



CATHOLIC PARISH OF EAST PRESTON WITH ANGMERING  
**CHURCH OF OUR LADY, STAR OF THE SEA**  
 VERMONT DRIVE,  
 EAST PRESTON, BN16 1JU  
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This is what Yahweh asks of you:  
 only this,  
 to act justly,  
 to love tenderly,  
 and to walk humbly  
 with your God.



**1<sup>st</sup> Sunday of Lent:**  
**Sundays & Solemnities: Year A - Weekdays: Year 2**

<b>Saturday 21<sup>st</sup> Feb</b>	6:00pm Mass	<i>Holy Souls</i>	1 <sup>st</sup> Sunday of Lent
<b>Sunday 22<sup>nd</sup> Feb</b>	10:00am Mass	<i>People of the Parish</i>	
<b>Monday 23<sup>rd</sup> Feb</b>	10:00am Mass	<i>Mary Hawes RIP</i>	
<b>Tuesday 24<sup>th</sup> Feb</b>	No Mass		
<b>Wednesday 25<sup>th</sup> Feb</b>	11:00am <b>FUNERAL MASS</b>	<b>MICHAEL WHELAN RIP</b>	<b>Adoration from 1.00pm – 6:00pm this week</b> Sacrament of Reconciliation 5:15pm – 5:45pm
<b>Thursday 26<sup>th</sup> Feb</b>	No Mass		
<b>Friday 27<sup>th</sup> Feb</b>	12:00noon <b>FUNERAL MASS</b>	<b>ANNA QUICK RIP</b>	
<b>Saturday 28<sup>th</sup> Feb</b>	6:00pm Mass		2 <sup>nd</sup> Sunday of Lent Sacrament of Reconciliation 5:15pm – 5:45pm

**CAFOD FAMILY FAST DAY:** This weekend a member of our Justice and Peace group will speak on Cafod's focus for this year, with our family fast day this coming Friday.

**SMARTIES LENTEN APPEAL:** This Sunday we will be handing out Smarties to the younger members of the parish and asking them to fill the tubes with 20p coins for CAFOD. These must be returned at Easter – in doing so they will receive a chocolate egg and knitted Chick or Bunny as a thank you from the knitting group.

**PLEASE NOTE:** Adoration will not start till 1:00pm on Wednesday due to Michael Whelan's funeral.

**BISHOP RICHARD:** Please note that the closing date for our collection will be this Sunday 22<sup>nd</sup> February. Kindly put your donation in an envelope marked 'Bishop Richard' and place in the collection basket.

**BAPTISM COURSE:** Our next Baptism Course will take place on Tuesday 10<sup>th</sup> March and Tuesday 24<sup>th</sup> March from 6:00pm – 7:00pm in the Parish Hall. Parents can arrive from 5:45pm onwards and must attend both sessions. To register for the course, send an email to [tony.kinal@abdiocese.org.uk](mailto:tony.kinal@abdiocese.org.uk) which should include your name, email, telephone number, and the name and age of your child to be baptised. Thank you, Deacon Tony.

**EVENTS THIS LENT 2026:**

**Presentation on the Holy Shroud of Turin:** by Helen Floyd Tuesday 3<sup>rd</sup> March 6:00pm: This will include a short film with up-to-date research and scientific evidence pointing to the Shroud's authenticity. The subject should be of great interest, and an aid to our Lenten Devotion.

**Parish Day Retreat:** Saturday 14<sup>th</sup> March 10:00am till 3:00pm. Speaker; Canon Luke Smith, former director of Spiritual Formation at Wonersh and now a Episcopal Vicar for priestly life in the Archdiocese of Southwick.

**Parish Reconciliation Service;** Wednesday 25<sup>th</sup> March 6:00pm, with priest's help with confessions.

**LENTEN MASSES, STATIONS OF THE CROSS AND LENTEN LUNCH:** On each Friday during Lent (except this week) the Stations of the Cross will start at 11:00am, followed by Mass and then Lenten lunches.

**ADORATION ROTA:** We are grateful to all those who regularly support this important initiative. On a number of occasions, there has been only one parishioner sitting with Our Blessed Lord. We have always said this really should not happen especially when a lady volunteer finds herself in this situation. If you cannot be present for your chosen time, please make every attempt to find someone else to cover it, thus avoiding a difficult and unwelcome situation. The Clergy Team. See message from Fr Tom (P.T.O):

**DEAR PARISHIONERS:** Prayer is one of the three Lenten practices, along with fasting (Self-denial) and almsgiving (works of Mercy). All three are very important but prayer is concerned directly with our relationship with God.

It is a time when I set aside each day to be 'alone with the Master'.

There are many forms of prayer and devotion. For example in lent we have the Stations of the Cross. However in the words of Alphonsus Liguori (1696 -1787) founder of the Redemptorists **"Of all devotions, that of Adoring Jesus in the Blessed Sacrament is the greatest after Sacraments, the one dearest to God and the one most helpful to us"**

Just to remind you; the primary purpose of the Apostolate is to pray for the conversion of the local parish and for the ministry of its Priests and Deacons. We believe this creates the best setting for hearing God's call to the Priesthood and Religious life. I am convinced, if enough people in our parishes took part in the Apostolate there would be no shortage of Vocations. Neither should we under estimate the effect weekly Adoration has on the individuals themselves for, in the words of Pope St Paul VI **"The most efficacious way of growing in Holiness is time spent with Jesus in the Blessed Sacrament."**

It would be a wonderful blessing for our Parish if more of our Parishioners were able to take part in the Apostolate. Is God making a personal invitation to you this Lent to spend time with him each week in Adoration?  
Fr Tom.

**WELCOME:** To any visitors to our Church today. There will be tea and coffee after Mass on Sunday.

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

**WORLD DAY OF PRAYER:** Is taking place this year on Friday 6<sup>th</sup> March, 10:30am at St. Joseph's Church in Rustington. Several parishioners are taking part in the service which was devised by the women of Nigeria, they are reading letters that were written by the women living in Nigeria. All are welcome and there are refreshments afterwards.

**CONTACTLESS CARD TERMINAL:** Is located on the right-hand side of the Narthex as you leave the Church. Visitors and Parishioners can use the terminal at any time either before or after mass. It has a push button screen, is very easy to use and can record Gift Aid. If you have any questions, please contact Simon Davies on [Simon.davies1953@btinternet.com](mailto:Simon.davies1953@btinternet.com)

**ALTAR SERVERS:** An appeal to young members of our parish who have made their First Holy Communion and would like to serve at the Altar - please speak to Mike Taggart our Parish MC after Mass. Alternatively you can phone: 0771185257 or email: [lmilit45@outlook.com](mailto:lmilit45@outlook.com)

**IN YOUR CHARITY PLEASE REMEMBER OUR SICK IN YOUR PRAYERS:** Marion Powell; Michael Davis; Malcolm Grey; Nathalie; Simone Godfrey; Graeme Solomon; Nora Ashworth; Lionel Labiche; Olivia Physick and her family; Michael - a close friend's husband of Veronica Kelly; Mike & Annette Jones; Jim Hextall; Victor Bagley; Tony Fowler; Neil Hardingham; Giovanni and Astrid - Celeste's brother and niece; Paul Levy; Gerald Hunt; Victor Bellamy; Maureen Ayres; Ann Fagan; Carole Costa; Juliet's daughter-in-law Lizzie Gibson-Bell; Wendy Milledge; Lorraine Arnold's sister Stephanie Price; Doreen Hutchins; Bernadette Doyle - Oliver Powell's niece; Margaret Heaney's brother-in-law John Erwin; Sylvia Whitenee; Evelyn Cumiskey and 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).

**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 23<sup>rd</sup> February in the Church hall at 2:00pm. Rita (850304).

**NEW BEGINNINGS:** A support group for widows meets this Tuesday 24<sup>th</sup> February in the Church Hall at 2:00pm. For more information, please ring Rita (850304).

**KNITTING GROUP:** Is cancelled this Wednesday due to the hall being in use after Michael Whelan's funeral.

**TABLE TENNIS GROUP:** 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. Church Hall, 2:00pm. 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](mailto:wardveronica49@gmail.com) for the zoom link). Not a bible study; the Living Word speaking into our hearts.

**OUR DIOSEIAN PILGRIMAGE TO LOURDES: 24<sup>th</sup> - 30<sup>th</sup> July,** applications are open. The pilgrimage is a truly amazing experience at any stage of your faith journey and is for everyone, young, old, sick or healthy. Please see the Arundel and Brighton Diocese website for further details: [www.abdiocese.org.uk/lourdes](http://www.abdiocese.org.uk/lourdes)

**NOTICES FOR THE NEWSLETTER AND WEBSITE:** Please email me all items for the newsletter or website on [wardveronica49@gmail.com](mailto:wardveronica49@gmail.com) or phone Veronica (772107) by the end of Wednesdays. Thank you.

**Readings for next Sunday 1<sup>st</sup> March – 2<sup>nd</sup> Sunday of Lent:**

**Genesis 12: 1-4. 2 Timothy 1: 8-10. Matthew 17: 1-9.**

**LAST WEEK'S COLLECTIONS:**

*Offertory: £282.35. Gift Aid: £52. Lourdes: £550.*

*This does not include online offertory.*

*In addition, we receive just over £1,850 per month from parishioners who donate by standing order.*

*Thank you for your continuing generosity.*