

SACRED HEART PARISH

Catholic Diocese of Portsmouth
Reg. Charity No. 1199568



FIRST SUNDAY OF LENT - Year A - 22 February 2026

Priest in Charge: Fr. John Chadwick
Parish Administrator: Mrs Jan Hughes **Office open Monday, Tuesday, Wednesday & Thursday mornings**
Phone: 01256 577007/07719 012955 **email:** office@sacredhearthook.org
Website: www.sacredhearthook.org **Facebook:** facebook.com/sacredhearthook
Safeguarding Minister: Mrs Maggie Wood **email:** safeguarding@sacredhearthook.org
PC Chairman: Shanthi Fernando via the parish office or ppc@sacredhearthook.org

Sacred Heart Church, The Priests House, London Road, Hook, Hampshire RG27 9LA

St Vincent De Paul Society (SVP) now have a confidential mobile phone line to assist & help. 07434 773219.

Please note we now have CCTV Cameras around the premises for security purposes.

MASS TIMES

Mass in the Convent on Monday mornings at 9:30am
Daily Eucharistic Service at Maryfield Convent at 10:00am (Tues, Wed, Thurs, Fri & Sat)

FIRST SUNDAY OF LENT

Sat 21 Feb	6:00 pm	Mass	
Sun 22 Feb	10:00 am	Mass	Intentions of Lucas Laski Alejandro Aliniab RIP Roy Fletcher RIP
Mon 23 Feb	9:30 am	Mass in the Convent	

SECOND SUNDAY OF LENT

Sat 28 Feb	6:00 pm	Mass	
Sun 1 Mar	10:00 am	Mass	
Mon 2 Mar	9:30 am	Mass in the Convent	

CONFESSIONS & SACRAMENT OF THE SICK

Father John will be available after Mass for Confessions and/or the Sacrament of the Sick.

MASS INTENTIONS

If you would like a Mass Intention, please contact Jan in the Parish Office on 01256 577007.

PASTORAL AREA LENTEN RECONCILIATION

The Pastoral Area Lenten Reconciliation will take place at 7.30 pm on Friday 27th March in St Bede's Church. A number of Priests will be available to minister the Sacrament of Forgiveness. This is a wonderful opportunity to prepare for Holy Week & Easter.



PARISH FINANCE

Dona Plates Contactless giving made easy (with Gift Aid optional) - See the machine at the back of the church
Standing Orders Please contact the Parish Office for more details.

BACS Transfer

Our bank details are: CDP Hook Sacred Heart (Lloyds Bank) : Sort Code 30-93-04 Account 00880117

Cheques Payable to 'CDP Hook Sacred Heart'

Gift Aid payers are encouraged to contact the office at: office@sacredhearthook.org

PLEASE PRAY

Lord, have all those who are unable to be with us at Mass in Your safekeeping as we remember: Debbie Cavedon, Jacob Weston, Mike Murch, Nikki Pink, Ken Musgrave, Sylvia Hosking, Fr Jean Patrice, David Xavier, John Kidd, Anne Mitchell, Peter Ward, Sheila Barlow, Andrew Henderson, Maeve & John Crangle & Graziano Amodeo



LENT 2026

Lent is a time to prepare for Holy Week's commemoration of Our Lord's Passion, Death and Resurrection.



"I know God will not give me anything I can't handle. I just wish that He didn't trust me so much"
'Mother Teresa'

Here are some of the things the parish will be offering to help you during Lent.

Confessions: After Saturday & Sunday Mass
Stations of the Cross Friday at 12 noon in the church followed by a soup lunch
Stations of the Cross Sunday 4pm in the Church Followed by Benediction
Reconciliation Service Fri 27th March at 7:30pm in St Bede's Church

STATIONS OF THE CROSS

There will be Stations of the Cross with Benediction led by Father John C on Sunday afternoons at 4pm during Lent. (22 Feb & 1, 8, 15 & 22 March)

SALT AND GRIT BIN

Just a reminder that there is a salt and grit bin by the side of the disabled parking bays, for use when the car park area is icy.



LONDON MARATHON

Jackie Harrison and my husband Andy are running the London Marathon in April and we are raising money for Children with cancer UK and the Autistic society. We are holding our annual Curry night at the Hook Tandoori on Monday 2nd March. Lots of food (starters/poppadom, curry dishes, rice and naan breads) and a raffle. Tickets £25 if you would like to join us please contact Jackie or myself. It's always a great night. Would love to see you Best Wishes Andrea and Jackie 07823449333 or 07881620701

DATES FOR YOUR DIARIES

Sat 28th Feb FHC 3pm in the hall
Sat 21 March St Patrick's Day celebration

WELCOME

A very warm welcome to all parishioners and visitors who join us. If you are new to the area, please contact the Parish office to register as a member of our Parish. Parish Registration forms are available from the newcomers table.

LITURGY OF THE WORD



FIRST SUNDAY IN LENT

First Reading Genesis 2: 7 - 9, 3: 1 - 7

Responsorial Psalm: Psalm 50

Have mercy on us, O Lord, for we have sinned.

Second Reading: Romans 5: 12 - 19

Gospel Acclamation

Praise to you, O Christ, king of eternal glory!

**Man does not live on bread alone,
but on every word that comes from the mouth of God.
Praise to you, O Christ, king of eternal glory!**

Gospel Matthew 4: 1 - 11

Pope Leo XIV offers a practical Lenten message for Christians everywhere:

I would like to invite you to a very practical and frequently unappreciated form of abstinence: that of refraining from words that offend and hurt our neighbour. Let us begin by disarming our language, avoiding harsh words and rash judgement, refraining from slander and speaking ill of those who are not present and cannot defend themselves. Instead, let us strive to measure our words and cultivate kindness and respect in our families, among our friends, at work, on social media, in political debates, in the media and in Christian communities. In this way, words of hatred will give way to words of hope and peace.

MARYFIELD CONVENT

EXPOSITION OF THE BLESSED SACRAMENT

Divine Mercy chaplet followed by the Holy Rosary will take place in the Convent Chapel at 3pm on Fridays.

Everyone is welcome

FAITH SHARING PRAYER MEETING

First Tuesday of the month.

At 10:30am

in the tea room

TUESDAY UCM KNITTING AND CROCHET GROUP

2nd, 3rd & 4th Tuesday of the month

At 10:30 in the tea room

ADORATION FOR PEACE

Tuesday evenings 7:30—8:30pm

ILL AT HOME OR IN HOSPITAL

If you are ill and are unable to attend Mass, please let Sister Mary-Doris know, we can then arrange for communion to be brought to you. If you are in hospital or know that you are going to go in, let us know in the office by phone 01256 577007 and Sister Mary-Doris on 07899 653413

THE SACRISTY

Is a place of prayer and contemplation and should be an oasis of calm, before and after Mass. The Priest and Servers need time and space in order to prepare them selves for The Holy Sacrifice of the Mass. **Please respect this and refrain from visiting the Sacristy in the last 15 mins before Mass.** Unless there is an emergency, of course.

THE CHURCH—BEFORE MASS

Many have asked me that we try and keep our voices down before Mass so that we can all offer our prayers to God in relative peace before Mass begins. We are a beautiful family of faith at Sacred Heart, therefore very important we chat and catch up. But if we can try and leave this until after Mass it would be much appreciated.

Many thanks. Fr J C

ST PATRICK'S EVENING

We are planning on holding a St Patrick's day celebration on Saturday 21st March after Mass. Stephen will be organising live music, if you are able to play an instrument and would to be involved please contact Stephen on stephencolhoun@aol.com or call 07743318322

EASTER EGGS AND TOILET ROLLS

"Hi all, Recently, I met with a charity who directly supports victims of domestic abuse. A Godincidence, I believe, as their supplier of toilet rolls had let them down. Our donation truly helped them out and they loved the quality too. If you would like to support victims of abuse, I am happy to collect and deliver them to the charity. Those receiving the donated packs already are so appreciative and always say thank you as it truly does help them. Thank you, Brita"

"With Easter Eggs in the shops already, I was hoping we could we start an early collection this year for our families in need and for this year we have been asked to collect for the Stella Maris charity for the Seafarer's. They can be delivered with the knitted hats which we supply (a special pattern is needed). Perhaps we could ask families and friends to donate so we have plenty to offer! Thank you as always, Brita"

ADoRE spiritual mini-retreat 28th February 10.00-1.00 on Zoom: "JESUS – NO GREATER LOVE." What is our relationship with Jesus, the source of eternal love? Mini retreat morning Including Mass, Adoration, Praise, Prophecy, Prayer for the gifts of the Holy Spirit and inspiring talk from guest speaker **Charles Whitehead KSG**, celebrated international renewal leader, speaker and author. Register in advance at bit.ly/ADOREFEB2026 More information at www.altonrenewal.com

PARISH COLLECTION

Collection for the weekend of the 1 & 8 February amounted to £1,669.74 from Standing Orders, Direct Debits and Mass Collections.

Thank you for your generosity.

UCM

Our Parish has a vibrant and growing Union of Catholic Mothers (UCM) Catholic women join the UCM for a variety of reasons as meetings provide fellowship and friendship and a blend of social and spiritual activities. We've been going for three years in this parish and have raised money for various charities as well as organised social functions. You don't have to be a mother to join, all Catholic women, married or single are welcome so please speak to one of our members after Mass if you would like more details.

STATIONS OF THE CROSS AND SOUP LUNCH

The UCM will be doing the Stations of the Cross every Friday at 12 noon in the church during Lent. This will be followed by a Soup Lunch in the hall. Everyone is welcome. Voluntary donations will be in aid of CAFOD. The first Friday will be the 20th February 2026. On the last Friday (27th March) we hope to re-enact a Passover Meal. More details to follow.

6th Sunday in Ordinary Time – 2026 – Hook

The purpose of God's Law. I seem to recall telling you about the time I used to crew on a tall ship. During one of the training exercises we entered Poole harbour, a notoriously difficult port to navigate due to the proliferation of shifting sandbars. Buoys mark the safe channels. Our skipper was a particularly obnoxious RN Lieutenant knew better. As we entered Poole Harbour, we noticed a RN Minesweeper a hundred yards away. All of a sudden, a thud. We had hit the sandbar. All 24 crew then had to run forward to aft to 'rock' the boat off the sandbar. It worked!

Sailors know the reason for buoys. Buoys mark unseen hazards so that you can set a course away from the obstacle under the waterline. **God's Law warns us of unseen hazards that will otherwise cause harm to us.** So, we do well not to ignore them, or worse, claim to know better. If we do either of those, we will run aground.

The second purpose for God's Law is more humbling. **The Law convicts us.** Our interaction with the Law will ultimately reveal our inability to keep to it. Every single one of us has breached the Divine Code that is there to keep us safe and well. For whatever reason, all of us at various points decide we know better. It's called sin. Oftentimes we sin without thinking. At other times, we give it some thought but go ahead and do it anyway. In any event, the Law convicts us. It reveals our frailty, our failure, our inability to go it alone. We all have 'previous convictions' that reveal our utter dependence upon the Grace that is God's mercy and forgiveness that is uniquely found in Christ Jesus.

Where possible, we **stick to the clear water channels.** Do not ignore the buoys dotted along the way that we discover in God's Word. At every opportunity, honestly acknowledge the occasions when I do ignore the buoys and or override them. Acknowledge when I run aground. Only when I **recognise my failure, I can accept God's forgiveness,** His saving Grace, that lifts me to my feet again, and again.

Fr John C

FORMATION MORNING FOR EXTRAORDINARY MINISTERS OF HOLY COMMUNICATION

Fr Anthony Fyk, Director of Liturgical Formation and the Liturgy Formation team invite you to a formation morning at St Peter's Pastoral Centre, Winchester on Saturday 9th May 2026 commencing with Mass at 9 am. There will be a welcome session from Fr Anthony, a talk focussing on the Eucharist in the sacred scriptures as well as a session on Lectio Divina: "Living a Eucharistic life – what does it mean to live out the eucharist?".

All Eucharistic Ministers, experienced and new, are very welcome to attend.

If you wish to attend, please register via liturgy@portsmouthdiocese.org.uk.

CAFOD Family Fast Day Collection

Family Fast Day is on Friday 27 February. As you leave Mass today, please take a CAFOD envelope.

This Lent, live out the Gospel call to love your neighbour. By fasting and giving what you save, you join in Christ's compassion and help another family put food on the table. Your donation can help families around the world grow food in difficult conditions – such as on flood-resistant floating gardens or using solar-powered water pumps in times of drought. Collect a CAFOD envelope to bless others with your support, donate online at cafod.org.uk/envelope or call 0303 303 3030. Text CAFODLENT to 70085 to donate £10.

CAFOD Fast Day Collection is next weekend 28 February and 1 March.



VOLUNTEER DEBT ADVISERS URGENTLY NEEDED – JUNCTION 5 MONEY ADVICE

Junction 5 is a Christian-based money advice centre and a ministry of Life Church Hook, helping people in the Hart area struggling with debt, finances or budgeting. Our free service is open to everyone, of any faith or none.

Without new volunteer Debt Advisers soon, this vital service may have to close.

Come to our informal Information Evening Find out what's involved – no obligation to commit

When: Thursday 19 February **Where:** Life Church Centre, Elms Road, Hook, RG27 9DX Refreshments available from 7.45pm

Please [sign up here](#) if you plan to come along or contact us for more information advisers@junction5.org or 01256 769953

If you are not able to attend on 19 February but would like to find out more please contact us