

Southeast Hampshire Pastoral Area
Jesus Prince of Peace
St Michael and All Angels Catholic Church, Leigh Park

Catholic Diocese of Portsmouth charity number 1199568

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Our Website: <https://www.portsmouthdiocese.org.uk/parish/st-michael-and-all-angels-leigh-park/>

First Sunday in Lent

Parish Mass Book page 151

Scripture Readings at Mass

Genesis 2:7-9, 3:1-7 'The creation and sin of our first parents.'

Romans 5:12-19 'Where sin increased, grace abounded all the more.'

Matthew 4:1:11 Jesus fasts for forty days and was tempted.

22 February 2026

Fr. Tom writes...

We hope people will join us for the mini-retreats happening over Lent at St Michael's, starting each Saturday at 11am, with a bring-and-share lunch at the end for those brave enough to stay on and meet others. In Catholic spirituality, a retreat can be anything from switching your phone off over a lunch break to spending 40-days at a monastery. It is time we give to God, in the hope that He will use our willingness as an opportunity to draw us closer to Him. God is not like anything around us. What we see with our eyes in nature is created while He is the Creator. We may see touches of his glory in a cloud-encircled mountain at sunrise, or the trusting face of a child, but He himself is beyond the ability of telescope and microscope to calibrate, or poetry and prose to fully express. He is literally infinite in both wisdom and in scope. Lent is a great time to embrace the deep reality of our God. When we do that, it is hard to take ourselves as seriously as we are prone to. Although it is uncomfortable to be reminded that God (and not us) is the centre of the Universe, the ground of all being, it is also a great relief. He, and not us, has ultimate responsibility. It is up to us to cooperate with His will, not to devise it. Our unhappiness does not lead to selfishness and sin so quickly when we remember that God loves us, and died for us in order that we might be with Him forever. We are not there yet, and this world remains a valley of tears, even with faith, but with God it is also a valley of His love, which breaks into our lives again and again, as we stumble towards Him. No one shows this posture better than the saints, and each of the mini-retreats will begin with a 30-min meditation on one of them, and how they managed to combine both joy and sorrow in ways that were so pleasing to God.

Lent 2026

Lent is a season in the Church's calendar when we're invited for forty days to find time for prayer and fasting. It's an opportunity for spiritual growth as we prepare to commemorate the suffering and death of Jesus Christ and the celebration of his resurrection at Easter. These six weeks mirror the amount of time that Jesus spent in the desert to fast and pray.

At Sunday Mass the following differences are observed to mark the change of season:

- The entrance procession is silent
- We kneel for the Penitential Rite
- The penitential rite is the triple trope formula
- There is no Gloria
- There are no Alleluias
- The Mass prayers are recited on a monotone
- The Apostles' Creed substitutes the usual Nicene Creed
- One of the Eucharistic Prayers for Reconciliation is used
- We use the English Plainchant settings from the Missal for the Holy, holy and Lamb of God
- There is an extra Prayer Over the People after Communion.

There are no floral arrangements as it is a penitential season.

Mini-Retreat Days Everyone is invited to our Mini-Retreat Days, every Saturday during Lent starting this Saturday, 21st February at 11:00am at St Michael and All Angels Church, Leigh Park.

This session will be led by Fr James, who will give a talk on Mother Teresa. This will be followed by Adoration and Confession, with Mass at 12 noon, and the Rosary followed by a shared lunch at 1pm. (Please bring food to share.)

We very much look forward to welcoming you for a time of reflection, prayer, and fellowship.

Prayer Ministry After the 5.30pm Mass on Sunday 22nd February at Sacred Heart, there will be prayer stations available for those who would like individual prayer.

Bible Timeline The Story of Salvation, begins on Tuesday 24th February at 10.15am at St Michael's in the Committee room. Each session will have a video, discussion and question time. Please do come along. Kathy Collins will be hosting kathyimcollins1@gmail.com.

Tea and Chat Group - Meet on Thursday 26th February at 2pm at St Michael's. All very welcome.

Lenten Station Masses (All Tuesdays)

6pm – Adoration & Reconciliation, 7pm Station Mass followed by supper

24th February at St Joseph, Havant

3rd March at St Edmund, Horndean

10th March at St Colman, Cosham

17th March at St Patrick, Hayling Island

24th March at St Michael & All Angels, Leigh Park

CAFOD Family Fast Day – Friday 27 February

There will be a second collection at all Masses on the weekend of 28th February/1st March for CAFOD. There will be GA envelopes available on 22nd February for your Fast Day donation – If you are a UK taxpayer, GA will add 25% to your donation at no extra cost to you.



Social teaching and Practical action Saturday 28th February 4-5.30pm at St Colman's Church Cosham PO6 2JJ. Maureen Thompson, Justice & Peace writes... Our pastoral area Justice, Peace and Social Action group are organising an event to encourage a deeper understanding of Bible teaching on life and dignity, for every life is precious. Fr Andrew Wagstaff will offer some teaching followed by tea and chat together. We have invited a speaker from the Rowan's Hospice to learn more about the important work of the hospice and how we might offer practical help. You will be very welcome at the meeting also option to stay for Mass at 6pm.

Big Lent Community Walk

Ready for a challenge! Everyone is invited to join the Lent walk again this year on Saturday 14th March, from St. Thomas', Emsworth (9.30am) to St. Joseph's (11am) and St. Michael & All Angels, Leigh Park (11am), finishing with a soup lunch at St. Joseph's at 12.30pm. Emsworth and Leigh Park. Please contact Maureen mthompson@cafod.co.uk for more details.

Easter Egg Appeal

Can you help us give an Easter Egg to seafarers this Easter?

Stella Maris Chaplains and Volunteer ship visitors will be visiting ships in our Southern ports during Holy Week and after Easter and expect to bring this great celebration to many hundreds of seafarers who remain confined to their ships at this time, without the prospect of taking shore leave or visiting a church. Together with faith materials, we would like to offer Easter Eggs and chocolates, the international symbol of celebration of this Solemnity of Solemnities and would greatly appreciate the support of parishes.

Can you help us by donating Easter Eggs and chocolate? Please leave them in the Working Sacristy or drop them off the parish office.

Think & Drink - Sunday 1st March

Join us for a new initiative embracing faith, fellowship and fun for young adults (18+). Gathering in the Narthex at Sacred Heart Church after the 6.30pm Mass on the first Sunday of every month and walking across to the Woodpecker Pub on London Road.

Please pray for the repose of the soul of Sister Angela, of Sacred Heart parish, who died recently. Details of her Funeral Mass will be announced when known.

Please pray for the repose of the soul of Doreen Davey who died recently. Doreen's funeral will be on Wednesday 11th March at 3pm at St Michael's.

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LITURGICAL WEEK

DATE	TIME	LITURGICAL CELEBRATION	VENUE	MASS INTENTION
Saturday 21 February After Ash Wednesday Vigil FIRST SUNDAY OF LENT	11.30am 12noon 5pm 5-6pm 5.30-6pm 6.15pm	Adoration & Confession Mass Stations of the Cross Adoration Confession Mass	St Michael St Michael Sacred Heart Sacred Heart Sacred Heart Sacred Heart	Brenda Bell-Griffiths INT Margaret Beauvoisin, RIP (FM)
Sunday 22 February FIRST SUNDAY OF LENT	9am 9.30am 11am 4pm 5.30pm	Mass Mass Mass Mass	St Edmund St Michael Sacred Heart QA Hospital Chapel Sacred Heart	Special Intention for J Gilroy's 3 cousins in USA Limbania Kerr RIP People of the Parish Madeleine Cunningham, RIP
Monday 23 February Feria [1st Week of Lent]	7am 7.30am 12.30pm	Mass Holy Hour Mass	Sacred Heart Sacred Heart QA Hospital Chapel	Dec'd members of Walton family
Tuesday 24 February Feria [1st Week of Lent]	7.30am 6pm 7pm	Holy Hour Adoration & Confession Lenten Station Mass	Sacred Heart St Joseph St Joseph	
Wednesday 25 February Feria [1st Week of Lent]	7.30am 10.15am 11.30am 12noon	Holy Hour Mass followed by Adoration Adoration Mass	Sacred Heart St Michael St Michael Sacred Heart Sacred Heart	Regan Jones INT Maurice & Catherine Cremin, RIP
Thursday 26 February Feria [1st Week of Lent]	7am 7.30am 9.30am 10am	Mass Holy Hour Adoration & Confession Mass	Sacred Heart Sacred Heart St Edmund St Edmund	Holy Souls Arlene Lodrick & Emmy Willis RIP Dec'd mem of Lodrick, d'Esperance & Adams fam
Friday 27 February Feria [1st Week of Lent]	7.30am 11.30am 12noon	Holy Hour Adoration Mass	Sacred Heart Sacred Heart Sacred Heart	James Leigh, RIP
Saturday 28 February Feria [1st Week of Lent] Vigil SECOND SUNDAY OF LENT	11.30am 12noon 5pm 5-6pm 5.30-6pm 6.15pm	Adoration & Confession Mass Stations of the Cross Adoration Confession Mass	St Michael St Michael Sacred Heart Sacred Heart Sacred Heart Sacred Heart	Angela Lynch RIP Thanksgiving Austin Francis D'Costa
Sunday 1 March SECOND SUNDAY OF LENT	9am 9.30am 11am 4pm 5.30pm	Mass Mass Mass Mass	St Edmund St Michael Sacred Heart QA Hospital Chapel Sacred Heart	Mick Woodgate, RIP & Deceased members of the Woodgate family Canon Gerard Flynn RIP People of the Parish Madeleine Cunningham, RIP