SUNDAY READINGS & PRAYERS

Entrance Antiphon: ***Cf. Ps 90: 15-16***
When he calls on me, I will answer him;
I will deliver him and give him glory,
I will grant him length of days.

Collect
Grant, almighty God,
through the yearly observances of holy Lent,
that we may grow in understanding
of the riches hidden in Christ
and by worthy conduct pursue their effects.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.

First reading: ***Genesis 2:7-9; 3:1-7***

The LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature. And the LORD God planted a garden in Eden, in the east, and there he put the man whom he had formed. And out of the ground the LORD God made to spring up every tree that is pleasant to the sight and good for food. The tree of life was in the midst of the garden, and the tree of the knowledge of good and evil.

Now the serpent was more crafty than any other beast of the field that the LORD God had made. He said to the woman, 'Did God actually say, "You shall not eat of any tree in the garden"?' And the woman said to the serpent, 'We may eat of the fruit of the trees in the garden, but God said, "You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die." ' But the serpent said to the woman, 'You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.' So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths.

Responsorial Psalm: ***Ps 51:3-6b. 12-14, 17.***
Have mercy on us, O Lord, for we have sinned.

Have mercy on me, O God,
according to your merciful love;
according to your great compassion,
blot out my transgressions.
Wash me completely from my iniquity,
and cleanse me from my sin.

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

My transgressions, truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.

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

Create a pure heart for me, O God;
renew a steadfast spirit within me.
Do not cast me away from your presence;
take not your holy spirit from me.

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

Restore in me the joy of your salvation;
sustain in me a willing spirit.
O Lord, open my lips
and my mouth shall proclaim your praise.

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

Second reading: ***Romans 5:12-19***

Brothers and Sisters: Just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned — for sin indeed was in the world before the law was given, but sin is not counted where there is no law. Yet death reigned from Adam to Moses, even over those whose sinning was not like the transgression of Adam, who was a type of the one who was to come.

But the free gift is not like the trespass. For if many died through one man's trespass, much more have the grace of God and the free gift by the grace of that one man, Jesus Christ, abounded for many. And the free gift is not like the result of that one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brought justification. For if, because of one man's trespass, death reigned through that one man; much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ. Therefore, as one trespass led to condemnation for all men, so one act of righteousness leads to justification and life for all men. For as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Gospel Acclamation: ***Matthew 4:4b***

Glory and praise to you, O Christ.
One does not live by bread alone,
but by every word that comes forth from the mouth of God.
Glory and praise to you, O Christ.

Gospel: ***Matthew 4:1-11***

At that time: Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry.

And the tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, "Man shall not live by bread alone, but by every word that comes from the mouth of God." '

Then the devil took him to the holy city and set him on the pinnacle of the Temple and said to him, 'If you are the Son of God, throw yourself down, for it is written, "He will command his angels concerning you", and "On their hands they will bear you up, lest you strike your foot against a stone." ' Jesus said to him, 'Again it is written, "You shall not put the Lord your God to the test." '

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory. And he said to him, 'All these I will give you, if you will fall down and worship me.' Then Jesus said to him, 'Be gone, Satan! For it is written, "You shall worship the Lord your God and him only shall you serve." ' Then the devil left him, and behold, angels came and were ministering to him.

Prayer over the Offerings
Give us the right dispositions, O Lord, we pray,
to make these offerings,
for with them we celebrate the beginning
of this venerable and sacred time.
Through Christ our Lord.

Communion Antiphon: ***Mt 4: 4***
One does not live by bread alone,
but by every word that comes forth from the mouth of God.

Prayer after Communion
Renewed now with heavenly bread,
by which faith is nourished, hope increased,
and charity strengthened,
we pray, O Lord,
that we may learn to hunger for Christ,
the true and living Bread,
and strive to live by every word
which proceeds from your mouth.
Through Christ our Lord.

Prayer over the People
May bountiful blessing, O Lord, we pray,
come down upon your people, that hope may grow in tribulation,
virtue be strengthened in temptation, and eternal redemption be assured.
Through Christ our Lord.

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ST. GEORGE'S CATHOLIC CHURCH, SUDBURY

Sunday 22nd February 2026

THE FIRST SUNDAY OF LENT

Welcome to all at Mass today and especially anyone who is new. Please take this Newsletter home with you. You may wish to share it with family and friends. This Newsletter can also be found via our website. We ask God's blessing on you and your loved ones this week and know that we pray for you all each day.

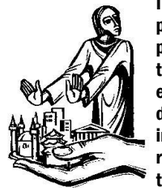
Sunday Cycle
Readings Year A
Weekday Mass Readings
Lent, week 1,
Divine Office
Psalter Week 1

For children, download a weekly sheet:
http://www.sdc.me.uk/sundayliturgy/

Masses and Intentions THIS WEEK

Sun 22 Feb	**FIRST SUNDAY OF LENT**
6.15pm *Sat Vigil*	Helen Brady RIP & Alice Cullen RIP
8.30am	Helen Brenan
9.45am	Noel Lynch RIP
11.15am	Matthew Rammelt RIP
5.30pm	PEOPLE OF THE PARISH
Mon 23 Feb	**Lent Ferla**
9:30am	Souls of Teunisa, Assis & Family
Tues 24 Feb	**Lent Ferla**
9.30am	Watts & Ledo Families RIP
Weds 25 Feb	**Lent Ferla**
9.30am	Giovanna Ditano Get Well Intentions
Thurs 26 Feb	**Lent Ferla**
9.30am	Daniella Rozario Intentions
Fri 27 Feb	**Lent Ferla**
9.30am	Souls of Nicolau, Sebastiana & Family
Sat 28 Feb	**Lent Ferla**
9:30am	Ignatius Fernandes RIP
Sun 1 March	**SECOND SUNDAY OF LENT**
6.15pm *Sat Vigil*	John & Delia Kenny RIP
8.30am	Cathy Golden RIP
9.45am	Keith Kugaswaran RIP & Holy Souls
11.15am	Gabriella Henry RIP
5.30pm	Holy Souls & PEOPLE OF THE PARISH

TODAY'S MASS



In St. Matthew's gospel the devil tempts Jesus to use his power to appease his hunger; he tempts Jesus to put God's promise of protection to the test; and he offers Jesus all of the kingdoms of the world if Jesus will worship the devil. In each case, Jesus resists the temptation, rebuking the devil with words from Scripture. Each temptation offers insight into both God and the human condition. Jesus' rejection of the temptations shows that he will not put God to the test. Grounding himself on the word and authority of Scripture, Jesus rebukes the devil, confident in God's protection and faithfulness As we start our journey through Lent, our Sunday readings call us to adopt the same confidence that Jesus had in the face of temptation: God's word alone will suffice; God's promise of protection can be trusted; God alone is God.

First Reading: ***Genesis 2:7-9; 3:1-7***
Eve and Adam eat from the tree that was forbidden to them by God.

Responsorial Psalm: ***Psalm 51:3-4,5-6,12-13,17***
A prayer for mercy.

Second Reading: ***Romans 5:12-19***
Through the obedience of Jesus, many will be made righteous.

Gospel Reading: ***Matthew 4:1-11***
Jesus fasts for 40 days in the desert and is tempted by the devil.

SPIRITUAL QUOTE OF THE WEEK

Virtue is nothing without the trial of temptation, for there is no conflict without an enemy, no victory without strife".
Pope St. Leo the Great

MAKING CONTACT AT ST. GEORGE'S

Parish Priest: Mgr. Jeremy Fairhead jeremyfairhead@rcdow.org.uk
Assistant Priest: *(awaiting appointment)*
Catechetical Coordinator: Mr. Peter Kingsley peterkingsley@rcdow.org.uk
Secretary: Mrs. Mary Walsh sudbury@rcdow.org.uk
Director of Music: Mr. Scott Price scottprice@rcdow.org.uk
Safeguarding Rep: Hanna Gorgis sudburysg2@safeguardrcdow.org.uk
Tel 07751804978
Address: The Presbytery, 970 Harrow Road, Sudbury, Wembley, Middlesex, HA0 2QE
Telephone: 020 8904 2552. Phone Options: 1. Mass Times; 2. Parish Office/ SVP Information 3. Mgr Jeremy; 5. Catechetical Coordinator.
Charity No: 233699
Email: sudbury@rcdow.org.uk Website: parish.rcdow.org.uk/sudbury

GOSPEL REFLECTION

DAILY MASS TIMES

SUNDAY MASS: 6.15pm (Saturday Vigil), 8.30am, 9.45am (Family) & 11.15am (Solemn), 5.30pm.
WEEKDAY MASS: Monday – Saturday 9.30am.
HOLYDAYS OF OBLIGATION: 9.30am, 8.00pm.
EUCHARISTIC ADORATION: Friday 9.00-9.30am, Saturday 5.15-6.00pm.
CONFESSIONS: Saturday 5.15pm -6.00pm. *and any time by appointment.*
DIVINE MERCY: Tuesday 10.30am.
ROSARY: Daily after Mass.

FOR YOUR PRAYERS

SICK & HOUSEBOUND: *Marie Rego, Eileen Kidd, Noel Gill, Christopher Browne, Dee Auriol, Fiona Power, John, Aaran Thayaparan, Shaun Scoon and Helen Jordan, Sean Marren, George Beel, Anne McShine-Jones, Marian Lynch, Shane & Paul, Martha Conway, Patrick, Gerry & Corrine Gilbert, Edward Granger, Ciara I, Mary O'Connell, Leslie De Lima, Paul Pereira, Nora Hunt, Mario, Maureen Chick, Ramzan-Larry Sicat, Andras Nagy*

RECENTLY BAPTISED: *Gianna Fernandes*

RECENTLY DEPARTED: *John Scullion*

RECENTLY MARRIED:-

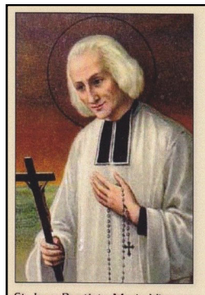
RECENTLY CONFIRMED:

ANNIVERSARIES OF THE DEPARTED: - *Matthew Rammelt, Helen Brady, Alice Cullen, Ignatius Fernandes, Noel Lynch (20th)*

BLESSED SACRAMENT LAMP
Baptist Fernandes Intentions

LAMP AT THE ALTAR OF OUR LADY OF WALSINGHAM
Baptist Fernandes Intentions

THE POPE'S INTENTIONS for February
For children with Incurable diseases
Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.



"Offer your temptations
for the conversion
of sinners.
When the devil
sees you doing this,
he is beside himself
with rage and makes off,
because then
the temptation is turned
against himself."

St. Jean Baptiste Marie Vianney

What motivated Jesus to spend 40 days and nights of solitude, prayer and fasting in the Judean wilderness? This desert landscape was largely uninhabitable and was full of dangers for anyone who dared to venture in it for long. Danger from scorching heat by day and extreme cold at night, danger from wild animals and scorpions, plus the deprivation of food and the scarcity of water. For the chosen people of Israel the desert was a place of testing, encounter, and renewal. When the Israelites were freed from slavery in Egypt, they wandered 40 years in the wilderness. This was seen as a time of purification and preparation for entry into the promised land.

So why did Jesus choose such a barren, lonely place for an intense and long period of sustained prayer and fasting? Was it simply a test to prepare him for his mission? Or did Satan want to lure him into a trap? The word tempt in English usually means to entice someone to do what is wrong or forbidden. The scriptural word used here also means test in the sense of proving and purifying someone to see if there are ready for the task at hand. We test flight pilots to see that they are fit to fly under all conditions, including times of adverse turbulence and poor visibility. Likewise God tests his servants to see if they are fit and ready to be used by him. Jesus was no exception to this pattern of testing. He went to the desert without food or shelter.

Adam and Eve had everything they needed in the Garden of Paradise. But they ate of the forbidden fruit out of disobedience because they trusted in themselves rather than in God. They were cast out of Paradise and driven into the wilderness. Jesus freely enters the wilderness in order to regain Paradise for those who lost it. So where did Jesus find the strength to survive the desert's harsh conditions and the tempter's seduction? He fed on God's word and found strength in doing his Father's will. During Lent, Satan will surely tempt us and he will try his best to get us to choose our will over God's will. If he can't make us renounce our faith or sin mortally, he will then try to get us to make choices that will lead us, little by little, away from what God wants for us.

Jesus was tempted like us and he overcame sin not by his own human effort but by the grace and strength which his Father gave to him. When tempted by the devil Jesus did not try to fight his adversary on his own human strength. He relied on the power which the Spirit gave him. His obedience to his Father's will and his willingness to embrace the cross reversed the curse of Adam's disobedience. His victory over sin and death won for us not only pardon for our sins but adoption as sons and daughters of God.

How can we overcome sin and oppression in our personal lives? The Lord gives us his Holy Spirit to help us in our weakness and to be our guide and consoler in temptation and testing. He gives grace to the humble who acknowledge their dependence on him and he helps us to stand against the attacks of our enemy, Satan, who seeks to destroy us . Jesus is ever-ready to pour out his Spirit upon us that we may have the strength and courage we need to resist sin and to reject the lies and deceits of Satan. God wants us to "fight the good fight of the faith". Let's do that this Lent!

NEWS UPDATE

WELCOME to all at Mass today and a big welcome to anyone who is new or a visitor.

ARE YOU NEW TO THE PARISH? It always helps us to get to know you and also your family if you register with us. We can then send you information about the parish and opportunities. Registration forms can be found at the back of Church underneath the photo of Pope Leo.

THIS WEEKEND we welcome FR PETER WALTERS to the parish and he will speak at all Masses. He is the Founder and director of our Lent Charity, ***"Let the children Live"***. There will be a second collection for his excellent work. If you have also taken a collecting box for your home, please don't return that until Holy Week.

THE PARISH OFFICE HOURS will now be Monday—Friday 10.00am-2.00pm. Outside these hours, **urgent** matters can be directed to the Presbytery.

LENT LEAFLET & COLLECTING BOX—Have you taken yours? If not take one as you leave Mass today. There are just a few left.

LENT DISCUSSION GROUP "WE DARE TO ASK" ON WEDNESDAY DURING LENT: a get together & discussion for all who would like to rediscover the value of one's Baptismal Vocation. Beginning this week 25th February at around 10.30am in the Café/Bar. All welcome.

WE ARE VERY FORTUNATE TO HAVE THE RISE THEATRE COMPANY coming to St George's on Saturday 13th March to perform their 'Passion Play'. A fast-paced, emotionally impacting & "spine tingling" performance. Tickets are limited and are on sale from the Parish Office at £10 per Adult and £6 per Child, 11-16 years. The performance is not suitable for children under 11 years old.

GOOD NEWS AGAIN. We have had it confirmed that a new assistant priest will be coming to St George's to start in a month or so. He is called Fr Jude. Please pray for him as he prepares to come and be with us. We are not quite sure when he is arriving but certainly before Easter.

MEET ARCHBISHOP RICHARD MOTH On Tuesday 10th March at 6:30pm – at St Joseph's, Wembley when the new Archbishop will say Mass for the Brent and Harrow deaneries to which everyone is invited. No tickets required.

SOME LITURGICAL DATES FOR YOUR DIARY:
St Patrick -17th March
St Joseph -19th March
The Annunciation of the Lord 25th March
Palm Sunday – Holy Week commences 29th March
Maundy Thursday - 2nd April
Good Friday - 3rd April
Holy Saturday - 4th April
Easter Sunday of the Resurrection - 5th April
St George - 23rd April

WELCOMERS - We are seeking **new volunteers** to join our team of helpers **welcoming people to Mass**. For further details or to express an interest please contact our Welcome's Coordinator, **Lucille Thomas**, at **lucille.thomas@gmail.com**. The commitment would involve welcoming approximately once a month.

ST. GEORGE'S OVER 60'S CLUB Lots of people and great fun too! Why not join them? All over 60's welcome—just turn up on Tuesday in the Café Bar in the Parish Centre at 1pm. Come along and bring a friend. You don't need to be Catholic!

WESTMINSTER DIOCESAN PILGRIMAGE TO LOURDES 17th – 24th July 2026. Registration is now open**https://pilgrimages.rcdow.org.uk/registration-form/** or via the Pilgrimage Office on 0207 798 9173. If you would like to sponsor or fundraise for an Assisted Pilgrim, member of the medical team or volunteer, then please also contact the Pilgrimage Office for further details.

CONFIRMATION 2026 - 'Meet the Team', on **Monday 23rd February at 7.30pm,** provides the opportunity for **Parents/Carers** to hear about how **best to support their son/daughter** as they prepare for their Confirmation, **meet their Small Group Catechists** and receive **further information** about the **specific dates & times** for their Small Group. Thank you for **letting us know in advance** if, for any reason, a Parent/Carer is unable to attend this important meeting. Please note, **registration on this year's Programme is now closed.**

FIRST HOLY COMMUNION - At **Session 4** of Part 2 of the FHC Communion Programme, on **Tuesday 24th February**, the children will be reflecting about how **The Eucharist is our Family Meal.** Thank you for arriving **promptly** for the start of the session at **7pm** at your **Catechist Group Entry/Exit point.** Please note that, **during Session 4**, there is also a special **Tour of the Church for Parents/Carers** led by John Sexton, beginning **in the Church at 7.05pm** (whilst the children are enjoying their session with the Catechists).

SYCAMORE is an informal course about the Catholic faith and its relevance to life today. All are welcome to join us in the **Café Bar** on **Thursday 26th February** at **7.30pm** when we will be reflecting on **The Social Teaching of the Church.**

SPONSORING THE BLESSED SACRAMENT LAMP & THE LAMP AT OUR LADY OF WALSINGHAM is a lovely thing to do for a departed loved one or a particular intention. There are some possibilities in the month of March. Please contact the Parish Office.

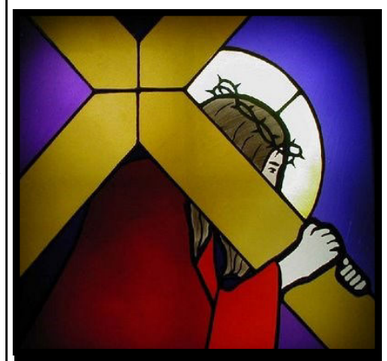
HELPING WITH HOSPITALITY - Might you consider helping with **teas & coffees** after the **9.45am** Family Mass. For further details, or to express an interest, please contact Peter, at **peterkingsley@rcdow.org.uk.** The commitment would be no more than once a month.

BAPTISM PREPARATION - Baptism Preparation sessions at the Parish provide **essential** formation for Parents/Carers as they prepare for this important Sacrament. If you are expecting a baby, or would like your baby baptised, please **pick up a Baptism Pack** from the **Parish Office**. To attend **February's Baptism Preparation** you will need to **complete** the **Baptism Application Form** (in the Pack) & **return it to the Parish Office by Monday 23rd February 2026.**

CATENIAN ROSARIES FOR THE WORLD If you have one too many rosary's at home and wish to help spread Our Blessed Lady's message of Love, Peace and Hope, we are collecting unwanted rosary's to donate them to people in Australia, Africa and Prison Chaplains in England and Wales. Even broken rosary's are accepted. A basket will be placed in the Church Porch for you to drop them off. Thank you for your donations and generosity.

ANNUAL MASS OF THANKSGIVING FOR THE SACRAMENT OF MATRIMONY, Westminster Cathedral, Saturday 23rd May 2026 at 2:30pm. The Archbishop is inviting to this Mass all couples in the Diocese, who are celebrating their **5th 10th, 25th, 30th, 40th, 50th and 60th (and every year over 60)** wedding anniversary of Catholic marriage in 2026. If you are celebrating an anniversary, please email the Parish Office on sudbury@rcdow.org.uk giving the following details: husband and wife's names, wedding date, full postal address and contact email (or telephone number, if no email). Thank you.

SIGNING FORMS ETC. Please always make an appointment via the Parish Office if you want school forms, passport forms or pension forms countersigned/witnessed by the clergy. Please also know if you want an English passport witnessed or naturalisation form signed, we must have known you for a minimum of 3 years.



STATIONS OF THE CROSS
every FRIDAY in Lent
after the 9.30am Mass