



Newsletter for
week commencing
22 February 2026

LENT

First Sunday of
Lent (Year A)

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'Confessathon!'

In his Pastoral Letter last weekend, Archbishop John invited us to celebrate the Sacrament of Reconciliation during Lent.

Although each church offers weekly Confessions and there will probably be Services of Reconciliation in the coming weeks, the priests have set aside **Saturday 7 March** to be available for Confessions at **St Alban's Church** between **10.00 am & 4.00 pm**. During this time, there will also be Exposition of the Blessed Sacrament.

We hope this opportunity will be helpful, especially if it's sometime since you last celebrated the sacrament.

In case you prefer to go to a particular priest a timetable is shown below :

10.00-11.00 am	Canon Christopher
11.00 am-12 noon	Fr Raymond Anyanwu
12 noon-1.00 pm	Fr Mark Drew
1.00-2.00 pm	Fr John McLoughlin
2.00-3.00 pm	Canon Dave Heywood
3.00-4.00 pm	Fr John Schofield

Do think about taking up this opportunity as it will help you to prepare well for Easter.

Archbishop John Sherrington

A very warm welcome is extended to Archbishop John who is presiding at the 8.30 am Mass at St Joseph's today (Sunday).

There will be a **CAFOD Talk** at both Masses at St Joseph's today (22nd)

Rite of Christian Initiation of Adults (RCIA)

The programme continues on Thursday at 6.00pm in St Joseph's Presbytery

Gospel Reflection - Making the Right Choices

The trouble with the devil is that we don't always recognise him. If temptation gave us obviously poor choices we would easily resist, but the biggest problem with temptation is that it finds us at our most vulnerable and presents us with seemingly attractive choices. It sounds obvious that we should make good choices over sinful ones, yet we are extraordinarily good at justifying poor decisions. "Having a fling with the person in the next offices is okay," a cheating partner might remark, "as long as no one gets hurt." "Working on the side and claiming benefits is okay," reasons the benefit fraud, "I'm not exactly raking it in, and in any case, everyone else seems to be doing it."

We are good at making the wrong decision in the face of temptation and finding ways to justify our choices. At the root of most temptation is an option for us to take the easy way out. To make the right choices often involves discomfort, hard work, sacrifice and will power. Often making the right decision seems beyond us.

Lent is a time for us to grapple with the temptations in our own lives. Lent is a time for us to get to know ourselves better. A helpful exercise is to use our imaginations to picture the sort of people we would like to become. Few of us would picture ourselves as weak or incapable of making good decisions. Picturing ourselves making good decisions is a healthy start... all we need now is the will power to put our lives on the right track. That's where Jesus steps in. In today's gospel, Jesus models how to behave in the face of temptation. Jesus shows us that compromise can play no part in our purpose.

During Lent we pray to Jesus for help in overcoming temptation and becoming the people we want to be.

Canon Christopher reflects Last week I wrote about making a good Lent by preparing well and anticipating what we might do to make it so. I noted that the archbishop in his Pastoral Letter stressed the teaching of Our Lord in the gospel on Ash Wednesday that we undertake prayer, penance/fasting and almsgiving. I am pleased to know that many people began Lent well as usual by receiving ashes on Wednesday, but most of all by attending Mass on that day. However, I understand that there was some misunderstanding when the Mass at Sacred Heart on that day was at 6.00 pm but people were not aware that it was advertised as a Syromalabar Mass. This caught many people out as it was in a language other than English. Fr John, their chaplain who presided did however distribute ashes though his community had done so two days earlier as was their tradition. I am grateful of this service to us even though it was not in our tradition.

Have you managed to increase your efforts in prayer in recent days and what have you prayed for? It may not be anything in particular, since according to the Catechism, prayer is raising of the mind and heart to God which we can do anytime, anywhere, for as long or short a time as necessary. There is much to pray for but this week in his 'Ad Clerum' which is a 'letter to the clergy' he asks for special prayers which we might include in our own. In particular, he speaks of a request sent from the Bishop of Clifton diocese for prayers for Christians in Iran. Prayers and support are asked for the underground Catholic and Orthodox churches of Iran plus all the Christian community, alongside all others who live there. They are suffering from the horror and tyranny of the current barbaric regime. Prior to that taking power in 1979, Iran has always had a large Armenian population who could worship freely but the Catholic community is rather small and often practice there in underground churches. Let us give them the support of our prayers.

In a similar vein, through our archbishop, Fr Ugo, Provincial Superior of the British Province of the Spiritans, two of whom we have in our parishes, has asked prayers for all Christians who are suffering persecution in Nigeria. Some of these priests have been directly affected with displaced families taking shelter in makeshift 'internally displaced persons' camps. Let us pray especially for them.

Another suggestion from our archbishop in his letter last week was that we stress the importance of the Sacrament of Reconciliation in the coming weeks. With this in mind, on **Saturday, 7 March**, we will be holding a **"Confessathon"**, when Confessions will be available over a few hours in one church in the Deanery. There will be Exposition of the Blessed Sacrament during this time. See details elsewhere in this newsletter. We hope this opportunity will be helpful, especially if it is a while since you last celebrated the sacrament.

Fasting in Lent applies to various aspects of life when we may choose to put other things aside, but we are invited to fast especially from food and drink. As the scripture reading last Wednesday suggested, we should not do this for selfish reasons and for our own benefit. It asks us what the point is in doing this whilst ignoring the needs of others especially the hungry people of the world. Next Friday, therefore, is CAFOD Family Fast Day when we give a little money toward feeding people for whom CAFOD is caring. You might like to bring that gift to church next weekend using one of the envelopes provided.

Meanwhile, let us to continue to come close to our Lord who is by our side throughout the battle that is taking place in this joyful season. Amen.

Stations of the Cross During Lent

- ✠ At St Joseph's on Fridays at 6.30 pm and will be led by different parish groups
- ✠ At St Alban's on Tuesdays at 7.00 pm with Confession afterwards



Everyone welcome

Baptism Preparation

If you are hoping to have your child baptised at Sacred Heart or St Alban's Church in the near future you will need to attend a preparation session. Please contact the Parish office or Anne Preston (07913003537) for more details. Thank you

St Gregory's Catholic High School

The next event will be held on 27 February - Celebration of the Word for the 21st week of Lent.

Theme : Temptation

If you would like to be part of these events, please email our school chaplain at swhitlow@stgregoryshigh.com Do remember that spaces are limited.

St Joseph's Parish Reconciliation for 1st Holy Communion Candidates

The Reconciliation Service for First Holy Communion Candidates will take place on Thursday, 26 February between 6.00 and 7.00 pm

Morning Prayers at St Joseph's

During Lent Morning prayers will be said prior to Mass (9.10 am) on Mondays and Fridays
Please join us.
Thank You.

Stop Assisted Suicide... Further Action Needed!

Please take 30 seconds to stop assisted suicide from being forced into law. Right to Life UK has made an EasyAction tool to email your MP asking them to oppose attempts to force assisted suicide into law by bypassing the House of Lords. Please visit www.righttolife.org.uk/ASComm ons2026 to ask your MP to oppose forcing the assisted suicide Bill into law.

Safeguarding - If you are concerned about the safety of a child or vulnerable adult and feel they are in immediate danger, please call the police. If you wish to report any non-urgent concerns, please contact your local social services or the archdiocesan safeguarding team direct at You may also contact Mark Robson on 0151 522 1013/07585761965 or Claire Newton 0151 522 1043/ 07384643237 or email safeguarding@rcaol.org.uk



Children's Liturgy at Sacred Heart & Saint Alban Safeguarding

We have recently received updated safeguarding information from the Archdiocese of Liverpool which means some changes have been made to the way children's liturgy operates.

- Children's liturgy groups are founded for primary aged school children from 5 years of age to 11 years of age only. This means that children outside these ages cannot attend.
- Parents cannot attend children's liturgy. If the child is new to the group, a parent can attend the first two sessions to help settle the child in.
- All children's liturgy catechists are DBS checked to the same level as a schoolteacher.
- All parents must complete a parental consent form. A child cannot attend unless this form is completed. These forms are available at Church. These should be completed and handed in as soon as possible to one of our Parish Safeguarding Representatives (Margaret McGrath or Irene Crowder at St Alban and Paul Towey at Sacred Heart). Alternatively the forms can be handed into the parish office.
- This information will be held securely and destroyed 5 years after the child leaves the group.

Further information can be found at
<https://www.liverpoolcatholic.org.uk/department/safeguarding>

Saints of the Week

27 February : St Gregory of Narek, Abbot and Doctor of the Church. c950-c1005. Born in the Andzevasti region of Armenia, Gregory grew up in a highly cultured community to become the most significant literary and theological figure in Armenian religious life, which he lived out with relatives in the monastery of Narek. His Book of Lamentations from 1003 is treasured, by Armenians in particular, as a mystical poem which is an inspiration for many.

1 March : St David, Bishop of Wales. c520-588. Born probably in Cardigan, Dewi Sant received his early training from St Iltyd. He attracted many postulants to the monasteries he founded, all of which were remarkable for austerity of their rule of life. David was canonised in 1123 and is the principal patron of Wales.

St Joseph's Pantomime Group

We thank everybody who came along to our Pantomime this year. We are so grateful for the generous comments and reviews that we received. We played to record-equalling audiences from our parish, the West Warrington Family and the wider community joining in the enjoyment.

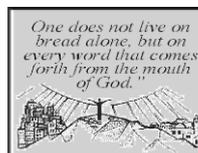
Because of your attendance at the panto, during the 33 years of performing our shows, we have been able to direct the limited residual funds towards local vulnerable and needy groups and individuals - in addition to our own parish groups.

We once again invite bids from such groups and worthy causes. Bids should be made in writing outlining the reason for the request and presented to the St Joseph's Parish Office for the attention of the Pantomime Committee. Funds are limited and bids need to reflect this. The deadline for bids is **Monday, 2 March.**

Once again, thank you for your support.

Class Masses - Fr Raymond has arranged class Masses to take place at St. Vincent's Catholic Primary School. If you would like to attend, please call the school on 01925 726544. The next Mass takes place on 24 March at 2.00 pm

St Joseph's church cleaning will take place this coming Thursday from 9.00am. Help always appreciated.



Messages of Thanks

Fr James Fasakin C.S.Sp would like to thank everyone who came to his 50th birthday celebration last Friday and to those who helped in making it such a joyous occasion. He would also like to thank everyone for all the gifts and cards he received.

Pat Hayes and daughters (Nicola & Helen) would like to thank family, friends and parishioners for their kindness. £300 was donated to Meadowview Care Home in memory of their husband/dad Nicky Hayes.

Thank you to everyone for supporting the events prior to Christmas and supporting the bonus ball which combined with the events raised £943.10 for St Joseph's partner parish in Jifna.

St Joseph's Bonus Ball :
18/2/26 No 3 Winner : Matilda

West Warrington Churches Together

WWCT includes St Joseph's, Bethany, St. Mary's, Penketh Methodist, St. Pauls and Jireh churches. **Next Event :** Good Friday Service in Honiton Square at noon on 3 April plus refreshments. Please join us.

"Christians are meant to be actively engaged and participate in the concerns of the church worldwide" Vatican II

The next meeting of **St Joseph's UCM** will take place on Thursday, 5 March (12.30 to 3.30 pm)

St Joseph's Scouts are holding a **Race Night** on Friday, 6 March in the Club. First race at 7.00 pm £2 entry. Everyone welcome.

St. Joseph's Lost Property includes gloves, scarves, spectacles (many), blue cap, water drinking bottle and a toy concrete mixer are on the tables in the Narthex for collection. It would be a shame to tip them. **Are Any Yours?**

Items have also been left at Sacred Heart and St Alban - please check to see if anything belongs to you.

Pope Leo XIV : Lent is a Time of Conversion - The Holy Father, Pope Leo XIV has issued his message for Lent on the theme 'Listening and Fasting : Lent as a Time of Conversion'.

Dear brothers and sisters. Lent is a time in which the Church, guided by a sense of maternal care, invites us to place the mystery of God back in the centre of our lives, in order to find renewal in our faith and keep our hearts from being consumed by the anxieties and distractions of daily life.

Every path towards conversion begins by allowing the word of God to touch our hearts and welcoming it with a docile spirit. There is a relationship between the word, our acceptance of it and the transformation it brings about. For this reason, the Lenten journey is a welcome opportunity to heed the voice of the Lord and renew our commitment to follow Christ, accompany him on the road to Jerusalem, where the mystery of his passion, death and resurrection, will be fulfilled.

Lent emphasises the communal aspect of listening to the word and fasting. The Bible itself underlines this dimension in multiple ways. For example, the Book of Nehemiah recounts how the people gathered to listen to the public reading of the Law, preparing to profess their faith and worship through fasting, so as to renew the covenant with God (cf. 9:1-3).

If you wish to read this message in full please go to <https://www.cbcew.org.uk?pope-leo-xiv-as-a-time-of-conversion/>

Mass Intentions for week commencing 22 February 2026

	Sacred Heart	Saint Alban	Saint Joseph	Saint Paul of the Cross
Sunday 22 February	11.00 am Donor's Intentions	9.30 am Doris Cleary (3 rd Anniversary Remembrance)	8.30 am Theresa Reid (RoS) 4.00 pm June Alderson (RoS)	10.00 am
Monday 23 February			9.30 am Doreen Newall (RoS)	
Tuesday 24 February	10.00 am Requiem Mass John Burke	No Mass		9.00 am
Wednesday 25 February	6.00 pm Syromalabar Mass		6.00 pm John & Evelyn Turner (Birthday Memories)	9.00 am
Thursday 26 February		9.30 am Eileen O'Connor (19 th Anniversary)	7.00 am Theresa Gunning	9.00 am
Friday 27 February	12 noon : Deanery Mass at St Oswald's, Padgate Private Intention		9.30 am – Mary Rita Segarrajasinghe	
Saturday 28 February	5.15 pm Mary Kelly			6.00 pm
Sunday 1 March	11.00 am Louise Smith	9.30 am People of the Parish	8.30 am People of the Parish 4.00 pm Kathleen Moore (Anniversary)	10.00 am

Confession	Saturday from 4.30 pm	Saturday from 9.30 am	Wednesday 5.15 pm-5.45 pm	Saturday 5.15-5.45 pm
Adoration [Exposition]		After the Mass on Thursday	Monday & Friday 10.00-11.00 am	

- **Holy Eucharist** - Please note that whilst we can receive the Holy Eucharist under both kinds, intinction (dipping the Body of Christ into the Chalice of His blood) **IS NOT PERMITTED**.
- Please note that there is no Mass at St Alban's on Tuesday because the Requiem Mass for John Burke will be celebrated at Sacred Heart at 10.00 am.

Penketh Support Group Food Hub

Meeting Lane Community Centre
WA5 2HB. Opening Hours Thursday,
Friday & Saturday until 12:30pm. If
you require a food parcel please
contact Helen on 07415 939808 or
email penketh2020@outlook.com

The Legion of Mary meets on

Tuesdays at 1.30 pm in the
Loreto Room [behind St Joseph's
Church]. **All welcome**

Why not visit our website and keep
up-to-date on all the news at
www.sacredheartandstalban.org
or follow us on Facebook @ **Parish
of Sacred Heart and
St Alban Warrington**

Why not take a moment to check in
– you may find something of interest

Please visit St Joseph's website
for all its news, Mass times,
newsletter and much more!
www.stjosephpenketh.co.uk

**Please ensure that your mobile
phone is switched off whilst
you are in Church. Thank you.**

Sanctuary Lamps

The Sanctuary Lamps will burn
this week for the following
intentions :

St Alban
Dave Abbott (RoS)

Sacred Heart
Those Who Suffer & Mourn
St Joseph - Ron Molyneux
St Joseph's Marian Candle
Joan Conyngnam

Please remember in your
prayers the following who have
died recently : David Abbott,
John Burke, Teresa Cadman,
Paul Anthony Baines, Esther
Regan, Austin Dickinson and
Reginald Oswin
May they rest in peace.

World Day of Prayer - Friday, 6 March

St Joseph's parish is hosting this year's World Day
of Prayer. An ecumenical service will take place at
7.30 pm and members of local churches will be in
attendance. The prayers and the stories that
accompany them have been prepared by women
from Nigeria. The service will be followed by light
refreshments. All welcome.

**On Thursdays during Lent, Mass will be
celebrated at St Joseph's at 7.00 am.
This will be followed by a Lenten breakfast
in the Loreto room. All welcome.**

FUNERALS

Week commencing 23 February

Requiem Mass for John Burke on Tuesday,
24 February at 10.00 am at Sacred Heart

Week commencing 2 March

Funeral Service for Teresa Cadman on
Wednesday, 4 March at 11.00 am at St Alban's

Funeral Service for Paul Anthony Baines on
Thursday, 5 March at 1.00 pm at Sacred Heart

Requiem Mass for David Abbott on Friday,
6 March at 12 noon at St Alban's

May they rest in peace

Coffee After Mass at St Joseph's

Please join us for coffee &
refreshments after the 8.30 am
Mass on Sunday.
This week's hosts are members
of the Teams of Our Lady.
All welcome