

**Parish of Effingham and Fetcham**  
Our Lady of Sorrows and Church of the Holy Spirit

Parish Team:

**Fr Charles Howell and Deacon Ian Wells**

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Live-stream on YouTube "Effingham and Fetcham Catholic Parish":

<https://www.youtube.com/channel/UCFLGeHumF6yae4QGCSVg0UA>

*A Very Warm Welcome to Parishioners and Visitors*

**4<sup>th</sup> Sunday in Ordinary Time**

Sundays: Cycle A    Weekdays: Year II    1 February 2026

**The Meek Shall Inherit the Earth**



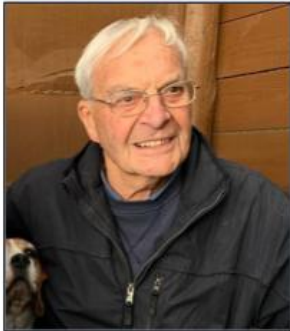
Today we have the Gospel of the Beatitudes (Blessed are those...), from the start of chapter 5 of St Matthew's Gospel. It is the beginning of the Sermon on the Mount, the beginning of Jesus' teaching. Jesus sets out his manifesto. The Beatitudes are to the New Testament as the Ten Commandments are to the Old Testament. They are foundational.

We must understand that the Beatitudes are not warm fuzzy-feel romantic ideals. They are gritty, transgressive, transformative ways of being that turn the world as we know it upside down. By the standards of the world it is ridiculous to describe the meek, the poor in spirit, the mournful, the persecuted as blessed. The peacemakers and the merciful get exploited and trampled on. The pure in heart and the campaigners for justice and right are often ignored. Yet Jesus says it is precisely these who are blessed, who will transform the world, and who will receive a great reward.

In our current 'might is right' world often dominated by bombastic posturing, we know a great and breathtaking truth. Shhh! Whisper it softly, for this is incendiary stuff: "The meek shall inherit the earth."

*Prayers for us all,  
Fr Charles*

## ***This Week***



Please pray for Tony Farino who died recently and keep his family in your prayers too. **The Requiem Mass for Tony Farino** will be on Thursday 19 February at OLOS at Noon followed by a

reception at Effingham Golf Club. The family hope you will be able to join them for both the Requiem and reception to celebrate Tony's life. No flowers please but donations, should you wish, would be very welcome to CAFOD.

## **This Week**

**Fr Charles** will take time off from Monday 2<sup>nd</sup> – Fri 6<sup>th</sup> Feb inclusive. There will be no Masses during that week in the parish.

As there will be no Mass on Thur 5 Feb, **Adoration** will start at the slightly later time of 11 am.

## **Get to Know Other Parishioners**



In order to promote socialising after the 9 am Mass on Sundays, we would like to restart our

refreshments after Mass in the hall, initially once a month. We aim to provide both cafetiere and instant coffee, tea, hot chocolate or squash with **homemade cake** and biscuits. We hope to see you there **THIS Sunday!** Use it or lose it. We have lovely parishioners, a great hall and tasty cake but it's not worth offering this if no one joins us! Please help to make this a success by coming along.

## **Forthcoming Signed Masses at OLOS**



The Diocesan Deaf Community are celebrating their monthly signed Mass at OLOS on the following Saturdays: **7<sup>th</sup> February,**

7<sup>th</sup> and 28<sup>th</sup> March at 1pm with refreshments in the Hall after the Mass. Everyone is most welcome to join us, and it is a wonderful opportunity to experience how we are able to celebrate the Mass with our deaf friends.

## **Taizé Prayer at St Lawrence Effingham on Sunday 1st February at 6.00pm**

You are warmly invited to this reflective, quiet, contemplative service of Bible readings, prayer and praise in the style of the Taizé Community. For further details contact Helen Overell: [helen@bayleaf.org.uk](mailto:helen@bayleaf.org.uk)

## ***Next Week***

## **Special Collection next week: Arundel & Brighton Lourdes Pilgrimage Fund**

The Diocesan Pilgrimage takes around 700 people each year to Lourdes, of whom around 130 are Assisted Pilgrims who are frail, elderly, disabled or sick and last year 150 young people between 15-29.

Across the years our Diocesan Pilgrimage to Lourdes has enabled so many people to encounter God's love and healing: physical, spiritual, emotional and psychological.

If you would like to Gift Aid your donation, please **ONLY** use a special Lourdes Gift Aid envelope – available at the back of church this weekend.

**Cake and Jam Sale** - there will be a sale in aid of the Mtandika Trade School, Tanzania after all Masses **next weekend, 7th/8th January.**

## Coming Soon



### LAST CALL for online marriage programme

Does your marriage need some TLC? Need help with communication and trust? Retrouvaille helps marriages. It can bring hope and healing to relationships. Next date: 12th February 2026.  
www.retrouvaille.org.uk Tel: 07887 296983

## General

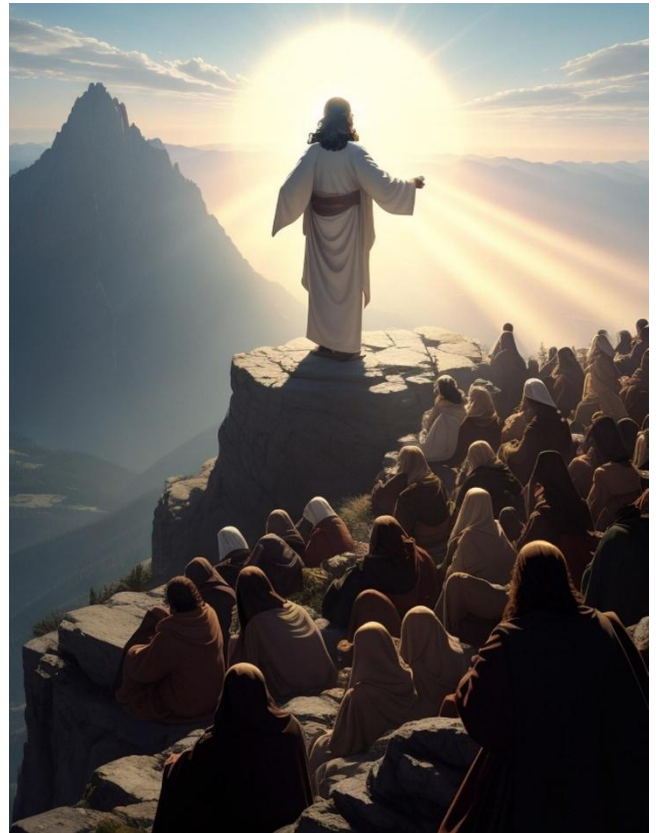
### Events at St Augustine's Abbey, Chilworth



Visitors are welcome to **join the monks for a day of worship and prayer on Saturday 21 February 2026, 10.30 am–4.10 pm**, a free event centred on guided prayer, silence and community in the Abbey Church.

**F. Scott Fitzgerald: Every photograph tells 'The Great Gatsby' story.** Friday 20 March, 7.30pm-9pm. A captivating public talk bringing the Jazz Age to life through images and story.

*Tickets £10 per person. Advance booking essential via [ticketsource.co.uk](https://www.ticketsource.co.uk) (search Chilworth Abbey)*



Please pray for all those in our Parish who are sick:

Derek Barham	Ann McEntire
Marie Bliss	Janet Morgan
Christopher Browne	Jim Morgan
John Donovan	Brenda Parker
Mary Doran	Maureen Rennison
Pat Hammond	Bernard Shaw
Mary Hefford	Jenny Smith
Maddy Hewitt	Peter Stevenson
Valeria Kucharsky	Maggie Thomas
Joanna Mills	Jean Wood

## This Week's Services and Mass Intentions

Saturday Vigil	31 Jan	6.00 pm	OLOS	Michael Baker - RIP
Sunday	01 Feb	9.00 am	OLOS	Suzanne Bootes – RIP and Vincent Bootes - RIP
Sunday	01 Feb	11.00 am	HS	People of the Parish
<b>Monday</b>	<b>02 Feb</b>	<b>NO MASS</b>		<b>NO MASS</b>
<b>Tuesday</b>	<b>03 Feb</b>	<b>NO MASS</b>	<b>OLOS</b>	<b>NO MASS</b>
<b>Wednesday</b>	<b>04 Feb</b>	<b>NO MASS</b>	<b>HS</b>	<b>NO MASS</b>
<b>Thursday</b>	<b>05 Feb</b>	<b>NO MASS</b>	<b>OLOS</b>	<b>NO MASS</b>
<b>Friday</b>	<b>06 Feb</b>	<b>NO MASS</b>		<b>NO MASS</b>
Saturday Vigil	07 Feb	6.00 pm	OLOS	Olivia Wallwork - RIP
Sunday	08 Feb	9.00 am	OLOS	People of the Parish
Sunday	08 Feb	11.00 am	HS	Bishop Richard and the Diocese

HS = Holy Spirit, Fetcham      OLOS = Our Lady of Sorrows, Effingham

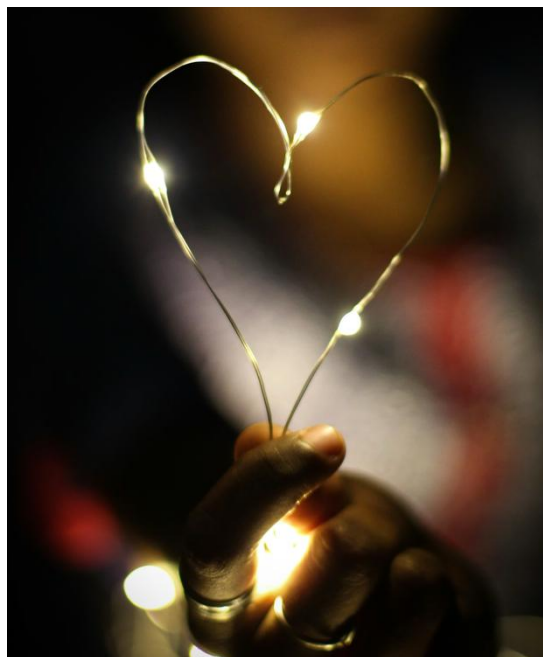
Most Masses from both our churches are live-streamed on YouTube at "Effingham and Fetcham Catholic Parish" <https://www.youtube.com/channel/UCFLGeHumF6yae4QGCSVg0UA>

<b>Confessions</b>	<b>Saturdays</b> 5.00-5.30 pm OLOS, Effingham <b>1<sup>st</sup> Sunday of the month</b> after 11.00 am Mass HS, Fetcham
<b>Adoration</b>	<b>Thursdays</b> following OLOS 9.15 am Mass to Noon, then 2-6 pm
<b>Children's Liturgy</b>	<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Sundays of the month</b> in term time at HS, Fetcham 11.00 am

### Next Week: 5<sup>th</sup> Sunday in Ordinary Time

**Special Collection next week: Lourdes Pilgrimage (Use special envelopes to Gift Aid)**

Isaiah 58:6-10 | Psalm 112(111):4-5.6-7. 8a, 9. R.4a | 1Corinthians 2:1-5 | Matthew 5:13-16



***Please get Newsletter items to the Parish office by 10.00 am Wednesday***

Arundel and Brighton Diocesan Trust is a Registered Charity No. 252878