



Our Vision is a Person, Our Vision is Jesus Christ
1st February 2026: FOURTH SUNDAY IN ORDINARY TIME
TWO WAYS OF BEING HAPPY

As crowds from Galilee, Jerusalem, Judea, and even beyond approach Jesus, he goes up a mountain to teach. Sitting down — the traditional posture of a rabbi — Jesus begins to teach those who have come close to him.

The mountain is a familiar place of divine revelation in Scripture. It is here that Jesus proclaims what we know as the **Beatitudes**. Lifting his eyes to his disciples, he says:
"Happy are the poor in spirit... Happy are those who hunger and thirst for righteousness... Happy are the meek... Happy are those who are persecuted on my account."

We live today in a secular society, and it too proclaims its own "beatitudes" — but they are radically different from those spoken by Jesus two thousand years ago. Our world tells us: "Happy are those who have everything." "Happy are those who are successful, with a good job and plenty of money." "Happy are those who have no problems." "Happy are those who are praised by everyone, who are popular and always in the news." "Happy are those who are independent, always first, always visible, always connected."

This is the message we hear constantly. Yet what we actually see is often the opposite. Our secular society struggles to guarantee happiness. More and more people suffer from loneliness, anxiety, and depression. Many seem to have everything yet remain deeply unhappy.

When we turn instead to the Beatitudes Jesus proposes, we discover a very different path.

The world says: Happy are the powerful, for they control their lives. Jesus proposes: Happy are the poor in spirit, those who know they need God.

The world says: Happy are the aggressive, for they get ahead. Jesus proposes: Happy are the meek, those whose strength is guided by love.

The world says: Happy are those who laugh now and avoid sorrow. Jesus proposes: Happy are those who mourn, those who do not close their hearts to suffering.

The world says: Happy are those who hunger for success and recognition. Jesus proposes: Happy are those who hunger and thirst for righteousness, those who desire what is true and good, even if it is unpopular.

The world says: Happy are those who get even. Jesus proposes: Happy are the merciful, those who choose forgiveness over revenge.

The world says: Happy are the clever and calculating. Jesus proposes: Happy are the pure of heart, those whose intentions are sincere.

The world says: Happy are those who dominate, for peace comes through control. Jesus proposes: Happy are the peacemakers, those who build peace through charity.

The world says: Happy are the popular and approved. Jesus proposes: Happy are those persecuted for righteousness' sake, those who remain faithful even when it costs them.

In every age, we are invited to choose between these two ways of being happy. The Beatitudes of Jesus do not promise an easy life, but they do lead to a deeper joy — a joy rooted not in success or approval, but in trust, love, and faithfulness to God.

Fr Raffaele

GEM OF THE WEEK

MESSAGE OF HIS HOLINESS POPE LEO XIV FOR THE 59th WORLD DAY OF PEACE
If anyone has suggestions for GEMs please contact website.sswp@gmail.com



For the next Newsletter, items should be received into the Parish Office by **10am on Tuesday 3rd February 2026**, please email your messages/notices to: office@stswithunwellsparish.org.uk

If you wish to make a donation to our parish please go to: <https://www.stswithunwellsparish.org.uk/financesdonations>

LITURGICAL INDICATIONS



Sunday 1st February 2026 YEAR A - YEAR 2 - PSALTER WEEK 4

PSALM RESPONSE: BLESSED ARE THE POOR IN SPIRIT; FOR THEIRS IS THE KINGDOM OF HEAVEN.

1st Reading Zephaniah 2:3; 3:12-13 **Psalm** 146 (145) **2nd Reading** 1st Corinthians 1:26-31

Gospel Matthew 5:1-12a

Sunday 8th February 2026 YEAR A - YEAR 2 - PSALTER WEEK 1

PSALM RESPONSE: A LIGHT RISES IN THE DARKNESS FOR THE UPRIGHT

1st Reading Isaiah 58:7-10 **Psalm** 112 (111) **2nd Reading** 1st Corinthians 2:1-5 **Gospel** Matthew 5:13-16

PARISH GROUPS



Youth Groups (including First Holy Communion & Confirmation)

Stars of Abraham (school years 3, 4, 5 & 6) *Holy Cross Saturdays 10.30am to 12 noon; St Edward Tuesdays 4pm to 5.30pm; St Andrews Fridays 4.30pm to 6pm.*

Grail Seekers (school years 7, 8, 9) *Sundays 6.30pm to 8.30pm in Holy Cross Resource Centre.*

Student Youth (school year 10 until sixth form)

Fridays 6.30pm to 8.30pm Holy Cross Resource Centre

Ark of Fellowship - for people with learning disabilities or learning difficulties, their families and friends. **Thursdays at 6pm - 8pm in Holy Cross Resource Centre.** Interested in volunteering or know some adults who would like to join the group?

Contact: arkoffellowship.sswp@gmail.com

Communion & Liberation Groups

Our Schools of Community groups have their weekly meetings in **Holy Cross every Wednesday at 8pm** (contact Fr Pietro) and at **St Edward's every Thursday at 8pm** (contact Fr Raffaele). For more information please click the link on the homepage of our website. All are welcome!

The Little Flowers Baby & Toddler Group

Meet on **Wednesdays during term time from 10am in Holy Cross Resource Centre.** The group is for 0-4 years and their families. More information is on the website or you can email: littleflowers.sswp@gmail.com

Growing In Faith Together Group (GIFT) - every **Tuesday at 10.15am** in the H/Cross Resource Centre. We will continue to look at the Nicene Creed.

Voice of Praise - Catholic Charismatic Prayer Group

Join us every **Thursday evening, 8.15pm - 9.15pm**, at the **Holy Cross Resource Centre** for an hour of lively prayer, music, Scripture, and fellowship. Our charism is evangelisation: sharing the joy of the Gospel and the power of the Holy Spirit. Whether you are new or experienced in charismatic prayer, all are warmly welcome! For info please email:

voiceofpraise.sswp@gmail.com

Awake My Soul - A group for young adults (aged 18-25) in the parish. We meet every other **Wednesday from 7pm to 9.30pm in the presbytery of Holy Cross (53 Leigh Road, Eastleigh - the house next to the church).** We start with dinner together, followed by a discussion on how our faith relates to our daily lives.

Next meeting: **Wednesday 11th February.** If you would like to participate, please email Fr Matteo:

mpagani@portsmouthdiocese.org.uk

School of Christianity in Bishop's Waltham - A course about the basis of the faith using the Catechism of the Catholic Church. Next meeting will be **Friday 13th & 27th February at 6pm in the hall of Our Lady Queen of Apostles Church.**

MESSAGES



Readers Retreats - All readers are invited to the Readers' Retreats on **Saturday 31st January.** Retreats are located in the following churches:

- **OLQA 10.30am-12noon.** For readers at OLQA.
- **St Andrew 10.30am-12noon.** For readers at St Andrew and St Joseph.
- **Holy Cross 2.30-4pm.** For readers at Holy Cross, St Edward's and St Swithun Wells.

Presentation of the Lord & St Blaise - Please note that on **Monday 2nd February at 9.30am in Holy Cross** we will celebrate the feast of The Presentation of the Lord. On **Tuesday 3rd February** is St Blaise and following an ancient tradition we will bless the throats in **St Andrew at 10am & St Edward at 6pm.**

Parish Get2Gether - Sunday 1st February 1-4pm

Pavilion in the Park. An event for all of the parish, especially families. We begin at 1pm, sharing a meal together followed by some activities and a discussion. No cost, however we kindly ask you to give a donation to cover the hire of the Pavilion. Please bring some food, beverages or cakes to share with others. Please can you bring your own cups/plates/cutlery. To book your place please go to our parish website.

Grail Seekers Promise - Please pray for all the teenagers of the Grail Seekers who are going to the Isle of Wight next weekend. They will have a special celebration in Quarr Abbey during which they will promise to follow Jesus by treating each other as brothers and sisters, saying the Prayer of the Knights daily and by being missionaries.

MESSAGES CONTINUED



Upcoming Funeral - Please pray for the repose of the soul of Michael Henbury and for his family. Funeral Mass takes place on **Thursday 5th February at 11am in Holy Cross.**

Come & See Half Term Club (7-14yrs)

Monday 16th - Friday 20th February, 8.30am-3.30pm St Edward's Cloister. Cost: £10 per child per day. £5 for additional siblings. Spaces are limited. For any enquiries please contact comeandsee@stswithunwellsparish.org.uk For more information and to book your child's place please go to the parish website. **Please only book if you are sure your child is going to attend, thank you.**

Volunteers Needed for Coffee Stop at Holy Cross

Are you able to help us on a Thursday morning after Mass at Holy Cross Resource Centre? If you can, please contact Karen on 07809 596831 or jakeman1966@hotmail.co.uk

Evangelisation Strategy Team - Following the advice of Bishop Phillip, we have started an Evangelisation Strategy Team (EST) in our parish. The EST includes some members of the clergy and lay people of the parish, who are called to promote evangelisation and develop our mission in the parish. The first meeting was in October 2025 and the team meets four times a year. Please pray for the members and their important role. *Fr Raffaele.*

PAMIS, ChurchSuite & Parish Census - We're moving our parishioner database from PAMIS to ChurchSuite. ChurchSuite is a market leader and has good data protection measures. Please make sure that you register yourself and your children, using the online form that you can find on our website. Please note there is one form for adults and a separate one for children. This will help us to have a clear picture of our parish. Thank you to those who have already completed this. For queries, please contact Christina at accounts@stswithunwellsparish.org.uk

Voices from the Parish - We are looking for parish volunteers to share a few words and photos about the wonderful work they do in the parish, to be shared on our social media and website, with a different volunteer being featured each week. If you would like to share your experiences and encourage others to get involved, please send no more than 100 words describing your role/a story and at least one photo to: events@stswithunwellsparish.org.uk

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

Street Pastors - Volunteers needed for Eastleigh and Fair Oak. Could you spare one Friday night per month to listen, care and help in our community. Our training programme equips you for everything you need to join one of our patrols, and aims to set the tone for continued learning while you are out on the streets. If you are interested in finding out more about our work, or are interested in becoming a Street Pastor, please contact Eric Hyom on 07736967921 or email erichyom@hotmail.com

Holy Cross Choir - Our parish choir at Holy Cross is welcoming new voices for the 11am Sunday Mass! If you enjoy singing and serving our parish through music, we would love to have you join us and help enrich our worship. If interested, please speak to Deacon Emmanuel or Fr Raffaele.

New parish blog - We now have a blog on our website. We are also on Facebook and Instagram and you can follow us at [@stswithunwellsparish](https://www.facebook.com/stswithunwellsparish) for all the latest news and events in the parish.

Church Flower Arranging in St Swithun Wells

Parish - This is a coffee morning invitation being held at **St Edward's Church on Saturday 28th February, 10am to 11.30am.** All are welcome, particularly those who wish to consider joining our flower arranging teams Parish wide, regardless of age or ability. We appreciate that we all have other commitments over the week but we can assure you that on joining one of our teams, you will foster friendship, deepen your faith and have fun. If you are interested in coming along to find out more, or just to watch several flower demonstrations, please contact Jean Viola on mobile 07919128776 or email to jeanviola@yahoo.co.uk

TIMES A PRIEST WILL BE AVAILABLE TO MEET

Tuesdays:	Fr Raffaele, 3.30pm-5.30pm, Holy Cross Resource Centre, Eastleigh;
Wednesdays:	Fr Luca by appointment, 3.30pm-5.30pm, Holy Cross Resource Centre, Eastleigh;
Fridays:	Fr Mario 10am-12 Noon, OLQA, Bishop's Waltham;
Fridays:	Fr Pietro, 11am-12.45pm, 26A Abbey Water, Romsey;
Fridays:	Fr Matteo, 11am-12.30pm, Holy Cross Resource Centre, Eastleigh. (Not available 6th February).

SACRAMENT OF RECONCILIATION (CONFESSION)

Tuesday:	9.30am-10.00am (before Mass) St Andrew
Tuesday:	6.30pm-7.30pm (after Mass) St Edward
Saturday:	10.00am-10.30am (after Mass) Holy Cross
	5.30pm-6.00pm (before Mass) OLQA
	5.30pm-6.00pm (before Mass) St Joseph
Sunday:	8.30am-9.00am (before Mass) St Edward
	8.30am-9.00am (before Mass) St Andrew

MASS TIMES FOR OUR CHURCH COMMUNITIES

DATE	TIME	CHURCH	MASS INTENTION
Sat 31st January <i>St John Bosco</i>	9.30am 5.00pm 6.00pm 6.00pm 6.30pm	Holy Cross St Swithun Wells OLQA St Joseph St Edward	Pamela Whitter RIP Marjorie Harris & Benji Roberts RIP FM Sr Agnes (Wellbeing) Joan Applin RIP Anniversary
Sun 1st February <i>Fourth Sunday in Ordinary Time</i>	8.30am 9.00am 9.00am 9.30am 11.00am 11.00am 5.30pm	Holy Cross St Edward St Andrew OLQA Holy Cross (& livestreamed) St Joseph Holy Cross	<i>Polska Msza Święta</i> Louis Bernard Periera RIP (1st month Anniversary) Calvin Nel RIP Anniversary Michael Henbury RIP Sr Rani Kurian (Wellbeing) People of the Parish
Mon 2nd February <i>The Presentation of the Lord</i>	9.30am	Holy Cross	
Tues 3rd February <i>St Blaise</i>	10.00am 6.00pm	St Andrew St Edward	Carmel McNamara (Wellbeing) Mrs Edward Christian FM
Weds 4th February	9.30am 10.00am	Holy Cross St Edward	Deceased members of Wyman & Uphill Families FM
Thurs 5th February <i>St Agatha</i>	9.30am <u>11am</u> 12 Noon	Holy Cross <u>Holy Cross</u> OLQA	William & Isabella Regan FM <u>Funeral Mass Michael Henbury RIP</u> Sr Joseph (Wellbeing)
Fri 6th February <i>St Paul Miki & Companions</i>	10.00am 10.00am 12 Noon	St Joseph St Edward OLQA	Sr Mary (Wellbeing) Special Intention for Layzell Family
Sat 7th February	9.30am 5.00pm 6.00pm 6.00pm 6.30pm	Holy Cross St Swithun Wells OLQA St Joseph St Edward	Albert & Violet Harrington FM Special Intention Liana Birtwistle RIP Angela Frances Adams FM
Sun 8th February <i>Fifth Sunday in Ordinary Time</i>	8.30am 9.00am 9.00am 9.30am 11.00am 11.00am 5.30pm	Holy Cross St Edward St Andrew OLQA Holy Cross (& livestreamed) St Joseph Holy Cross	<i>Polska Msza Święta</i> Baker & Hanrahan Families RIP Anniversary Jeanette Butcher RIP Anniversary People of the Parish Firhurst Family (Wellbeing) Agatha Blishen (Birthday Intention)

CLERGY & PARISH OFFICE

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Parish Office Holy Cross Church, 53 Leigh Road, Eastleigh,
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Mon, Tues, Thurs & Fri 9.30am - 5.30pm; Wed 9.30am - 2.30pm

Parish Administrator: Sabrina Gardner
Email: office@stswithunwellsparish.org.uk

Finance Administrator: Christina Geleji
Email: accounts@stswithunwellsparish.org.uk

Events & Communications Co-ordinator: Faye Harris
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Website Contact: website.sswp@gmail.com

Safeguarding: Please see Safeguarding posters in each of our churches for details of the Parish Safeguarding Reps. Diocesan Safeguarding: Ruth Attfield rattfield@portsmouthdiocese.org.uk