



The Catholic Parish of Bognor Regis and Slindon

22nd February 2026 - First Sunday of Lent - Year A

The Parish Team

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Please Note new email for Liz Bedford Parish Safeguarding Rep

The Parish Centre, Hislop Walk, Bognor Regis, West Sussex, PO21 1LP Tel: (01243) 823619
Email: bognor@abdiocese.org.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

Catholic Schools

St Mary's Catholic Primary School *Head of School Mrs Kathryn Cole B'Ed Hon NPQH*
Executive Headteacher: Mr Peter Edgington BA (Hons) NPQH
Glamis Street, Bognor Regis, West Sussex PO21 1DJ Tel: (01243) 822287 Email: office@stmarysbognor.co.uk
St Philip Howard Catholic School *Headteacher: Mr Tim Hulse*
Elm Grove South, Barnham, West Sussex PO22 0EN Tel: (01243) 552055 Email: office@sphcs.co.uk

Pancakes and Penance

Have those two, pancakes and penance, been the theme of your past week, I wonder? There have been plenty of other things to crowd our minds, half-term if you've got children or grandchildren, the amazing parish panto, even the Chinese New Year (of the Horse), all or any of these might have demanded your attention in this past week. And maybe there was even a day or two without rain.

But hopefully you also found time to partake in the two age-old rituals, of making pancakes on Tuesday (originally as a way of using up the foods forbidden in Lent) and "getting ashed" on Wednesday, (as a sign of repentance, and a reminder of our mortality) and, like me, you're possibly now thinking, "oh goodness, is it Lent already? What am I going to attempt, and probably fail at, this year?"

"Giving Up" is an honest and honourable exercise in self-discipline during Lent, when denying ourselves something which gives us pleasure can serve as a reminder, albeit a pale one of the sufferings of Jesus in the desert, or, indeed, the sufferings of many of our sisters and brothers around the world even today. But, I suggest, motivation for the "giving up" is crucial, and only the individual will be able to honestly evaluate this. Are we "giving up" for ourselves or for God? Or could I perhaps "take up" something instead, that might bring me closer to my God?

Lent is a time when I can look honestly and searchingly at what is keeping me from love. It's a time when I can create the space for God, and allow Him to show me what is real, letting Him re-order me in love. Beating myself up because I'm not more disciplined, because my resolution is so weak, is not helpful; our souls are more likely to thrive not under criticism but under mercy. May this Lent be the one which, whether by my "giving up" or "taking up", clears the clutter from my life, and creates the conditions in which love can grow.

Pauline Webber - Parish Leadership Team

Saturday 21st February	
St Richard's 9.30am	Mr R J Wilton RIP
OLOS 6pm	Keith Simpson RIP
Sunday 22nd	
First Sunday of Lent	
OLOS 9am*	People of the Parish
OLOS 11am*	David Orde RIP Anniversary
Monday 23rd	
OLOS 10am*	Intentions for Donald, Xi, Susie, Vladimir & Charles
Tuesday 24th	
St Anthony's 9.30am	Michael King RIP
St Anthony's 6.30pm	<i>Stations of the Cross</i>
Wednesday 25th	
OLOS 10am*	Ian McCabe RIP
OLOS 10.30am	<i>Stations of the Cross</i>
St Richard's 10am	<i>Stations of the Cross</i>
Thursday 26th	
OLOS 7pm	Rosina Hammond RIP
Friday 27th	
OLOS 11am*	Requiem: Johanne Cowie RIP
Saturday 28th	
St Richard's 9.30am	Albert & Patricia Cook RIP
OLOS 6pm	Jeanne Lorey RIP
Sunday 1st March	
Second 'Transfiguration' Sunday of Lent	
OLOS 9am*	Fr Ramon RIP
OLOS 11am*	People of the Parish

*These Masses will be livestreamed on the parish website
www.bognorcatholicparish.co.uk

Mondays after 10am Mass
 Prayers in honour of St Peregrine - Patron Saint of Cancer

Rosary - Lady Chapel Our Lady of Sorrows
Will be paused during Lent

Adoration and Rosary - St Richard's
Adoration & Rosary will be paused during Lent

Adoration - St Anthony's
 Thursdays 11.30am to 12.30pm

Adoration Our Lady of Sorrows
During Lent Adoration will be on Wednesdays after 10am Mass until 11.30am

Requiem in Aeternum



Your prayers are asked for all those who have died recently.

We also remember all whose anniversaries occur about this time:
Roy Weaver, Linda Kelly, Anne Francis, Donald McKinnon, Constantine Somerville, Edmund Kirkby-Bott, Sally Petronijevich, Dorina Drinkall-Fernandes, Connie Bottomley, Michael Harlock, Christopher Bonnar, Elizabeth Hogston, John Swanson, Christine Murphy, Michael Meenan

Prayers For The Sick

Your prayers are asked for:
Pete Snook, Peter Fraher, Tilli Polan, Bridget Orfelia Peter Brook, Fr Sebastian Paul, Dexter Greenwood, Joan Sheilds, Arthur Wicks, Edward Earl, Hilary Ceppa, Teresa Willcocks, Lucia Elsom, Mo Moore, Janet Smith, Baby Elliott, Paula Rathke

At the end of each month, this list of friends and parishioners who are sick will be brought to the altar with the prayer intentions on the Prayer Board at OLS. The new month will begin a new list.

Sacrament of Reconciliation

Is available after weekday Masses at Our Lady of Sorrows and in the half hour before the Saturday Vigil and Sunday Masses. Or, by appointment.

Sacrament of the Sick

Please contact Fr David
 Tel 01243 823619

Forthcoming Funerals

Our Lady of Sorrows
Jacqueline Ann Cullen RIP
Wednesday 4th March, 10am

Please pass these details to anyone who might like to hear so that all who wish may gather to pray.

Masses in Polish

Saturday 6pm St Anthony's
Sunday 9am St Anthony's
4pm Our Lady of Sorrows

Dear Sisters and Brothers

Most people hearing the first reading from Genesis today will be familiar with its outline. God created man, then woman, and gave them a home in an abundant garden with all the other things and creatures he had made. It was all theirs to share and delight in but at the very centre were two trees - the tree of life and the tree of the knowledge of good and evil. No mention of an apple just yet! The tree of life and the tree of knowledge - that's it.

Then along comes the crafty serpent and whispers that the real reason for the ban on eating of the trees' fruit is that God was, in effect, keeping things from Adam and Eve - specifically the knowledge of good and evil.

When I was at seminary we had to write many essays and I remember writing one on ethics and looking into Dietrich Bonhoeffer's Ethics where I came across a line something like this. 'Before they ate of the tree Adam and Eve only knew things "in God" - afterwards they knew within themselves'. In other words, before the eating, God was their frame of reference, but after the eating **they** became their own frame of reference. They no longer knew "in" God but from the rather more limited perspective of a creature. And in this context, to know isn't just about having knowledge in the sense of understanding, but in the sense of experience - they experience good and evil, personally for the first time and they know it personally. This is a painful realisation. Thus, their new found perspective causes the realisation that they are naked - which in a real sense they are, not just because they have no clothes but because they now stand alone with their limited knowledge and perspective and know God only as "other than" themselves, outside of everything. This knowledge is crushing, humiliating and has devastating consequences.

Our Lenten journey is, in fact, a journey of the soul back towards the source of our being and knowing. It involves a renunciation of self and an embracing of our need - our need for reconciliation and reconnection with God. So, in a sense we have to strip away the various fig leaves we have sewn to cover our true nature and allow ourselves to be rediscovered by the God who searching for us, but who, because of the various guises we travel under, cannot usually come all that close to us. We fend him off. So, then, week by week, day by day, we must learn the lesson of the cross which is to die to self and to live towards God. We have a trustworthy guide in Jesus.

With my love and prayers

Fr Benedict

Lent 2026 - 'Learning to Dance' by Michael Mayne

In this book, Mayne takes us through the year, introducing topics and guiding us to think widely and deeply about such things as faith, suffering, death and so on.

In our Lent program we will be meeting in the Parish Centre on Sundays during Lent from 22nd February, 5.30pm to approximately 7pm, to discuss in small groups some chapters of the book and how it impacted us using the synodal style of 'Conversations in the Spirit'. The first meeting on 22nd will be Learning to converse in the Spirit - an introduction to synodality.

There will also be an opportunity to take part in this program at St Richard's, Slindon on Wednesdays at 11am from 4th March to 25th March, where the first meeting will combine an introduction to synodality with 'March - the Stillness at the Dance's Centre' chapter.

For more details on the program and how to register attendance please pick up the information sheet available in the churches or visit the parish website www.bognorcatholicparish.co.uk

Lent Lunches in Solidarity with the Poor

Simple soup and cheese lunches will take place on the following Fridays at 12.30pm in the Parish Centre: March 6th, 13th, 20th and 27th. Organised by the CAFOD Team. Please join us to give witness to our commitment to live in solidarity with the poor.

A soup and cheese lunch, plus a quiz will take place at St Anthony's on Wednesday 11th March at 12.30pm

Bible Group

Why not prepare for Easter with a fresh look at the Bible? For 5 Wednesday evenings in Lent, starting on **25th February at St Anthony's, Rose Green, from 7pm**. An opportunity to learn, discuss and pray the Bible, with the expert leadership of Fr Peter Coxe.

All you need to bring is a bible. For any enquiries contact Nora Courtney on 07940 555671

World Day of Prayer - Friday 6th March

Local services prepared by the women of Nigeria on the theme of "I will give you rest" will take place at

- St Richard's, Gossamer Lane, Bognor Regis PO21 3AT at 10.30am, followed by refreshments
- Westergate Methodist Church, Westergate Street, Westergate PO20 3RH at 2.30pm

All are welcome, do come and worship with your fellow Christians.

CAFOD Lent Fast day - Friday 27th February

Next weekend we can donate in several ways to help those who are unable to feed their families in so many parts of the world and enable them to rebuild their lives in their home countries. You can make your Lent donation by returning the CAFOD envelope, scanning the QR code on the posters or on the contactless machines at the church entrances. If you can please consider setting up a monthly gift to help more of our neighbours long term. If you are a UK taxpayer and wish to Gift Aid your donation please use the CAFOD envelopes provided or donate online at cafod.org.uk - Gift Aid will add 25% to your donation at no extra cost to yourself.

Young adults' Easter retreat at Worth Abbey!

Maundy Thursday 2nd April - Easter Sunday 5th April

(Plus optional walking pilgrimage from Brighton, leaving Palm Sunday)

Come and celebrate together the death and Resurrection of Jesus Christ, the greatest Feast of the year and climax of our faith. Talks from monks / space for personal reflection / group discussion / social time / beautiful liturgy.

Retreat cost: £200 (£100 places available - please enquire at retreats@worth.org.uk for more details). To book your place visit: www.worthabbey.org/our-retreats and click on the 'young adults' tab.

Redshirts Fundraising

- **Saturday 28th February, 3pm** - Come to Our Lady of Sorrows, Bognor Regis and enjoy an afternoon of music organised by the Redshirts. There will be refreshments afterwards in the Parish Centre.

Donations for the Redshirts are very welcome.

Beetle Drive—Join us for an afternoon of fun!

A Beetle Drive is a classic, fast-paced party game that's all about fun and laughter! Perfect for all ages, it's simple to play and guarantees a lively time for everyone.

Tickets cost £3 and include a Cream Tea/Soft Drinks, kids go free. Raffle and prizes for each races winner and overall winner **Saturday 14th March**, 2pm-4pm in the Parish Centre.

Offertory Collections January

Offertory Plate Collections	£2,126.00
Gift Aid Envelopes	£ 862.00
Bankers Orders	£5,686.00
Contactless Machines	£ 398.00
CAF donations	<u>£ 25.00</u>
	£9,097.48

Second Collections

Crib Offering –CCS	£408.67
Friends of the Holy Land	£250.45
Pax Christi	£ 62.70
Lepra	£177.00

Many thanks to all you give to the parish. If you are eligible to Gift Aid your donation, we are able to claim an additional 25% from the Government. For our financial year to December we received £23,174 in Gift Aid recovered from the Government. This is a valuable source of income to the Parish, if you are a UK taxpayer and wish to Gift Aid your donation forms are available in the churches, on our website or via the Parish Office, donations can be made by Standing Order or in weekly envelopes. If you have any queries please do contact the Parish office.