

Monday in 10th Week of Ordinary Time – 8th June 2026:

Today and tomorrow, the Diocesan clergy gather for their annual in-service event. This year's discussion is '*proclaiming the joy of the gospel in the current culture*'. This takes place without a bishop to guide and shape our deliberations, so the whole Church in Arundel & Brighton is asked to continue their prayers that God sends us a new apostle.

Opt. Mem of St Columba – 9th June 2026:

St. Columba (6th C) was born in Donegal Ireland. He studied at Moville under St. Finnian at the monastery of Clonard under another St. Finnian. Ordained by the age of 25, he spent 13 years preaching and setting up foundations at Derry, Durrow, and Kells. Following a family feud which led to many deaths, he left Ireland because he felt partly responsible. He landed on Iona off the Scottish coast where he built a monastery which became world famous. With Saints Canice & Comgall he spread the gospel to the Picts and developed a monastic rule which many followed until Benedict introduced his own rule. He died on Iona. He is known as Colm, Colum and Columcille.

Wednesday in 10th Week in Ordinary Time – 10th June 2026:

The Commandments have perennial value and as God's Law and these moral precepts still bind us. Indeed, Jesus affirms them, giving them greater weight and meaning, thus, they remain a worthy tool for examining our conscience for confession.

The Feast of St Barnabas, Secondary Apostle – Thursday 11th June 2026:

Born in Cyprus, Barnabas was a Jew originally called Joseph. In coming to the faith, and living with the Church in Jerusalem, he is given the name Barnabas, a name meaning '*son of encouragement*' because he becomes known for his mentoring of others in the faith, including Paul, acting in a way we might today call a Godparent. He was exceedingly generous in selling the lands that he owned, giving the proceeds to the Church for his mission and growth. Barnabas was sent to the Church in Antioch as an episcopus (*an overseer, meaning bishop*). It was tough work, so, he sends for Paul to help him, and they laboured for a year before the Church in Antioch sent them to Jerusalem with the contributions from the community as poor relief. Barnabas accompanies Paul on his missionary journeys before being martyred in Cyprus; and he is seen as the founder of the Church in Cyprus. Acts '*gives*' Barnabas the greatest epitaph: '*He was a good man, filled with the Holy Spirit and with faith*'.

The Most Sacred Heart of Jesus – Friday 12th June 2026:

Scripture is God's *'love letter'* to his people, providing us an image of Christ the bridegroom who comes to find his bride, the Church. The heart is the seat of emotion and affection; it can rejoice or be burdened with sorrow. Jesus comes to his people in the depth of their despair, showing that God is with us, sharing in every delight and trauma of the heart. The heart is also an organ which listens and this is where God speaks to us, for where the heart is, there we find our treasure. *'Heart speaks unto heart'*, telling us that our treasure is not found on earth but in heaven, in the Father's House, our true home, that place of immense intimacy where we feel most loved, secure and valued. Today takes us back to Good Friday, but rather than focusing on the passion (Jesus' suffering), we focus on his compassion (his love for us). The gospel reveals that God's heart is profoundly engaged with humanity's suffering and his mercy touches the hearts of those who receive Him. When his heart was pierced on the cross, there came out blood and water, the well-spring of the Church's sacramental life, those intimate and tangible moments of encounter with God's Heart.

The Immaculate Heart of Mercy – Saturday 13th June 2026:

Following on from the Sacred Heart, never was there a heart more pure and holy than the B.V. Mary. Her heart is a shrine to holiness and one which shares in Christ's Passion, and as the Lady of Sorrows, her heart is pierced by seven spiritual 'swords'. Our Lady shows us that the only proper way to love is to have a sinless heart and so, an immaculate heart is the best way for us to respond to God. Only with an immaculate heart can say *'I am the handmaid of the Lord, be it done to me according to thy will'*.

The Memorial of St Anthony of Padua – Saturday 13th June 2026:

We seek St Anthony's help in finding lost things. Anthony had lost his psalm book, which was dear to him, as it contained the notes he'd made when teaching. This was a time before printing presses, so was irreplaceable. A novice, who had left formation, took the book with him. St Anthony prayed the book would be found and the thief was moved to return the book to him. We ask St Anthony to find many things, but what is most dear to us? We should ask his intercession for any family members who are seemingly lost from the Church. Anthony's recommendation is: *"If you preach Jesus, he will melt hardened hearts; if you invoke him, he will soften harsh temptations; if you think of him, he will enlighten your mind; if you read of him he will satisfy your intellect"*