O'Connor RIP

SP | St Peter's Shoreham, BN43 5WG

44 (0) 1273 452654

Parish Office open Thursdays 09.00—13.00

CTK | Christ the King, Steyning, BN44 3PB

Please email/telephone to book an appointment at other times.

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

44 (0) 1903 812185



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 24th February 2026, 7.30pm. We will be discussing The Most Holy Eucharist. 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>

156: What is eternal life?

Eternal life begins with Baptism. It continues through death and will have no end. Even when we are simply in love, we want this state of affairs to last forever. "God is love", says the First Letter of John (1 Jn 4:16). "Love", says the First Letter to the Corinthians, "never ends" (1 Cor 13:8). God is eternal because he is love; and love is everlasting because it is divine. If we are in love, we enter into God's endless presence.

To Sing is to Pray Twice (St Augustin)

This week a piece by John Tavener (1944-2013) who is probably best known for The Lamb and Song for Athene, was written in 1985 in memory of his mother: "Mother of God, here I stand"

*Mother of God, here I stand now praying, before this icon of your radiant brightness, not praying to be saved from a battlefield; not giving thanks, nor seeking forgiveness for the sins of my soul, nor for all the souls numb, joyless and desolate on earth; but for her alone, whom I wholly give you.*

This Sunday is the International Day of Prayer and Awareness against Human Trafficking

Modern Slavery is taking place across the world, including in our Diocese, it is a human rights violation which has very serious consequences for the health and wellbeing of survivors with victims often hidden away, unable to leave their situation, or reticent to come forward because of fear or shame.

Today, modern slavery has 50 million victims globally, and 130,000 in the UK. Pope Francis described this as a "crime against humanity", and we are all called to combat it.

From Right to Life

On Wednesday, we commemorate the feast of Our Lady of Lourdes and World Day of Prayer for the Sick. Let us especially pray for all those who are nearing the end of their lives, that they may experience God's comfort and peace.

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 Mike Donlevy RIP. 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.

Saint Josephine Bakhita, Patron Saint of those who are victims of human trafficking, prayed...



*The best thing for us is not what we consider best, but what the Lord wants of us!*

*St. Bakhita, assist all those who are trapped in a state of modern slavery and human trafficking; Intercede with God on their behalf so that they will be released from their chains of captivity. Those whom man enslaves, let God set free. Provide comfort to survivors of modern slavery and human trafficking; let them look at you as an example of hope and faith.*

SP		St Peter's Shoreham, BN43 5WG	44 (0) 1273 452654	Parish Office open Thursdays 09.00—13.00
CTK		Christ the King, Steyning, BN44 3PB		Please email/telephone to book an appointment at other times.
TT		The Towers Convent, Upper Beeding, BN44 3TF	44 (0) 1903 812185	



PARISH NEWS

EVENTS & NOTICES

Sat 7	OLQP Bible Group
Sun 8	2nd Collection: A&B Lourdes Pilgrimage Fund <i>Day of Prayer For Victims of Trafficking</i>
Tue 10	No confessions at CTK
Thu 12	SP Parish Room, 10.00am: Coffee pop-in  SP Parish Room, 12.00pm: OLQP Community Lunch Club  <i>Deanery Clergy Meeting</i>
Sat 14	OLQP Bible Group
Sun 15	<i>Day of Prayer for the Unemployed</i>

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

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

Readings: 5th Sunday in OT A

1st Reading Isaiah 58:6-10

Psalms 112(111): 4-5, 6-7, 8a, 9, R4a

2nd Reading 1 Corinthians 2:1-5

Gospel Matthew 5:13-16

2nd Collection this weekend: Diocesan Pilgrimage to Lourdes

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.

59 diocesan parishes held a collection for the Lourdes Pilgrimage last year, with donations enabling our pilgrimage team to offer vital subsidies amounting to more than £60,000 to pilgrims who in other circumstances could not begin to contemplate the journey, let alone the financial burden that a week in France entails. Thank you for your support.

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.

Mila's Café: Sunday 15th February at CTK

"Come to my café to support St Peter's Catholic Primary School. 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".



Weekday Masses at The Towers: 4.30pm

Fr Tony has been in touch to say he is progressing 'steadily but slowly'. Fr Tony and the Sisters have decided to move the weekday masses at The Towers to be at the same time each day for the foreseeable future, at 4.30pm. We will let you know if this changes.

Installation of Archbishop-Elect Richard in Westminster Cathedral, 14 February

Bishop Richard will be installed in Westminster Cathedral during Mass on 14 February. All are welcome to watch the livestream of the Mass, and of Vespers on the preceding evening. [Click here](#) for details.

Adur Valley Catenians Quiz Night in aid of 'Safe in Sussex', a women's refuge from domestic abuse

Saturday 28th February, 6.30 for 7.00pm, at The Towers

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.

Our New Parish Structure - proposal

A proposal for the structure of the new parish has been published on the Worthing and Lancing website as follows: [Proposed New Parish Structure](#).

Deacon Simon is happy to answer questions concerning this proposal.

Our Lady Star of the Sea Parish Pilgrimage to Walsingham

Tuesday 19<sup>th</sup> to Thursday 21<sup>st</sup> May 2026. Full cost including meals and transport by coach will be £300. 25 rooms have been booked with a few spare ones to go. Friends from local parishes will be most welcome to join us. However, we must have definite names by Thursday 19th February at the latest. Please contact parish office for more information. 01903 785901.

SP | St Peter's Shoreham, BN43 5WG

44 (0) 1273 452654

Parish Office open Thursdays 09.00—13.00

CTK | Christ the King, Steyning, BN44 3PB

Please email/telephone to book an appointment at other times.

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

44 (0) 1903 812185



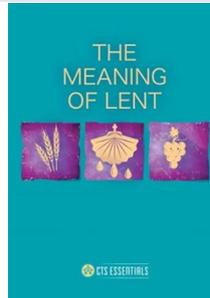
PREPARING FOR LENT

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, or see poster/flyers in the porch.

Postcard for the visitation of the National Pilgrim Virgin Statue (NPVS) of Our Lady of Fatima and the Relics of Saints Jacinta and Francisco. Includes a detailed schedule for 7 March 2026 (First Saturday) and 8 March 2026 (Sunday).

About the Mass: an anonymous online commentator writes...

"Have you ever caught yourself sitting in mass criticising the music or maybe feeling a bit bored with the homily? I get it – I've been there too. But here's the thing that completely changed my perspective.

The Mass was never meant to be about us.

You see when we walk into church, we're not walking into a concert hall or a TED talk venue. This isn't about getting our weekly dose of inspiration or enjoying a musical performance. What's happening is something far more profound; something that transcends our personal preferences and comfort.

What we're witnessing is literally Calvary being made present again.

Think about that for a moment. The same sacrifice that Jesus made two thousand years ago is happening right there, right in front of us. When the priest raises that host, time and eternity intersect in the most incredible way. Christ is being offered to the Father just as he was on that first Good Friday.

We're not there as critics or consumers; we're there as witnesses to the most significant event in human history. And our role is to worship, to unite our hearts with this divine sacrifice. So, the next time you find yourself getting caught up in whether the choir hit the right notes or if the homily could have been more engaging, remember – this isn't about entertainment. It's about entering into the greatest mystery of our faith. Because at its heart the mass isn't about you or me – it's about Him".

Unwrapping Our Faith: Fr Graham writes...

When we celebrate Mass, we are united with the worship of Heaven.

We join the angels and saints around the altar of the "Lamb of God." We end the Preface (the first part of the Eucharistic Prayer) with the Sanctus: "Holy, Holy, Holy" - the hymn of the angels. We include the names of our parish patron saints (St Peter, Saint Cuthman and Blessed Peter Vigne) or the saint of the day in the prayers after the Consecration as they join us in adoring Jesus present on the altar.



Devotions, Adoration and Confessions this week

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

Confessions: Thursday (SP) 19.30; Friday (SP) 10.00; 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)

Monk Talks: A Benedictine Approach to Lent

17 February, 6pm Vespers, 6.30pm supper; 7pm talk, St John the Baptist, BN2 1AP. Join Brighton's Monks in the City for a talk from Fr Peter, exploring how Benedictines observe Lent. All are very welcome; click here to find out more.



- SP | St Peter's Shoreham, BN43 5WG 44 (0) 1273 452654
CTK | Christ the King, Steyning, BN44 3PB
TT | The Towers Convent, Upper Beeding, BN44 3TF 44 (0) 1903 812185

Parish Office open Thursdays 09.00-13.00
Please email/telephone to book an appointment at other times.