



The Catholic Parish of Bognor Regis and Slindon

2nd May 2021 - Fifth Sunday of Easter

The Parish Team

Fr Chris Bergin - chris.bergin@abdiocese.org.uk - Fr Victor Onwukeme, msp - chikeb2010@yahoo.com
Fr Antoni Prosowicz (Polish Mission) - 07515 706746

Parish Administrator: Abby Leggatt - admin.bognor@abdiocese.org.uk
Parish Secretary: Caroline Battersby
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The Parish Centre, Hislop Walk, Bognor Regis, West Sussex, PO21 1LP Tel: (01243) 823619
Email: bognorcatholicparish@live.co.uk Website: www.bognorcatholicparish.co.uk

Our Churches

Our Lady of Sorrows, Clarence Road, Bognor Regis, PO21 1JX
St Anthony of Viareggio, Gossamer Lane, Bognor Regis, PO21 3DD
St Richard of Chichester, Top Road, Slindon, BN18 0RG

Mass is also celebrated in St Mary the Virgin (C of E), Church Lane, Barnham

Catholic Schools

St Mary's Catholic Primary School Headteacher: Mr Peter Edgington BA (Hons) NPQH
Glamis Street, Bognor Regis, West Sussex PO21 1DJ
Tel: (01243) 822287 Fax: (01243) 841588 Email: office@st-marys-bognor.w-sussex.sch.uk
St Philip Howard Catholic School Headteacher: Mr David Carter
Elm Grove South, Barnham, West Sussex PO22 0EN
Tel: (01243) 552055 Fax: (01243) 552900 Email: office@st-philiphoward.w-sussex.sch.uk

Notes from Youth Café

'Fall in love with the Earth, this gift of pure abundance that God has freely given us.' Pope Francis: Laudato Si.

This was one of a number of quotations from Laudato Si that we reflected upon at Youth Café when we were able to meet in person on Friday 23rd April for the first time since Christmas. It was transformative to meet in person again rather than online and a great joy to be able to catch up properly, to see how we are all getting on in life and on our journey of faith.

We had great fun searching Our Lady of Sorrows' campus for clues to the Laudato Si puzzles that we went on to construct. The game allowed us, not only to reflect on the powerful quotations, but also to recognise that, although we were working in separate groups, there needed to be cooperation and sharing between them to achieve their goal. This drew on the theme of cooperation needed between nations. This activity and reflection was followed by a socially distanced Easter party celebration and the evening concluded with prayer for ourselves, our families, our wider community and the whole world.

If you are 11-18 years old, come and see us on alternate Friday evenings 7.30pm to 9.30pm in the Parish Centre for food, fun, pray and reflection. Please contact Tony in advance on 078 10 195 344. We'd love to see you.

Tony Lucas

Saturday 1st May		
OLOS	10am	The Brook Family Thanksgiving
OLOS	5.15pm	Sr Christine Reilly osm RIP
Sunday 2nd		Fifth Sunday of Easter
OLOS	8am	Stevenson Family
St Richard's	9am	People of the Parish
OLOS	10am	Deceased of the Keays Family
St Anthony's	11am	Kathleen & John Eagle RIP
OLOS	6pm	Ian McCabe RIP
Monday 3rd		St Philip and St James Apostles
St Mary's	9.30am	<i>No Mass</i>
OLOS	10am	Intentions of Virginia Stewart
Tuesday 4th		The English Martyrs
St Anthony's	9.30am	<i>No Mass</i>
OLOS	10am	Special Intentions
Wednesday 5th		
OLOS	10am	Wellbeing of Mary Curran
Thursday 6th		
OLOS	10am	Eileen & Seamus Lavery 60th Wedding Anniversary
Friday 7th		
OLOS	10am	Rosemary Leslie RIP
Saturday 8th		
OLOS	10am	Rosemary Leslie RIP
OLOS	5.15pm	Wellbeing of Meg Blacker
Sunday 9th		Sixth Sunday of Easter
OLOS	8am	Priest's Intentions
St Richard's	9am	Tony Pierce RIP
OLOS	10am	People of the Parish
St Anthony's	11am	Kathleen & John Eagle
OLOS	6pm	Barbara Crespi RIP

Requiem in Aeternum



Your prayers are asked for all those who have died recently:-
Colm Callanan RIP

We also remember all whose anniversaries occur about this time:-

Barbara Crespi, Irmgard Blackamore, Judy Eade, Kathleen Fisher, Cliff Liu

Prayers For The Sick

Your prayers are asked for

Alan Greenwood, Jo Oates, Eamonn Kelly, Brenda Bailey, Peggy Lennon, Theresa Mulvaney, Richard Hazelgrove, Jo Cowie, Mary Gabrielle Gregory, Patrick Dwyer, Trish & Don Osborne, Sarah Crossley, John Carr, Arthur Wicks, Moira Deefholts, Susanne Tidmas-Cole, Michael Willcocks, Teresa Sweeney, Paris Stevens, Margaret Grace, Didi Verdiana Diaris

Please contact the Parish Office by email for anyone you wish to be included in our Prayers.

Coming to Mass in Church?

Please use the online booking system on the Parish website. If you or anyone you know of does not have internet access, please call the parish office to book a place.

Sacrament of Reconciliation

Please contact Fr Chris or Fr Victor to make an appointment.



Planning a Baptism?

Parents wishing to have their children baptised, are required to attend a preparation meeting. To register please ring Angela on **07760 224302**

Cathedral Deanery Newsletter

Now available to download on the Parish website. If you require a printed copy please contact the Parish Office.

Let Christ be formed in you (Gal 4:19) Scripture Saturday – Babylon and Egypt

We're very much looking forward to our next **Scripture Saturday on May 8th**, 11am – 1pm. David Beresford will share some thoughts and lead us in a reflection on the importance of Babylon and Egypt in the Biblical story and the story of our faith. Ancient civilisations, yes, but speaking to us in the modern world...

Gift Aid

Thank you to all parishioners who have donated through the Gift Aid scheme, from your donations the parish has been able to claim £18,990.44 from HMRC in the past financial year. This scheme is open to all UK taxpayers, and as a registered charity we are able to claim the basic rate of tax (20%) on donations from HMRC at no extra cost to yourself, all you need to do is register with us for Gift Aid; forms are available from the Parish office or on the Parish website.

Encouragement and Reflection from the Bishops

The Catholic Bishops of England and Wales have issued a reflection on post-pandemic recovery and the challenges faced by the Church in encouraging people back to the Church and her Sacraments. In a reflection titled *The Day of the Lord*, the Bishops also praise families, parish communities and those who have worked tirelessly in hospitals, care homes, schools and prisons during these challenging times of ill-health, grief and isolation. You can read the Bishops' Reflection on Catholic Bishops here:

www.cbcew.org.uk

St Richard of Chichester, 16th June

St Richard's Feast Day will be celebrated on 16th June with Mass at 11am in Chichester Cathedral.

Places will be limited – please book with Amy in the Chichester Parish – (01243) 782343 or

chichester@abdiocese.org.uk

Sussex Heritage Centre - Quiet Days

Quiet Days Wednesday and Thursday 26th and 27th May 10am to 4pm at Sussex Heritage Centre, Arundel, BN18 9QY. Spend the day in beautiful surroundings with prayer resources, art and craft materials, gardens and countryside and river walks from the door. A much needed opportunity to recuperate and re-charge after the difficulties and stresses of the past year. Bring a packed lunch. Cost £15. Optional spiritual direction sessions on Thursday at an additional cost of £20. Also Pentecost Weekend Individually Guided Retreat 21/23 May £225. Limited numbers. For more details or to book see www.sussexheritage.co.uk, Email infor@sussexheritage.co.uk, Tel 01903 413606.

Calling all parents and those supporting families on the adventure of faith!

The Colour and Shape Online community is a new way to resource, inspire, and connect families looking for support as they accompany their children on their own faith journey. Together we are exploring how to live a **joy-filled life of faith** that creates sacred space in the home and celebrates the liturgical seasons of the church creatively and sustainably. But it's not just for parents! The network is for **all those supporting families** and gathers together **grandparents, godparents, teachers, youth workers, clergy, children's liturgy leaders**, and **catechists** so that we can all inspire and learn from each other.

Throughout the year we run courses online (such as the 'Parenting for Faith' course) and beginning May 4th we will be starting 'The Prayer Course' (from 24/7 Prayer) – an eight week journey through the Lord's Prayer which discusses a wide variety of prayer practices and themes. There will be optional Zoom meetings on Thursday evenings, beginning May 6th, and all are welcome!

Visit www.colourandshapeonline.com to find out more about the community and to sign up. It's free and we can't wait to meet you!

Helping our mental health and wellbeing

Mindful of the impact of the virus and successive lockdowns on our mental health, each week, we'll be offering a simple tip to help support good mental health and wellbeing.

The Five Ways to Wellbeing

Connect - connect with people around you. With family, friends, colleagues and neighbours. Building these connections will support and enrich you every day.

Be active - go for a walk or run. Step outside, play a game, garden, dance. Exercise makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

Take notice - Be curious. Catch sight of the beautiful. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Keep learning - try something new, learning brings confidence as well as being fun!

Give - do something nice for someone, thank someone, smile, become involved in the wider community, its incredibly rewarding and creates connections with the people around you.

Catholic Papers – delivered to your door, or subscribe online

Over the years many people have found Catholic papers such as *The Universe* and *Catholic Herald* a support in their faith and a way of keeping up to date with Church news nationally and internationally. Both of these publications (and others besides!) offer a personal subscription – in print posted to you, or accessed online. These subscriptions are cheaper overall than the cost of picking one up in Church. Each week we recycle a number of papers that haven't been bought, and the publishers no longer offer sale or return as they used to. On this basis – and because the papers offer the subscriptions outlined above – the parish will stop taking physical copies of the Catholic papers after June.

10th -16th May is Marriage week, a time for us to celebrate the joy and blessings of marriage. Pope Francis reminds us that "Marriage is like a plant. It is not an armoire, which is placed there, in the room, and it's enough to dust it every once in a while. A plant is alive, and it needs to be cared for every day: to see how it is doing, to give it water, and so it goes. Marriage is a living reality: the life of a couple should never be taken for granted, in any phase of a family's journey." *Pope Francis, 21st December 2015*

Why not take some time this week to really find some time to talk to your spouse and nurture your marriage. [Marriage Matters \(twoinoneflesh.org.uk\)](http://twoinoneflesh.org.uk) provides a handy snippet of a reflection on Marriage for every week of the year.

Bereavement Support

Across the Diocese we now have a team of 68 trained Bereavement Supporters, who are able to offer either 1-2-1 support to those who are feeling the hurt, confusion or uncertainty of loss, whether caused by the loss of someone that was important to them or general feelings of loss caused through the lockdown/shielding and isolation. If you would like to speak to one of the team, please contact Fr Chris.

Nick Webber Trust

Would like to express enormous thanks to all you faithful Gift Aiders in the parish. We have recently been able to claim £5,695 in Gift Aid for the financial year just ended. This will be sufficient on its own to fund the bunk beds and mattresses for 60 students in the hostel we completed just before the pandemic, ensuring a safe place for these young women to continue their education.

THANK YOU TO ALL OUR DONORS!

Part time support worker required to join a team supporting a young lady with health needs a learning difficulties. All training will be given. Requirements, a car and clean driving licence and the ability to work as part of a team. Telephone: Sheila 07887878088