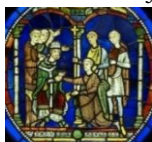


St Thomas of Canterbury

Archdiocese of Southwark CIO

Registered Incorporated Charity Number 1173050



Parish Priest: Canon Brian Coyle
14 Blenheim Road, Deal, Kent CT14 7DB
01304 367496

Email: deal@rcaos.org.uk Website: stthomasdeal.org

Parish Administrator: Clare Hoile

Parish Office hours: Thurs & Fri 9.30 – 12noon

Parish Safeguarding Reps:

Peter Sykes dealsg1@safeguardrcaos.org.uk
Frances Pond dealsg2@safeguardrcaos.org.uk

1st Sunday of Lent (A) 22 February 2026

Sat 21 St Peter Damian / St Robert Southwell

4.45-5.15pm Confessions

5.30pm Pauline Wilson RIP

Sun 22 First Sunday of Lent (A)

9am People of the Parish

11am Edward & Iris Russell RIP

Refreshments after both Masses in the Becket Centre – all welcome

Mon 23 St Polycarp, Bishop & Martyr

9am Intentions of Sue Donaldson

12noon **No Greater Love** - Bible Course, Becket Centre

Please bring a packed lunch - tea and coffee provided

Tues 24 Feria of Lent

9.30am Mgr James Joyce RIP

11am Stations of the Cross – Sacred Heart Chapel

5.30pm Lent Bible Course – St John's

Wed 25 St Ethelbert – no Mass today

Thurs 26 Feria of Lent

12noon Owen O'Neill RIP

Fri 27 Blessed Roger Filcock, Martyr

CAFOD Family Fast Day

12noon Good health of Brigid Harding

12.30pm Fasting lunch – Becket Centre

6pm Stations of the Cross – St Thomas'

Sat 28 Feria of Lent

4.45-5.15pm Confessions

5.30pm Fr Philip McGuinness, Fr Robert Jones,
Housekeeper Rose RIP

Sun 29 Second Sunday of Lent (A)

2nd collection – CAFOD Family Fast Day

9am Kate Lenny & Family / People of the Parish

11am Brian & Christina Middleton RIP

Refreshments after both Masses in the Becket Centre – all welcome

1st Sunday of Lent, p112

1st Reading: Genesis 2:7-9;3:1-7

Response Ps 51: Have mercy on us, O Lord, for we have sinned.

2nd Reading: Romans 5:12-19

Glory and praise to you, O Christ. One does not live on bread alone, but by every word that comes from the mouth of God. **Glory and praise to you, O Christ**

GOSPEL: Matthew 4:1-11

Pope Leo's Prayer Intention for February 2026, for children with incurable diseases: Let us pray for children suffering from incurable diseases and their families to receive the necessary medical care and support they need, never losing strength and hope.

Parish News

Sick & housebound parishioners: Please keep in your prayers all who are sick and housebound, all who care for them, and all who have requested our prayers: Marie O'Callaghan, Mary Collins, Mike Sykes, June Bartels, Josie O'Keeffe, Graham Edwards, Maureen Sipek and Paul Dale. Please continue to pray for the good health of HM The King.

Deal's Warm Welcome: During the winter months, do remember Deal's Warm Welcome Scheme, where you can get a welcome and refreshments for yourself and your family and friends, as well as anyone else who could benefit: **please see the poster in the porch for locations and times of opening.**

The Terminally Ill Adults (End of Life) Bill is now in the **House of Lords** for scrutiny. **The Catholic Union** has 21 suggested points 'to put in your own words in letters to your local newspaper, or newsletters of organisations which you belong to' or to our local MP: mike.tapp.mp@parliament.uk

There is very helpful guidance on writing to a Peer on our Bishops' website: [How to write to Peers in the House of Lords – Catholic Bishops' Conference](#)

First Reconciliation (Confession) & First Holy Communion 2026: if your child is in Year 3 or above and you would like them to receive these sacraments this year please email the parish office: deal@rcaos.org.uk You must live in the parish and/or attend Mass here. You must also have a **Certificate of Baptism** in a Catholic Church for your child. **The deadline for emailing the parish is 27 February 2026.** A meeting will take place for all who have registered for this year's programme. **Please also ensure that you have registered with the parish via our website at:** [Register with the Parish - St Thomas of Canterbury Catholic Church - Deal - Kent](#)

First Aid Training for our Parish: Deal Community NHS First Responders are offering the following two separate **First Aid Training courses:**

Course 1 (for 6 delegates) A 2½ hour Training Course in *Emergency Life Support including CPR and AED training*. Venue - Elizabeth House, Walmer, Wednesday 18 March 2026 at 2pm. Parish to cover costs.

Course 2: (for 20 delegates) A 1½ hour *Training Course in CPR (Cardiopulmonary Resuscitation) and AED (Automated External Defibrillator)*. Venue - Becket Centre on Wednesday 8 April 2026 at 2pm. There is no charge for this training.

These courses are designed to give delegates a greater understanding of how to support those who may fall seriously ill whilst waiting for paramedics to arrive. They do not provide delegates with any formal certification. **Those interested should contact Edward Gaskin on 07787 666344 or** edwardgaskin@live.com

Deal Area foodbank requests: Tinned meats, mince, corned beef or ham, fruit squash, cooking oil, shampoo and conditioner, deodorant, custard, tinned vegetables, tinned fruit and sponge puddings. With many thanks.

Children's Liturgy is on a break for the half-term and resumes on Sunday 1 March 2026. Many thanks to all involved in Children's Liturgy.

Parish Car Park Spring Clean and general tidy-up: if you can, please come along with bags and tools for a general tidy-up of our car park, on Saturday 7 March 10am-12noon.

Lent 2026

Bible Lenten course on Mondays Authored and presented by Dr Edward Sri, **No Greater Love**, filmed in the Holy Land, will bring clarity and depth to Christ's Passion through Scripture, historical context, and further insights. Other well known Catholic presenters, including Fr Mike Smith and Jeff Cavins, will help parishioners better understand why Christ died for us, what his sacrifice accomplished, and how his Passion reveals God's immeasurable and unconditional love. **There are 5 sessions to this course which will be shown at the Becket Centre. Commencing Monday 23rd February 12 noon.** Bring a packed lunch, tea and coffee provided.

Lenten Fasting Lunches on Fridays following the 12noon Mass. Donations will go to **CAFOD**. This initiative proved very popular last year and we also welcomed members of other churches in Deal, as we will do again this year.

Children's Liturgy The children will be making a Lenten promise and exploring Pope Leo's message of 'courage and tenderness' during the season of Lent.

Stations of the Cross on Tuesdays at 11am (Sacred Heart Chapel) and Fridays at 6pm (St Thomas). The Stations are an excellent devotional prayer to help us in our appreciation of the season of Lent as a preparation for Easter.

Weekday Mass Why not commit, if you can, to join in a weekday Mass during Lent?

CAFOD Family Fast Day is this Friday 27 February 2026: There is a 2nd collection for this on the weekend of 28 February / 1 March 2026. Please join in by eating simply and giving what you can. CAFOD Family Fast Day envelopes are in the porch or go online to give: www.cafod.org.uk **Please post the CAFOD freepost envelope yourself.**

CAFOD'S Big Lent Walk: see the poster in the porch or go to: [The Big Lent Walk 2026](#)

Joint Lent Penitential / Reconciliation Service at St John's, St Richard's Road, with individual confessions, on Monday 16 March 2026 at 7pm
Lent Bible Study at St John's on Tuesdays during Lent 5.30pm to 6.15pm. Start date is 24 February and end date is 24 March. All are very welcome.

Deanery, Diocesan, National & International News
Pray the Romero Rosary at St George's Cathedral every Friday at 5pm throughout Lent. Archbishop John will personally lead the devotion at the National Shrine of St Oscar Romero on **Friday 6th** and **Friday 27th March**. On all other Fridays during Lent, the Cathedral clergy will lead the rosary, followed by the Stations of the Cross at 6pm. Let the rosary connect you

to Our Lord this Lenten season. Find out more at: [Romero Rosary: Archdiocese of Southwark](#)

AID TO THE CHURCH IN NEED, a Catholic charity, needs your help in supporting those suffering in Gaza and the Holy Land. You can donate via: [Donate to an ACN project](#) or call 0345 646 0110 (quote Holy Land).

Sudan: the situation is very grave for so many people.

If you are able to donate to help, please go to:

[Sudan Crisis Appeal](#)

Prayer for Peace & Justice

O God of peace, who are peace itself, and whom a spirit of discord cannot grasp, nor a violent mind receive, grant that those who are one in heart may persevere in what is good and that those in conflict may forget evil and so be healed. Amen.

Pope Leo's Message for Lent – Part 1 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 following Christ, accompanying him on the road to Jerusalem, where the mystery of his passion, death and resurrection will be fulfilled.

Listening: This year, I would first like to consider the importance of making room for the word through *listening*. The willingness to listen is the first way we demonstrate our desire to enter into relationship with someone.

In revealing himself to Moses in the burning bush, God himself teaches us that listening is one of his defining characteristics: "I have observed the misery of my people who are in Egypt; I have heard their cry" (Ex 3:7). Hearing the cry of the oppressed is the beginning of a story of liberation in which the Lord calls Moses, sending him to open a path of salvation for his children who have been reduced to slavery.

Our God is one who seeks to involve us. Even today he shares with us what is in his heart. Because of this, listening to the word in the liturgy teaches us to listen to the truth of reality. In the midst of the many voices present in our personal lives and in society, Sacred Scripture helps us to recognise and respond to the cry of those who are anguished and suffering. In order to foster this inner openness to listening, we must allow God to teach us how to listen *as he does*. We must recognize that 'the condition of the poor is a cry that, throughout human history, constantly challenges our lives, societies, political and economic systems, and, not least, the Church.' (*Dilexi Te*, 9)

All good wishes and prayers as schools and colleges return after the half-term break

A very blessed week, fr Brian



LENT
Pray + Fast + Give