# Sacred Heart Flitwick

**22 February 2026**

**1st Sunday of Lent**

**OUR MISSION**

**Through the power of the Holy Spirit we will be a parish renewed in our knowledge and understanding of the love of Jesus Christ, to enable each of us to fulfil our Christian mission.**

## PARISH CATECHESIS FROM FR. JERRY

Theme: Jesus was led up by the Spirit into the Wilderness to be tempted.

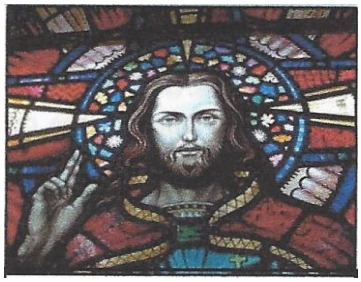
The Gospel reading reminds us of how the devil tried to divert Jesus from the mission received from his Father through temptation (CCC#394). Driven by the Spirit into the desert, Jesus remains there without eating. At the end of the 40 days, Satan tempts him three times, seeking to compromise his filial attitude towards God. Jesus rebuffs these attacks, which recapitulate the temptations of Adam in Paradise and of Israel in the desert (CCC#538). Temptation is one of the challenges in every human relationship. In our daily relationships with God and neighbour, we are faced with countless moments of temptation to sin against them. We are bombarded with choices: to be obedient to God or not to be obedient, to accept him or reject him.

Just as Adam and Eve were tempted by Satan to disobey, so too was Jesus tempted to disobey his Father. However, unlike Adam and Eve, Jesus resisted the tempter and remained obedient to his Father. Jesus is the new Adam who stayed faithful where the first Adam had succumbed to temptation (CCC#539). In the first temptation, the devil aimed to lure Jesus away from submitting to his Father. Turning stones into bread would amount to the sin of rebellion or disobedience against divine will, like the sin of Adam and Eve. Quoting Deuteronomy 8:3, Jesus affirmed his total dependence on his Father. The Word of God becomes the primary nourishment: 'Man shall not live by bread alone, but on every word that comes from the mouth of God'. In the second temptation, the devil encouraged a public display of Jesus' messiahship. Jesus responded that those who truly trust the Father will trust him and not doubt his word. In the third temptation, the devil falsely promised Jesus power and wealth if he worshipped him. Jesus recognised that worship should not be shared between God and Satan. Only God is worthy of our worship (cf. Deut. 6:13). On the first Sunday of Lent, we are reminded that, through the solemn forty days of Lent, the Church unites herself each year with the mystery of Jesus in the desert (CCC #540). Whatever choices we make in life, inspired by the Holy Spirit, we must be assured that faith will be nourished, hope increased, and charity strengthened because of the Word that proceeds from the mouth of God.

**CIRCLE OF PRAYER FOR FEBRUARY — RACIAL JUSTICE, CONSECRATED LIFE, VICTIMS OF HUMAN TRAFFICKING, THE UNEMPLOYED**

## MASS INTENTIONS

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| Saturday 21 February | 5.00 pm | Tomasz Kapitan, Birthday Anniversary, RIP |
| Sunday 22 February | 9.00 am | Dan and Rita O'Neill, Anniversary, RIP |
| Sunday 22 February | 11.00 am | Natasha Watson, Anniversary, RIP |
| Monday 23 February | 11.45 | Requiem Mass for Muriel French, RIP followed by the Cremation Service at Oakfield Gardens Crematorium |
| Tuesday 24 February | 7.00 pm | Intentions of Christy Smith-Pearson and Adam Fitzhugh and Family Members |
| Wednesday 25 February | 9.30 am | Betty Mahony, Anniversary, RIP |
| Thursday 26 February | 9.30 am | Tom Bernadette, Noreen, Dave and Helen Smith, RIP |
| Friday 27 February | 10.00 am | Ken Peters Who Is Ill<br>*Stations of the Cross at 9.30 am* |



**PRIEST IN CHARGE**
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**SECRETARY**
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**WEBSITE AND FACEBOOK**
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**SAFEGUARDING**
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**PRAYER LINE**
**Please ring 01525 643 186.**

**SVP**
**Members provide help to anyone in need. Please call Ann on 01462 239 268**

**CONFESSIONS**
**Before Mass on Friday and Saturday or on request.**

**NEWSLETTER DEADLINE**
**Wednesday afternoon Please contact Aggie Keeble.**

**MASS INTENTIONS**
**For Mass Intentions, call or email Aggie who will arrange for a Mass to be said. There are special envelopes in the foyer that you can fill in and leave in the sacristy.**

## DIARY DATES

**WORLD DAY OF PRAYER - I WILL GIVE YOU REST, COME**

Please do give yourself the gift of rest and join us for either or both services. **They will be held on Friday, 6 March at Ampthill Baptist Church at 10.30 am and at St Peter and St Paul's Church in Flitwick at 7.00 pm.**

**CAFOD FAST DAY**

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.** Cafod Fast Day will be on **Friday 27 February with the retiring collection on 28 February and 1 March**. Envelopes will be available on **21 and 22 February**.

**MISSIO DIRECT DEBIT AND RED BOX HOLDERS**

**I will be collecting the contents of your Red Boxes at the beginning of each Mass on 20, 21, 22, 27, 28 February and 1 March.** This will be the **last time** I shall be collecting from the Red Boxes as I shall retire at the end of the year**. I am looking for someone to take over from me.** If you feel you can do this, please contact Father Jerry or myself. **Thank you for all your support over the last 22 years when together we have sent over £50,000 to the Missions. Pat King**

**CTAF RECONCILIATION SERVICE AT SACRED HEART FLITWICK**

You are warmly invited to an ecumenical service to reflect on life's journey with opportunity for individual prayer and **the sacrament of reconciliation on Tuesday 24 March 2026 at 7.30 pm** at Sacred Heart Flitwick.

**LENTEN EUCHARISTIC ADORATION**

You are warmly invited to **Eucharistic Adoration led by the youth of our parish**. We will gather on **Saturday 7 March at 4.00 pm, before the evening Mass. Please join us in prayer.**

## OTHER NOTICES

**LIVE SIMPLY FEBRUARY – RECYCLING**

I promise to find out more about recycling in my local area and to encourage my family to recycle more. **The Mini Vinnies in our parish will be recycling soft plastics. What are soft plastics?** Soft plastics are lightweight plastics that often cannot be placed in recycling bins at home. Think plastic film lids on yoghurt pots, soft fruit punnets and ready meals, as well as plastic crisp packets, pasta bags and chocolate or biscuit wrappers. Soft plastics recycling is easy. Just follow these three steps: **Clean it** – rinse your packaging out; **Scrunch it** – scrunch it up tight - if it pings back, it's a useful indicator it's soft plastic; **Pop it into our soft plastics recycling bin** which can be found behind the gate on the left-hand side of the church. **Reflection:** Be the change you wish to see in the world. *Gandhi.*

**POPE'S PRAYER INTENTION FOR FEBRUARY 2026**

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.

**CREATED IN LOVE, MADE IN GOD'S IMAGE – WE DARE TO ASK**

In the Book of Genesis we learn the roots of the story of our rescue from sin. Made in God's image, both body and soul, we are created in love to be in relationship with God. This relationship was first broken through the original sin of Adam and Eve. Christ rescues us on the cross, and at our Baptism we are cleansed of original sin.

**Genesis 1:26-27, 2:15-17, choose one line from the passage and meditate on the Word of God**

Then God said, 'Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.' So God created man in his own image, in the image of God he created him; male and female he created them. The Lord God took the man and put him in the garden of Eden to work it and keep it. And the Lord God commanded the man, saying, 'You may surely eat of every tree of the garden, but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.'

*Taken from the booklet we Dare to Ask*

**MASS OFFERINGS**
**Standing orders are £860.00 weekly**
**The collection was £244.10**
**Thank you very much for your generosity**
**Finance Committee**