

Catholic Church of Our Lady and St. Walstan

Website: <http://www.stwalstans.com>



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Satan's trick is to mix truth and lies, to sow confusion and, in that confusion, to lead us into evil. This began in the Garden of Eden with Adam and Eve, where he was successful. But when he tried to tempt Our Lord, he was not. Lent is a time of penance and spiritual warfare, in which we not only fight against Satan, but for and in Christ.

Sundays Year A ~ Lent Season ~ Psalms Week: I

First Sunday of Lent

22nd February 2026

Entrance Antiphon	<i>When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days.</i>	
First Reading	<i>The creation and sin of our first parents.</i>	<i>Genesis 2:7-9; 3:1-7</i>
Responsorial Psalm	<i>Have mercy on us, O Lord, for we have sinned.</i>	<i>Psalm 51</i>
Second Reading	<i>'Where sin increased, grace abounded all the more.'</i>	<i>Romans 5:12-19</i>
Gospel Acclamation	<i>Glory and praise to you, O Christ. One does not live on bread alone, but by every word that comes forth from the mouth of God. Glory and praise to you, O Christ.</i>	
Gospel	<i>Jesus fasts for forty days and in tempted.</i>	<i>Matthew 4:1-11</i>

Saturday			6:00pm	Sean Hand R.I.P.
Sunday	22nd February	1st Sunday of Lent	10:30am	Parishioners
Monday	23rd February	Lent Feria	9:15am	Percy & Flora Harvey R.I.P.
Tuesday	24th February	Lent Feria		No Mass
Wednesday	25th February	Lent Feria	7:00pm	Jonathan & Jenny Wright (Thanksgiving)
Thursday	26th February	Lent Feria	9:15am	Fr. Derek Turnham R.I.P.
Friday	27th February	Lent Feria		No Mass
			7:00pm	Stations of the Cross
Saturday	28th February	Lent Feria	10:00am	Private Intention (R)
			6:00pm	Parishioners
Sunday	1st March	2nd Sunday of Lent	10:30am	Alan Petrie

Morning or Evening Prayer will be prayed fifteen minutes before weekday Masses.

Confessions on Saturday 10.30-11.00am and Wednesday 6.00-6.30pm.

Exposition of the Blessed Sacrament every Thursday after the morning Mass.

Sick and Housebound – Please pray for Jenny King, Peter King, Dorota Gobiecka-Grosz, Peter Bevis, Patricia Paul, Christopher Sharples, Peter King, Joseph Mitton, Geoff Routs, Jane Henson, John Barnes, Sue Williams, Jennifer Gates, Trudy McClosky, Yustyna Adamska, Michele Bendall, Christina Thomas, Ann Bettany and Marcia Jenkin.

Faithful Departed – Please pray for David Hogg, recently deceased, Howard Miller, John Cronin, Robert Smith, Maria Mann, Olga Conrad and all whose anniversaries occur around this time.

Sr Helen from St Elizabeth's Convent in Belarus will be attending the 9.15am Mass on Monday February 23rd. After Mass she will be selling icons and other religious items in the church porch in aid of their charity work.

David Hogg: The Requiem Mass for David Hogg will take place in St Walstan's Church at 1.00pm on Friday March 13th. There will be a reception afterwards in the Garden Room. David's body will be brought into church at 4.00pm on Thursday 12th.

UCM: The next cake stall is on Sunday 1st March in the Garden Room after Mass. Last month's stall raised £61. Many thanks for your support.

Next meeting of the UCM is on Tuesday 3rd March in the Garden Room at 10:45. Our Speaker is Mark W. from the Samaritan's Purse. Soup and roll afterwards – all for just £2 which includes a raffle ticket. All are welcome – even men.

And: On Tuesday 5th May we are going for lunch @ Harriet's Café & Tea Room, London Street; 11:45am for 12:00pm.

A list for names will be in the porch – if you put your name down can you please as Marguerite Wayling for a menu as all meals must be pre-ordered. All menus must be handed back by 31st March. Thanks

UCM - Dates for your Diary: Saturday 27th June, Strawberry Tea in the Garden Room @ 2pm. All proceeds to charity.

Rachel's Vineyard: Are you or someone you know hurting from past abortion(s)? Rachel's Vineyard is a healing ministry for those who are suffering from the trauma of abortion. The healing weekends offer a supportive, confidential and non-judgemental environment where women and men can deal with painful post-abortive emotions and receive healing. The next Rachel's Vineyard retreat weekend in our diocese will take place on March 6th – 8th 2026. With booking now open and a limited number of places, it is advisable to book early. For more information about this retreat or to arrange a time to chat please contact Helen on 0772 118 2521; or send an email to suffolk@rachelsvineyard.org.uk Further information about Rachel's Vineyard or to find out about other retreat dates and locations please visit: <https://www.rachelsvineyard.org.uk>

Collections(DONA) 14th/15th Feb **£700.23 (£121)**
Many Thanks

Retreat for Healthcare Workers and

Researchers: The Diocese of East Anglia invites those working in healthcare and the life sciences to a retreat focused on integrating Catholic faith and professional practice. The retreat will share the fruits of an ongoing research project exploring ways to support doctors, nurses, pharmacists, other healthcare professionals, and researchers in living their faith within their working environments. This retreat will take place at Buckden Towers and is offered at no cost, thanks to generous grant funding. Those interested in taking part are invited to complete the online form to register their interest. <https://forms.office.com/e/8pfmyEeQHv>

CAFOD Lent Appeal – Family Fast Day collection
This Lent, live the Gospel call to love your neighbour. By fasting and giving what you save, you can help another family put food on the table. Your donation to CAFOD can help families around the world grow food in challenging conditions. Collect a CAFOD envelope or donate online at cafod.org.uk/envelope or call 0303 303 3030. Text CAFODLENT to 70085 to donate £10.

Garden Room Library: There are a lot of books on the shelves in the Garden Room which are free for anyone to borrow. There are also a few DVDs and CDs. Please remember to return them so that they are available for others.

Spiritual Books: On one of the tables in the porch are a number of books which are free for you to take and keep.

Stations of the Cross: This devotion will take place in the church every Friday in Lent at 7.00pm.

The Chosen: The next episode will be shown in the Garden Room at 7.30pm (after the evening Mass) on Wednesday February 25th.

Items for the newsletter may be left at the presbytery (marked clearly "for newsletter" along with the date, and your name), or email newsletter@stwalstans.com. For all forms of communication, please provide a telephone number on which you can be contacted. The deadline for items to be included in the newsletter is Wednesday 6pm.