

Reflection from Fr Elijah: Interior righteousness – obedience to God that flows from a transformed heart

On this 6th Sunday, the Church presents to us a demanding and luminous Gospel, taken from the Sermon on the Mount. Our Lord does not abolish the Law; He fulfills it. He leads us beyond minimal compliance into the depths of the heart.

In the first reading from the Book of Sirach, God sets before us choices: fire and water, life and death. We are not puppets of fate. The Lord respects our freedom. Holiness is not accidental; it is chosen. Sin is not inevitable; it is consented to. This sober anthropology grounds Christian moral life in responsibility and grace.

In the Gospel, Jesus intensifies the commandments: “**You have heard... but I say to you.**” Anger becomes the seed of murder. Lust becomes the root of adultery. Oaths become unnecessary where truth reigns. The Lord is not satisfied with external rectitude; He seeks purity of intention. The moral life is not merely behavioural modification but interior transformation.

Taken together, the readings emphasize three interrelated theological points: **Freedom** – God grants authentic moral agency. **Responsibility** – Choices have spiritual consequences. **Interior conversion** – True holiness requires transformation of the heart.

This teaching confronts a common temptation: to reduce discipleship to rule-keeping. Christ calls us instead to righteousness that exceeds that of the scribes and Pharisees – a righteousness born of communion with Him. The New Law is the grace of the Holy Spirit poured into our hearts. Without grace, the Gospel seems impossible; with grace, it becomes the path to beatitude.

Today, let us examine not only our actions but our intentions. Where does resentment linger? Where do we cultivate compromise? The Lord who commands also empowers. If we choose life – if we choose Christ – He will accomplish in us what He asks of us.

Mass Times and Intentions

6th Week in Ordinary Time

Exposition & Rosary at 9.30am before Mass (Tue-Fri). Sacrament of Confession is available on request.

Mass Intentions can be requested through Fr Elijah or the Parish Office.

Date	Times & Location			Mass Intentions & Feasts
Sun 15 th February	9.15am 11am 5.30pm 6pm	OLA CKSC SB CKSC	Mass Mass Mass Mass (in Polish)	For the people For the people
Tue 17 th February	11am	OLA	Mass	Requiem Mass for Cheryl-Anne Thomson
Wed 18 th February <i>Ash Wednesday</i>	10am 4:30pm 7pm 7.30pm	SB CKSC OLA CKSC	Mass Mass Mass Ecumenical Service	Brian Smith RIP
Thur 19 th February	10am	CKSC	Mass	
Fri 20 th February	10am	OLA	Mass	Brian Smith RIP
Sat 21 th February	10am	CKSC	Mass	
Sun 22 th February	9.15am 11am 5.30pm 6pm	OLA CKSC SB CKSC	Mass Mass Mass Mass (in Polish)	For the people For the people

This Sunday's readings can be found at <https://universalis.com/europe.England/20260215/mass.htm>



The funeral Mass of Cheryl-Anne Thomson will be at 11am on Tuesday 17th February at Our Lady of the Assumption. Please join us to thank the Lord for Cheryl's life.

Within our Parish

World Day of Prayer Service: Our 2026 service is on Friday 6th March at 7pm. The venue is St John's Church, St John's Road, Hedge End SO30 4AF. The Service this year has been written by the women of Nigeria with the theme 'I Will Give You Rest. Come!' Please join us & bring friends & family.

Dare to Ask: This is a 5 week course on our Baptism, that has been designed to use during Lent by Southwark Diocese. It is being run in Christ the King and St Colman church 7.30-9pm starting Wednesday 4th March and finishing Wednesday 1st April. All welcome. For more information take a look at the Portsmouth Diocese newsletter. Look forward to travelling with you.

Churches together in Bitterne: Please join Churches Together in Bitterne for the annual Ash Wednesday ecumenical service at Christ the King & St Colman. Service is at 7.30pm followed by tea & coffee at the back of the hall.

Within the Diocese and Beyond

Marriage Encounter weekend: 27th Feb-1st Mar, Swindon, Holiday Inn Express West. Invitation to Couples to get away together and join us for a weekend to discover ways to grow deeper in love for a happier marriage and a happier life ! The weekend draws on Marriage Encounters' 50 years of wisdom and experience, based on scriptural truths, and might just be the gear change you *didn't* know you needed or thought possible. Couples welcome whether married or in long term relationships, with faith or no faith.



CAFOD Family Fast Day Collection: 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.



Recurring Events

Our Lady of the Assumption – Hedge End

- Tea, coffee, biscuits & friendly chat in the hall every Sunday after Holy Mass
- Children's liturgy during Mass every 3rd Sunday of the month (not during summer holidays)

- Carers Group on third Wednesday of every month from 7.00pm to 8.30pm
- Growing in Faith every Tuesday evening 7:30-9pm
- Table tennis every Tuesday from 9.30am to 12pm
- Open Church every Thursday from 10am-12pm
- Tea, coffee, biscuits & friendly chat in the hall after Holy Mass every 1st Sunday of the month
- Choir practice in hall - 7:30pm on 2nd & 4th Friday each month. All welcome.

Christ the King & St Colman – Bitterne

- Prayer group every Thursday 10.30am-12 noon
- Children's liturgy for 4 to 7-year-olds every Sunday during term time

St Brigid – West End

- Tea, coffee & cake every 2nd Sunday of the month after Mass

The next Parish Pastoral Council meeting is on the 5th March, please submit any points of discussion to the office.

Continuing to Support the Church

Please consider setting up a **standing order**.

For Christ the King & St Colman:

Account Name: CDP Christ the King & St Colman
Sort code: 30-93-04
Account Number: 00887553

For Our Lady of the Assumption and St Brigid:

Account Name: CDP Hedge End Our Lady
Sort code: 30-93-04
Account Number: 00879747

Please mention which fund you are donating to as a reference.
Make out cheques for Fr Elijah to Rev Fru N Elijah
Thank you for your support