

SACRED HEART PARISH

Catholic Diocese of Portsmouth
Reg. Charity No. 1199568

FIFTH SUNDAY IN ORDINARY TIME - Year A - 8 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)

FIFTH SUNDAY IN ORDINARY TIME

| | | | |
|-----------|----------|---------------------|----------------------------------|
| Sat 7 Feb | 6:00 pm | Mass | |
| Sun 8 Feb | 10:00 am | Mass | Intentions of Lucas Laski |
| | | | Alec Fyfe RIP |
| Mon 9 Feb | 9:30 am | Mass in the Convent | |

SIXTH SUNDAY IN ORDINARY TIME

| | | | |
|------------|----------|----------------------|------------------------------------|
| Sat 14 Feb | 6:00 pm | Mass | |
| Sun 15 Feb | 10:00 am | Mass | Intentions of Cecile Salter |
| | | | Oliver Duffin RIP |
| Mon 16 Feb | 9:30 am | Mass in the Convent | |
| Wed 18 Feb | 10:00am | Ash Wednesday | |
| | 6:30pm | | |

CONFESIONS & 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.

PLEASE NOTE

That on Tuesday 10th February there will be no activities in the Convent, this includes Liturgy of the Word, Knitting and prayer group.

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



ASH WEDNESDAY

Mass and distribution of Ashes
Wednesday 18 February 10 am and 6:30pm in the Church
Please note for the 6:30 Mass we will be sharing the carpark with the AA (who use the hall). Please park on the convent side of the church, the convent carpark or away from the church. Please be mindful not to block any entrances or the care home. Thank you
Ash Wednesday like Good Friday is a day when fasting is binding on all Catholics aged 18—60 yrs old, and abstinence is binding on all Catholics aged 14+. To fast is to noticeably reduce our food and drink intake; to abstain is to freely give up a particular food or entertainment.

THANK YOU

Roger Chadwick warmly thanks the ladies and gentlemen who helped him to his feet and dressed his wounded knee after tripping up in the Hall last weekend.

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)

DATES FOR YOUR DIARIES

Sat 14th Feb PPC & Finance Meeting
Wed 18th Feb Ash Wednesday 10am & 6:30pm Mass
Sat 21 Feb UCM 10:30 in the convent
Sat 28th Feb FHC 3pm in the hall

PARISH COLLECTION

Collection for the weekend of the 18th & 25 January amounted to £1,569.68 from Standing Orders, Direct Debits and Mass Collections.

Thank you for your generosity.



POPE LEO JANUARY PRAYER INTENTION

During January Pope Leo asks us to pray for children suffering from incurable diseases and their families, that they receive necessary medical care and support, never losing strength and hope.

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 welcomers table.

LITURGY OF THE WORD

FIFTH SUNDAY IN ORDINARY TIME



First Reading Isaiah 58: 7 - 10

Responsorial Psalm: Psalm 111

The good man is a light in the darkness for the upright.

Second Reading: 1 Corinthians 2: 1 - 5

Gospel Acclamation

Alleluia, alleluia!

I am the light of the world, says the Lord,
anyone who follows me
will have the light of life.

Alleluia!

Gospel Matthew 5: 13 - 16

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

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

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.



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 themselves 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

4th Sunday in Ordinary Time – 2026 – Hook

What is a Christian? On a trip to Brighton last year, I headed to the Cricketers, a delightful Old London pub in the Laynes. As I approached the entrance, I recognised the Landlord standing by his car with an open rear door. His three-year-old son – let's call him Ben – then appeared armed with an open bottle of pop with a straw in it. "Get in Ben," encouraged Dad in a determined manner. Instead, Ben headed for the entrance of the restaurant across the way where a homeless man was sat, cross-legged. Ben placed his drink at the man's feet, then walked back to his dad. I was mesmerised. Dad smiled. I continued into the pub waiting to be served. Next to me at the bar was a chap in his early twenties. He was busy filming himself, and me on his phone. What a contrast. One instinctively thought of others before himself. The other thought of himself, before anyone else. **Christians face outwards**, always, because we find Christ outside of ourselves.

Blessedness is another word for the experience of meeting Jesus in whom we find our true worth. Today, Jesus reminds us how we meet Him, when we choose to face outwards.

Blessedness cannot happen when I rely on status or standing. I cannot meet Christ when I 'lord it', when I exclude, overlook or dismiss.

Blessedness cannot happen when I lack compassion. I cannot meet Jesus when I refuse to share the sufferings of others, preferring a quieter life.

Blessedness cannot happen when I favour pride over humility. I cannot meet the Lord because this is a dishonest choice. God deals in honesty.

Blessedness cannot happen when I accept injustice as inevitable. I cannot meet Christ when I fail to go into bat for those who are downtrodden, or worse, join in with the treading.

Blessed are the merciful because they understand, acutely, painfully, their own need for God's mercy, without which they know they are sunk.

In other words, Brothers and Sisters, a Christian is one who follows Ben's example. At every and any age, we have a choice. **Choose to face outwards.** Choose to face our Lord and Saviour, Jesus Christ.

Fr John C

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.

UCM TUESDAY KNITTING AND CROCHET GROUP

Everyone is welcome just drop in. We meet on the 2nd, 3rd and 4th Tuesdays of every month in the Convent.

SACRED HEART PARISH
INCOME AND EXPENDITURE

| | 2024/2025 | 2023/2024 |
|---|----------------|---------------|
| INCOME | | |
| Offertory Collection / Standing Orders / DD | 42,997.44 | 44,660.06 |
| Repository / books / papers / candles | 2,213.45 | 1,790.40 |
| Hall Income | 1,081.00 | 2,501.25 |
| Priests House Rent | 6,356.55 | |
| Other ordinary items / Interest | 288.00 | 412.29 |
| Legacies | 1,290.00 | 2,220.00 |
| Closer To Christ | 4,432.67 | |
| Donations | 1,700.00 | |
| Total Income | 60,359.11 | 51,584.00 |
| EXPENDITURE | | |
| Clergy Stipend / Housekeeping | 13,218.31 | 10,280.96 |
| Motor Expenses | 5,243.83 | 1,688.01 |
| Supply Priests | 766.40 | 766.40 |
| Parish Staff Wages | 15,325.25 | 15,273.99 |
| Altar and Liturgical | 1,552.16 | 1,613.24 |
| Light, Heat and Water | 5,829.49 | 3,911.30 |
| Repairs and Maintenance | 6,399.03 | 9,694.10 |
| Equipment | 100.00 | 3,347.05 |
| Health and Safety & Fire Risk | 1,151.59 | 111.84 |
| Presbytery Renovation | 32,406.80 | 8,133.40 |
| Council tax / Insurance | 3,214.77 | 2,750.45 |
| Telephone / Computer/Postage/Photocopying | 3,158.83 | 3,332.98 |
| Diocesan Levy | 9,840.00 | 11,908.00 |
| Books/Courses/Events | 2,858.82 | 1,797.26 |
| Professional/Music License | 504.00 | 517.68 |
| Pastoral Area Donation | 250.00 | 750.00 |
| Total Expenditure | 101,819.28 | 75,876.66 |

FINANCIAL INCOME AND EXPENDITURE

The Diocesan Financial year runs from 1st September to 31 August each year.

The Parish had a loss of Income over Expenditure in 2024/2025 of £41,460.17. This was mainly due to the Renovation of the Presbytery. The Presbytery was rented out in March 2025 at approx. £1,300 per month. The Hall income was reduced this year due to a group no longer using it.

We had our Health & Safety and Fire Risk assessments this year which increased our expenditure for this item. If you have any questions about the Income and Expenditure please do contact Jan in the Parish Office.