

CHRIST THE KING & ST. COLMAN (Bitterne) OUR LADY OF THE ASSUMPTION (Hedge End) ST. BRIGID (West End)

Catholic Diocese of Portsmouth

Registered Charity number 1199568

Parish Priest: Fr. Elijah Fru Nde (emergency use phone number 0777 466 7010)

Office: 2 Dean Road, Bitterne, Southampton SO18 6AP – *Open Wednesday, Thursday, Friday 9.30am–1pm*

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1st Sunday in Lent (Year A, Cycle 2)

22nd February 2026

Reflection from Fr Elijah: The Meaning and Purpose of Lent

In the tradition of the Catholic Church, Lent is a sacred season of forty days of preparation for Easter, commemorating the Resurrection of Jesus. Its meaning is rooted in the forty days that Jesus Christ spent fasting in the desert, where He endured temptation and remained faithful to the Father. By entering into Lent, we Catholics, spiritually accompany Christ in this period of prayer, sacrifice, and obedience.

The number forty in the Bible signifies purification and transformation: forty days of rain in the time of Noah, forty years of Israel in the wilderness, and forty days of Moses on Mount Sinai. Lent therefore represents a time of spiritual testing that leads to renewal. It is not merely a season of external discipline, but an interior journey of conversion what the Church calls '*metanoia*,' a radical turning of the heart toward God.

We observe Lent through three principal practices: prayer, fasting, and almsgiving. Prayer deepens communion with God; fasting disciplines bodily appetites and unites the faithful to Christ's self-denial; almsgiving expresses charity and solidarity with the poor. These practices are not ends in themselves but means of conforming the believer more closely to Christ's sacrificial love.

The penitential character of Lent also underscores human sinfulness and the need for redemption. By acknowledging sin and seeking reconciliation, especially through the Sacrament of Confession, we are able to celebrate the Paschal Mystery with purified hearts.

Finally, Lent is ordered towards hope. Its austerity is temporary and purposeful, directing the faithful toward the joy of the Resurrection. Through repentance, self-denial, and grace, we understand Lent as a participation in Christ's dying so as to share more fully in His risen life.

I wish you a very Fruitful Lenten Season.

Mass Times and Intentions

1st Week in Lent

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 22 nd February	9.15am	OLA	Mass	For the people For the people For the RIP of Elsie, Doris, and the departed family members of the Mifsud and Camilleri families
	11am	CKSC	Mass	
5.30pm	SB	Mass		
6pm	CKSC	Mass (in Polish)		
Tue 24 th February	11am	OLA	Mass	
Wed 25 th February	10am	SB	Mass	
Thur 26 th February	10am	CKSC	Mass	
Fri 27 th February	10am	OLA	Mass	
Sat 28 th February	10am	CKSC	Mass	
Sun 29 th February	9.15am	OLA	Mass	For the people For the people
	11am	CKSC	Mass	
	5.30pm	SB	Mass	
	6pm	CKSC	Mass (in Polish)	

This Sunday's readings can be found at <https://universalis.com/europe.english/20260222/mass.htm>

Second collection – 1st March – Cafod

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.

Lent Morning of Reflection: On Friday 13th March 2026, please join us after the 10:00 a.m. Mass in the OLA Hall. This will be an opportunity to pause, pray, reflect on a passage of scripture and prepare our hearts as we continue our Lenten journey. Please feel free to bring a shared lunch to enjoy together afterwards. All are welcome.

Stations of the Cross: will alternate between Our Lady of the Assumption and St Brigid's on Monday evenings at 7.30pm during Lent. Starting on Wednesday 25th February at Our Lady of the Assumption.

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

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
- 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.

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