



In Touch

6th Sunday in Ordinary Time (A)
14th February/ 15th February 2026
No. 1458

Dear Parishioners

I hope that you and your families are well. I send you all my prayers.

On Wednesday 11th we celebrated the feast of Our Lady of Lourdes. You may have noticed in your copies of In Touch that the invitation has been made to join the Diocesan Pilgrimage in July, and I would especially like to encourage young people to take this opportunity to join. Many find this a moment when God deepens their faith. It provides a unique chance to serve those who are in real need, as well as to make friends with others who share in the spirit of Christian service; and, of course, time to relax and enjoy one another's company.

Pope Leo has written a message for this "World Day of the Sick", which is entitled '***The compassion of the Samaritan: loving by bearing another's pain.***' He invites us to reflect on this parable, to *rediscover the beauty of charity and the social dimension of compassion*. He continues, *Love is not passive; it goes out to meet the other. Being a neighbour is not determined by physical or social proximity, but by the decision to love. This is why Christians become neighbours to those who suffer, following the example of Christ, the true divine Samaritan who drew near to a wounded humanity. These are not mere gestures of philanthropy, but signs through which we perceive that personal participation in another's suffering involves the gift of oneself. It means going beyond the simple satisfaction of needs, so that our very person becomes part of the gift.*

The parable illustrates the importance of compassion throughout the ministry of Jesus. *Compassion, in this sense, implies a profound emotion that compels us to act. It is a feeling that springs from within and leads to a committed response to another's suffering. In this parable, compassion is the defining characteristic of active love; it is neither theoretical nor merely sentimental but manifests itself through concrete gestures.*

Pope Leo ends by sending his blessing to *all who are sick, to their families and to those who care for them – healthcare workers and pastoral workers alike – and in a special way to all participating in this World Day of the Sick*. Please pray especially for all those in our parish who are sick, and those who care for them.

Please see the full message : <https://www.vatican.va/content/leo-xiv/en/messages/sick/documents/20260113-messaggio-giornata-malato.html>

I send you all my very best wishes. *Fr Paul*

P.S May I remind all parents of the special talk which we have arranged for you all after mass on Sunday, concerning ways to pass on the faith to your children, and to help them engage with the Eucharist. Please see the notice below (page 4)

Mass Times at Worth Abbey:

Sundays - 9.30am (family Mass, with choir)

Mondays to Fridays - 5.30 pm

Saturdays - 9am and 5pm (First Mass of Sunday),
Feast Days 5.30pm

Days of Obligation - see website

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Mass Readings: (15 February – 22 February)

Sun 15 Feb 2026: 1st Reading – Sirach 15:15-20 2nd Reading – 1 Corinthians 2:6-10 Gospel – Matthew 5:17-37
Mon – James 1:1-11; Mark 8:11-13 **Thu** – Deuteronomy 30:15-20; Luke 9:22-25
Tue – James 1:12-18; Mark 8:14-21 **Fri** – Isaiah 58:1-9a; Mark 9:14-15
Wed (Ash Wednesday) – Joel 2:12-18; Matthew 6:1-6, 16-18 **Sat** – Isaiah 58:9b-14; Luke 5:27-32
Sunday, 22 Feb: 1st Reading – Genesis 2:7-9;3:1-7 2nd Reading – Romans 5:12-19 Gospel – Matthew 4:1-11

Prayers

Please pray for the sick of our parish: John Maher, Elfriede Huckstep, John Mulhall, Sandra Flexman, Margaret Ogden, Anne Wise, Mandy Horton, Patricia Horsman, Stella Higham, Jim Tierney, Krysia Smith, Catherine Elia, Patrick Cambridge, Barry Wingrove, Rowena Leaney, Beryl McNulty, Lin Eade, Jelly Labto, Sheila Charman, Gillian Maher, Pamela Bagwell, Terry and Susan Scoble, Sue Pearson, John and Sue Rutherford, Demelza Waring, Liz Hicklin, Mike and Jill Carter and Laura Rawlinson. And also please pray for the healing of our Diocese Youth Adviser Lizzie Wakeling.

Please pray for Rory Clarke who died on Thursday and keep his family in your prayers. Please continue praying for the souls of Pope Francis; and for Fr. Kevin Taggart and parishioners Tony Hicklin and Peter Annabring, who died recently. Please pray for the souls of Gwen Brophy, Clare Crossman, Oliver Burridge, Harry Simmons, Kathleen Glew, Mary Cockerill and Miriam Vinycomb whose anniversaries are this week. ***Eternal rest grant unto them, oh Lord. And let perpetual light shine upon them. May they rest in peace.***

Prayer to Our Lady Health of the Sick

Sweet Mother, do not part from me.
Turn not your eyes away from me.
Walk with me at every moment
and never leave me alone.
You who always protect me
as a true Mother,
obtain for me the blessing of the Father,
Son and Holy Spirit.
Amen

The Pope's February prayer intention: 'For children with incurable diseases'

Pope Leo XIV releases his prayer intention for the month of February and invites Catholics to pray with him to recognize the face of God in every suffering child.

Lord Jesus,
who welcomed the little ones in your arms and blessed them tenderly,
today we bring before you the children living with incurable illnesses.

Their fragile bodies are a sign of your presence,
and their smiles, even in the midst of pain, are a testimony of your Kingdom.
We ask you, Lord, that they may never lack proper medical care,
human and compassionate attention,
and the support of a community that accompanies them with love.

Sustain their families in hope,
in the midst of weariness and uncertainty,
and make of them witnesses of a faith that grows stronger through trial.

Bless the hands of doctors, nurses, and caregivers,
so that their work may always be an expression of active compassion.

May your Spirit enlighten them in every difficult decision,
and grant them patience and tenderness to serve with dignity.

Lord, teach us to recognize your face in every suffering child.
May their vulnerability awaken our compassion,

and move us to care, accompany, and love
with concrete gestures of solidarity.

Make of us a Church that,
animated by the feelings of your Heart
and moved by prayer and service,
knows how to uphold fragility,
and in the midst of suffering, becomes a source of comfort,
a seed of hope, and a proclamation of new life. Amen.

You can pray along with the pope using this video: <https://www.popesprayer.va/praywiththepope/>

Worth Parish Community Billboard

Worth Pro Earth - Listen to the Podcast

One of our parishioners, Paul Mallinder, has been working with Worth Pro Earth to trial short podcasts covering some of the important work taking place. We are now pleased to share a link and would ask parishioners to follow the link and listen to the podcast.

The "AI Worth Listening" YouTube Channel link is: <https://www.youtube.com/@AIWorthListening>

Our most recent podcast: <https://youtu.be/zFR0Aj30pc>

Did you listen? What did you think?

This has been generated using AI. Do you think we could use AI for other things?

Would you like other types of podcast?

Would you like to be able to listen to any parts of InTouch?



Please let us know what you think. Contact Charles McCarthy charles_mccarthy@hotmail.co.uk



WE NEED YOUR FEEDBACK!

Do you have a spare 5 minutes? We would love to get some feedback on whether you have interacted with Worth Pro Earth. Please follow the link below and tell us your thoughts!

[Worth Pro Earth feedback form – Fill in form](#)

CAFOD during Lent at Worth Parish

SAVE THE DATE - Please note that CAFOD Lenten Family Fast Day is Friday 27 February. CAFOD's focus will be on addressing hunger this Lent.

CAFOD A better world
needs all of us

COFFEES FOR CAFOD:

Our Parish's CAFOD Lenten team and Kir Horner will be joined by the Worth School CAFOD Young Leaders to host weekly coffees on Wednesday's during Lent. The coffees will run from 25 February to 25 March in Compass House 2-3.30pm. There will be a speaker each week and a 'pay what you wish' bottomless cafe, with all donations going to CAFOD. Please note there will be no coffee meeting on Ash Wednesday or during Holy Week.

Parish Activities and Announcements

DATES FOR YOUR DIARIES...

Sunday 15th March – Family Faith Formation after Mass

Wednesday, 18th Feb - Ash Wednesday, Mass at 5.30pm with imposition of ashes. This is the First day of Lent.

Friday, 20th February - Stations of the Cross on Fridays through Lent at 7.15pm

Saturday 21st March – Family Stations of the Cross at 10:30am

Friday, 27th February - Stations of the Cross on Fridays through Lent at 7.15pm.

Holy Monday 30th March – Service of Reconciliation at 7:30pm

AND OUR REGULAR ACTIVITIES...

Sacrament of Reconciliation – Sundays 08.45–09.15am in the church, or by appointment with Fr. Paul.

Exposition of the Blessed Sacrament – Wednesdays 2:30-3:30pm; Sundays 6.30pm after vespers, and every first Sunday of the month, 10:30am (right after Mass)–11am

Rosary Group – Mondays 7:10-8pm in the church after vespers. Please contact Rachel Davies: 07801 696354.

Lectio Divina – Tuesdays at 8pm via Zoom. Please contact Jenny Chapman jenny_chapman@sky.com. All are welcome!

Christian Meditation - Unity Room, 7-8pm, 4th Wednesday of the month

Vigil for Vocations – Every first Friday of the month at 8.30-9pm, after compline.

Bible Study Group – Mondays, 11am at St Benedict's (Parish Office). Please contact the Parish Office.

Family Faith Formation – Monthly, every 3rd Sunday. **New parishioners, all families welcome!**

Car Parking on Sunday mornings:

Please do keep the parking spaces adjacent the church piazza, for less mobile parishioners. Could we also keep the parking area directly outside of Compass House free for residents and groups using the building. Many thanks.

Would anyone like to learn more about the Catholic Faith?

Please get in touch to join a group which meets on Tuesday evenings, from 7.30 pm.

If you know of anyone who might be interested, please pass on this invitation.
Please get in touch with the office.



Worth Intercessory Team (WIT):

Soon, we hope to start a new group of prayer warriors. We'll meet online via Microsoft Teams at 8pm on the first Wednesday of the month (45 min - 1hr), creating a welcoming space to pray together. Would you like to join? Please sign up and we'll get this prayer group started.

This is a chance to grow in prayer, deepen parish connection, and make a difference—without leaving your home. If you'd like to join, please email worthabbeyparish@gmail.com. Come join us. We look forward to praying with you!

"For where two or more are gathered in my name, there I am in their midst." – Mt 18:20

Ciro Candia
founder of Pro Family

is coming to speak to Family Formation!

Sunday 15th February
after 9.30am Mass

in the choir vestry
for all parents with children from 0-18!

The
ProFamily
Foundation
Inspiring Leadership
in Family Life



Come and hear about:

- How to form your family in the faith
- How to help children engage during Mass and more!

There will be plenty of time for discussion and questions.





WORTH ABBEY PILGRIMS

DATES FOR YOUR DIARY 2026

FRAMING THE FUTURE: A BENEDICTINE APPROACH

A talk by Abbot Christopher Jamison. The future has a history. What frame will we choose to face the future? Abbot Christopher will look at ways in which the Benedictine life can offer a creative approach to facing the future.

Saturday, 11th April



COME AND SING

Back by Popular Demand! Our much-loved *Come and Sing* returns this year – a day of uplifting music and collaboration. You will not want to miss it.

Saturday, 18th April



CELEBRATE CORPUS CHRISTI WITH US

Join us for Mass, a procession of the blessed sacrament, and a community gathering as we honour this feast. Bring a picnic, enjoy the beauty of the Abbey estate, and afterwards explore the grounds with family or friends.

Sunday, 7th June



For more information on all our events, and guidance on how to register visit the News section of our website
www.worthabbey.net/latest-news/



Scan the QR code to join our mailing list.

Other Activities and Announcements

Lent 2026 Bible Studies

You're warmly invited to join the **Lent 2026 Bible Studies**, a FREE, six-week journey presented **LIVE ONLINE** by Mauro Iannicelli of Come & See Catholic Formation Ministries. We will lead you through an in-depth exploration of the six Lenten Sunday Gospels, preparing you to hear them proclaimed at Mass.

INFO & REGISTRATION: comeandsee.org/lent26

- Breaking open each Lenten Sunday Gospel
- 'Expository preaching' teaching method
- Life Application Questions
- **The Holy Mass will come alive in a new way!**



Or register
using the
QR code:



STARTS: Tues 17th February 2026 @ 7pm UK Time **TIME:** 7pm - 8:15pm UK time
6 Tuesday Sessions: Tues 17 Feb | Tues 24 Feb | Tues 03 Mar | Tues 10 Mar | Tues 17 Mar | Tues 24 Mar

We hope to see you online. Many thanks & God bless, *Mauro & Janet Iannicelli* **Come & See Catholic Formation Ministries**

Applications for the Arundel & Brighton Lourdes Pilgrimage this July are now open!

The Diocese takes more than 700 pilgrims to visit the Shrine of Our Lady of Lourdes each year, including young people, families, and those who are sick, disabled, frail or elderly and need our help to make the journey.

Is Our Lady calling you to Lourdes this summer?

To find out more about our pilgrimage week in France [click here](#) and visit the diocesan website (<https://www.abdiocese.org.uk/lourdes>)



CAFOD - Sign up for daily Lent emails

CAFOD daily Lent emails of prayer and reflection will offer an opportunity to pause, reflect, pray and take action as we prepare for Easter. Join us as we journey through Lent with our global family. Our Lent calendar emails offer daily prayers and reflections through your Lenten journey, alongside information about ways in which you and the wider CAFOD family can support our ongoing activities.

The daily emails start on Ash Wednesday and end on Easter Day. This email subscription also auto-renews for succeeding Lent seasons, but you can unsubscribe at any time.

Please follow the following link to sign up - [Lent calendar with daily prayers and reflection](#)



The Compassion of the Samaritan

The World Day of the Sick is celebrated every year on 11 February, the Feast of Our Lady of Lourdes. It was established by St John Paul II, and is a privileged moment of prayer, spiritual closeness, and reflection for the entire Church and for civil society, who are all called to recognise the face of Christ in our sick and vulnerable brothers and sisters.

In his message, Bishop Mason, *Lead Bishop for Healthcare in England* reminds us that care for the sick is first and foremost an encounter which can transform the caregiver and the one being cared for.

Bishop Mason's full message

Dear brothers and sisters in Christ,

For his first World Day of the Sick, Pope Leo XIV has chosen the theme "The compassion of the Samaritan: loving by bearing another's pain", a theme that highlights how true care for the sick begins with a loving, personal encounter.

In the parable of the Good Samaritan from the Gospel of Luke, Jesus tells the story of a man who is attacked and left wounded on the roadside. Several passers-by ignore him, but a Samaritan stops, tends the man's wounds with his own hands, brings him to a place of rest and makes financial provision for him.

In this year's message for the World Day of the Sick, the Pope reflects on what prompted the Samaritan to act differently from the others and considers the disposition of his heart. He writes: "[...] when the Samaritan saw the wounded man, he did not 'pass by'. Instead, he looked upon him with an open and attentive gaze – the very gaze of Jesus – which led him to

act with human and compassionate closeness.” When the Samaritan saw the wounded man on the roadside, he did not see just a problem to solve, or a condition to treat. His gaze recognised a person with dignity, created in the image and likeness of God. This recognition opened the way to a genuine encounter, one in which he met the wounded man in the fullness of his suffering, needs, hopes, relationships, and losses.

The story of the Good Samaritan is reflected in the lives of the people who compassionately care for the sick each day. Every year we meet countless such Samaritans in Lourdes. It is no coincidence that the World Day of the Sick coincides with the Feast of Our Lady of Lourdes, whose Shrine is known as a place of miraculous healings of sick and disabled pilgrims. The witness of the volunteers that travel to the Shrine to assist the pilgrims profoundly speaks to this year’s theme. It reminds us that caring for the sick is never limited to treatment or the easing of physical suffering. It is a relationship, an encounter that embraces the whole person. It is also an expression of fraternal love which, as Pope Leo teaches, is never passive but always “goes out to meet the other”.



Such love transforms both the one who receives care and the one who gives it. As Pope Leo mentions, the life of Saint Francis of Assisi offers a powerful example of this. Once repulsed by the sight of leprosy, Francis took the step of embracing and kissing a man affected by the disease. This encounter changed his life forever and led him to a ministry of service among the sick and excluded of the leper colonies. For both St Francis and the leper, that meeting became a source of grace, a deeper understanding of personal worth, and a discovery of the love of Christ present in the other.

On this 34th World Day of the Sick, let us consider how we can look upon the sick and frail in our lives with the gaze of the Good Samaritan. Let us also reflect on our own times of vulnerability, remembering how the compassion of others carried us through moments of illness and need - *Bishop Paul Mason*

Community of Saints

Saint Scholastica's Story

Twins often share the same interests and ideas with an equal intensity. Therefore, it is no surprise that Scholastica and her twin brother, Benedict, established religious communities within a few miles from each other. Born in 480 of wealthy parents, Saint Scholastica and Benedict were brought up together until he left central Italy for Rome to continue his studies.

Little is known of Scholastica's early life. She founded a religious community for women near Monte Cassino at Plombariola, five miles from where her brother governed a monastery. The twins visited each other once a year in a farmhouse because Scholastica was not permitted inside the monastery. They spent these times discussing spiritual matters.

According to the *Dialogues of St. Gregory the Great*, the brother and sister spent their last day together in prayer and conversation. Scholastica sensed her death was close at hand and she begged Benedict to stay with her until the next day. He refused her request because he did not want to spend a night outside the monastery, thus breaking his own Rule. Scholastica asked God to let her brother remain and a severe thunderstorm broke out, preventing Benedict and his monks from returning to the abbey.

Benedict cried out, “God forgive you, Sister. What have you done?” Saint Scholastica replied, “I asked a favor of you and you refused. I asked it of God and he granted it.”

Brother and sister parted the next morning after their long discussion. Three days later, Benedict was praying in his monastery and saw the soul of his sister rising heavenward in the form of a white dove. Benedict then announced the death of his sister to the monks and later buried her in the tomb he had prepared for himself.



Story Time with our Little Saints

Do you know any twins? Twins always have a very special bond, just like Saints Benedict and Scholastica. This brother and sister twin lived many years ago, from the year 480. That was a very long time ago! St. Benedict is the patron saint of school children, of those who are sick with fever, and he is also a patron saint of monks. He is also the patron saint of Worth Abbey! St. Scholastica is the patron saint of nuns, teachers, and many pray for her help when there is a storm or heavy rain. Let's find out why. This week, on

February 10, many children (and adults too!) celebrated the Feast Day of Saint Scholastica. Here is the story of the amazing twin saints:

A long time ago, there was a twin brother and sister named Benedict and Scholastica. They were born in a little village high in the mountains of Italy. From the time they were very young, they both loved God and wanted to live good and holy lives.

When Benedict grew up, he went to study in the city of Rome. He didn't enjoy the city much because people there weren't kind to each other or were not living as good Christians. So, he left the big city and went to live in a quiet cave in the countryside.

Benedict prayed a lot and lived a simple life. Soon, other people wanted to learn from Benedict, so he started building monasteries—special places where monks could live and pray together. Much like Worth Abbey, a monastery high on the hills in the countryside where monks live and pray together.

Scholastica, Benedict's twin sister, also wanted to live a holy life. She started her own little home for nuns in the countryside, not far from where Benedict was. Once a year, the twin brother and sister would meet and talk about God and pray together.

They loved these visits and the chance to spend time together. One day, in one of their visits, Scholastica asked Benedict to stay longer so they could keep talking. But Benedict said no, he had to go back to his monastery. Scholastica knew she could not convince her brother, so she prayed to God, and suddenly a big storm started! Benedict couldn't leave because of the rain, so they ended up spending the whole night talking and praying. Scholastica smiled and said, "You see, Benedict, God heard my prayer!"

Saint Benedict and Saint Scholastica loved God and showed others how to live with kindness, prayer, and peace. They made sure they spent time enjoying the company of their brother and sister. Even today, we remember them as saints who taught us how to follow God with love.

Good night, little one.



Our Parish is committed to safeguarding children and vulnerable groups within its community. Safe-guarding reps are Charles and Ann McCarthy.

Report safeguarding concerns to the Diocese 01293 651148 or via email: sg1.worth@abdiocese.org.uk



At **In Touch**, we'd love to hear from you—what you've enjoyed reading, what you'd like to see more (or even less!) of, and any ideas for improvement. This is our parish community newsletter, and our hope is that it offers both inspiration and a useful service.

If you have any announcements, articles, or activities you would like us to publish in In Touch we need you to send them the Friday before the intended publication date please.

Please do get in touch! worthabbeyparish@gmail.com

Parish Priests: Fr Rod Jones and Fr Paul Fleetwood. To contact both, please call the Parish Office: 01342 710313

Parish Office: Maria Stribbling - 01342 710313

Parish Office Email: parish@worth.org.uk

Parish Website: www.worthabbeyparish.co.uk

Nighttime emergencies only: 01342 710331

Cheques to be made payable to Worth Abbey Parish **Online banking payments** - Account 61076892 Sort Code 40-05-20

Safe Spaces: 0300 303 1056 **Web:** www.safespacesenglandandwales.org.uk/ **Email:** safespaces@victimsupport.org.uk

If you're unable to go to Mass and would like to receive Communion at home, or if you have prayer intentions, please contact Fr Paul