



CATHOLIC PARISH OF EAST PRESTON WITH ANGMERING
CHURCH OF OUR LADY, STAR OF THE SEA
 VERMONT DRIVE,
 EAST PRESTON, BN16 1JU
 Canon Tom Treherne, Parish Priest *Tel:* 785091
 Rev. Allan Veness, Deacon *Tel:* 770292
 Rev. Tony Kinal, Deacon *Tel:* 418651
 Email: eastpreston@abdiocese.org.uk
 Website: www.ourladyep.org.uk

This is what Yahweh asks of you:
 only this,
 to act justly,
 to love tenderly,
 and to walk humbly
 with your God.

1st Sunday of Lent:
Sundays & Solemnities: Year C - Weekdays: Year 1

Saturday 8th March	6:00pm Mass	<i>People of the Parish</i>	1 st Mass of the 1 st Sunday of Lent. The Sacrament of Reconciliation will be available from 5:15pm – 5:45pm before Mass.
Sunday 9th March	10:00am Mass	<i>Lorna Beasley/Colin Houston RIP</i>	The Sacrament of Reconciliation will be available from 9:15am – 9:45am before Mass.
Monday 10th March	10:00am Mass	<i>Jenny Greig</i>	
Tuesday 11th March	10:00am Mass	<i>Jim & Margaret Hextall</i>	
Wednesday 12th March	10:00am Mass 6:00pm Mass	<i>Deceased Augustunuan Sister's (Burgess Hill)</i>	The Sacrament of Reconciliation will be available after 10:00am Mass and before the 6:00pm Mass.
Thursday 13th March	6:00pm Mass	<i>Vocations for Priesthood and Religious Life</i>	
Friday 14th March	11:00am Mass		This Mass is followed by Stations of the Cross & Lenten Lunch
Saturday 15th March	10:00am 3:00pm 6:00pm Mass		Parish Lent day of Reconciliation 1 st Mass of the 2 nd Sunday of Lent.

PLEASE CONTINUE TO PRAY: For all the sick in our Parish family and those who are suffering at this time including; Paul Levy; Gary Wenham; Rev Andrew Perry; Jim Hextall; Gerald Hunt; Victor Bellamy; Maureen Ayres; Ann Fagan; Carole Costa; Dixie; Diana Long; Mary Fiddimore; Juliet's daughter-in-law Lizzie Gibson-Bell who has Leukemia; Wendy Milledge; Lorraine Arnold's sister Stephanie Price; Doreen Hutchins; The Powell family; Margaret Heaney's brother-in-law John Erwin; Sylvia Whitenee; Evelyn Cumiskey and for all who have lost a loved one during the year. If you know of anyone who needs our prayers, or no longer needs to be on the prayer list, please let Veronica know (772107).

THANK YOU: Nuala Thornton would like to thank everyone who has supported and prayed for her during Ted's illness, death and funeral and in the time after. It has meant a great deal.

NOTICE: Gluten free hosts are available in the Sacristy, if you need one just pop in and ask.

WELCOME: To any visitors to our Church today. There will be teas and coffees this Sunday after Mass.

RCIA CANDIDATES: Laura and Paula will be introduced to Bishop Richard in the Rite of Election at Arundel Cathedral this Saturday 8th March. They will be formally introduced to the parish at the 10:00am Mass on Sunday 16th March. Please keep them in your prayers.

AN EXCELLENT RESPONSE TO OUR ADORATION APPEAL: Ever since I arrived here last July, I have felt very supported by the welcome I received from Parishioners: by your hospitality and not least by your willingness to accept my CHANGES! Last weekend's appeal provides an excellent example; No less than 35 Parishioners have generously committed themselves to 1 hour weekly Adoration every Wednesday, in addition others have told me, once retired they look forward to joining the Apostolate. If you missed the Appeal last weekend and would like to take part please collect a card from the Sacristy, it is never too late to 'Come aboard' Others may be unable to make a weekly commitment but our prepared too 'stand in' at short notice, please contact Alan Hart (0771617255) who will be very pleased to add your name to our **Reserved List**.

Remember there must be at least 2 if not 3 Adores on every hour. The Blessed Sacrament should never be left unattended.

We can be confident the Apostolate will lead to more Vocations to Priesthood and Religious Life and will bring many Graces on our Parish Community and especially on those of you taking part with your families. May God Bless you all and reward you for your generous response to his call. Fr Tom.

PARISH RAMBLE: After the 10:00am Mass at Our Lady Star of the Sea this Wednesday 12th March. Join us (weather permitting) for a lovely walk around Arundel. Duration 1.5 hours. We plan to car share. For a map and details, contact Phil Hopkins 07902 474779.

PARISH LENT DAY OF RECOLLECTION - SATURDAY 15th MARCH: Next weekend we are privileged to welcome Fr Adrian Graffy who will lead us in our Lenten Retreat on Saturday. Starting with Mass at 10:00am and finishing at 3:00pm, don't forget to bring your sandwiches. The timetable will be on display in the Narthex after the weekend.

EXTRAORDINARY MINISTERS OF HOLY COMMUNION: (often known as Eucharistic Ministers) - new ministers are required within the parish for this very important ministry. If you are interested in this role please email your name and contact details to eastpreston@abdiocese.org.uk before Tuesday 11th March and you will be contacted by the clergy team. No previous experience is necessary as all training will be given.

CAFOD: Our Parish Family Fast Day is Friday 14th March, a day when we are asked to eat simply and give generously to support families around the world. Your small act of love will make a big difference to many communities affected by extreme hunger and children suffering from malnutrition. Even more crucial with the Government deciding to cut the aid programme.

We will give out Fast Day envelopes on Saturday 8th March evening and Sunday 9th March morning mass and collect them Saturday 15th and Sunday 16th March. You can also give directly to cafod.org.uk

Cafod Stations of the Cross and Lenten lunches during Lent – from Friday 7th March Lenten lunches are back! Each Friday of Lent, after the 11:00am Mass and Stations of the Cross, you are warmly invited to come together and have a light Lenten lunch, usually soup, French bread or cheese; and give whatever you can to help those who are hungry. They would think this light meal a sumptuous feast!

Cafod Walk Against Hunger Lent challenge - Challenge yourself to walk 200k this Lent and help stamp out hunger, one step at a time. You can walk, roll, skip or stroll your way to 200k. You can boldly go it alone and take it on 5k a day for 40 days, or you can smash the target all at once as a team. There are 200 million children in the world whose lives are at risk from malnutrition. So, this Lent, challenge yourself to walk 200km, and help give hunger its marching orders. To take part, go to cafod.org.uk

SMARTIES LENTEN APPEAL: This Sunday 9th March we'll be handing out Smarties and asking the children to fill the tubes with 20p coins for CAFOD. These must be returned at Easter and they'll receive an egg and knitted gift as a thank you from the knitting group.

DAY PILGRIMAGE TO AYLESFORD PRIORY: We are pleased to confirm that this special Jubilee Year event will take place on **Monday 12th May 2025**. Organised travel from the church to Aylesford Priory and back will be on a 53 Seater Executive Coach, which we will need to fill to keep the cost at around £16 per head. Participants will be informed when payment needs to be made, preferably by direct transfer into our Bank Account or by cheque. **NO CASH PLEASE**. We anticipate an **8:00am departure** from the church and leaving the Priory at 3:00pm. Arrival back at East Preston will depend on traffic etc. The full programme for this day has yet to be confirmed but Mass will be celebrated at 12noon. Pilgrims may choose either to take their own food/drink or to enjoy the catering available in the Pilgrims' Hall. Nearer the time we will need to book tables for our party.

SIGN UP LISTS are available in the Narthex so please do not delay in adding your name(s). If more than 53 parishioners wish to join our pilgrimage, we would need to consider laying on a mini-bus too. Deacon Allan.

LIVE SIMPLY: During the season of Lent, please remember the 'Live Simply' journey of our community. Ponder how you can live more simply for the good of our common home, Earth or indeed for the common good of our brothers and sisters around the world.

ST PATRICK'S DAY: Monday 17th March from 4:00pm onwards in the Church hall. Come along and have a singalong for a very special day. Please bring a dish to share and if you wish bring any type of drink for your table. Teas and coffee will be supplied. Volunteers would be appreciated phone Mick Curran (856111).

ARK BABY AND TODDLER GROUP: Meets at 10:00am on Monday's during term time in the Church hall.

TEA, CHAT AND SCRABBLE: Meets this Monday 10th March in the Church hall at 2:00pm. Rita (850304).

NEW BEGINNINGS: A support group for widows meets this Tuesday 11th March in the Church Hall at 2:00pm. For more information please ring Rita (850304).

KNITTING GROUP: Will meet this Wednesday 12th March 2:00pm – 4:00pm in the Church hall. Newcomers welcome. Veronica (772107)

TABLE TENNIS: Oye Oye! Are you stuck at home wondering what to do on a Friday afternoon? Well, here's your chance, have a go at table tennis! Not for you? You may be pleasantly surprised! You'll meet lovely people and play. No bat, no ball? We have them all! Give us a go, Marion Powell (775282).

LECTIO DIVINA: 1 Sam 3:9 "...Speak, Lord; your servant is listening..." Join the Lectio Divina group (Friday's 7:00pm – 7:40pm email wardveronica49@gmail.com for the zoom link). Not a bible study; the Living Word speaking into our hearts.

PLANNED GIVING AND GIFT AID: Donating by standing order is the most effective way of providing financial support for your Parish and over 50 parishioners already make their offertory donations in this way. Please contact Simon Davies on simon.davies1953@btinternet.com for more details and for advice on how to sign up.

NOTICES FOR THE NEWSLETTER AND WEBSITE: Please can all notices for the newsletter or articles for the website be emailed to me on wardveronica49@gmail.com or phone Veronica (772107) by the end of Wednesdays. Thank you.

Readings for 2nd Sunday of Lent:

Genesis 15: 5-12. 17-18. Phillipians 3:17-41. Luke 9:28b-36.

LAST WEEK'S COLLECTIONS:

Offertory: £275.45. Gift Aid: £61.

This does not include online offertory.

Thank you for your continuing generosity.