



The Catholic Parish of Bognor Regis and Slindon

8th February 2026 - Fifth Sunday in Ordinary Time - Year A

The Parish Team

Fr David Benedict Osborne - david.osborne@abdiocese.org.uk
Fr Tomasz Mezyk (Polish Mission) - 07771 413345

Parish Secretary: Caroline Battersby - bognor@abdiocese.org.uk
Parish Administrator: Abigail Leggatt (for building matters) - admin.bognor@abdiocese.org.uk
Parish Safeguarding Rep: Liz Bedford - 07456 420108 / sg1.bognor@abdiocese.org.uk
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

Live Simply so that others may Simply Live: An Awe-inspiring Invitation

Last weekend I met a group of parishioners in Shoreham who had come together to reflect on becoming a Live Simply Parish, a journey that our Parish undertook a few years ago. Reflecting on our Parish's journey, I wondered how many parishioners are aware that we are a Live Simply Parish and what this might mean? In the left-hand corner of the online version of the newsletter there is a symbol which, if clicked, leads to relevant information.

The Cafod Together with Justice and Peace team was the driving force behind the Parish receiving the Live Simply Award which encourages all of us to live more simply, in solidarity with the poor and more sustainably with creation: to be a community that firmly believes and follows Jesus by spreading God's love by working together for equality through justice in an unjust world. It is a calling to deepen the way we live our faith as community, family and individuals as disciples of Jesus. What does this mean to us in practice? How does it link with today's readings?

Much in our parish demonstrates that we are a Live Simply Parish. Many groups reach out to others both in the parish and in our neighbourhoods, to our environment and to the poor with a genuine and effective desire to improve life and to help heal the damage done to planet Earth. As well as organised events, pastoral care is carried out by many individuals: the quiet chats in the pews before and after Mass/ the caring visits to the sick and bereaved/ the unseen and crucial offers of help/ hospitality/supporting one another/ reaching out to the poor in the community/ recycling at home/ organic gardening ... the list goes on.

We are all part of Live Simply because we are part of Christ Jesus who invites us to be the salt of the earth. Can we own this, rejoice in it and build on it?

Gabrielle Thorpe - Cafod Together Team

Saturday 7th February	
St Richard's 9.30am	Sheila & Vin Geoghegan RIP
OLOS 6pm	Betty Keegan RIP
Sunday 8th Fifth Sunday in Ordinary Time	
OLOS 9am*	People of the Parish
OLOS 11am*	John French RIP Anniversary
Monday 9th	
OLOS 10am*	Deceased of the Stevenson Family
Tuesday 10th St Scholastica	
St Anthony's 9.30am	Michael Moore RIP Anniversary
Wednesday 11th	
OLOS 10am*	James Patrick Roohan RIP Anniv.
Thursday 12th	
OLOS 7pm	Intentions of Samatha Osborne
Friday 13th	
OLOS 10am*	Richard Green RIP Anniversary
Saturday 14th St Cyril & St Methodius	
St Richard's 9.30am	Peter Brown RIP
OLOS 6pm	People of the Parish
Sunday 15th Sixth Sunday in Ordinary Time	
OLOS 9am*	P.J. Donohoe RIP Anniversary
OLOS 11am*	Anthony Wade RIP Anniversary

*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

Masses in Polish

Saturday 6pm St Anthony's

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

Rosary - Lady Chapel Our Lady of Sorrows

Wednesdays after 10am Mass

Adoration and Rosary - St Richard's

Wednesdays 9.30am to 10.30am

Adoration - St Anthony's

Thursdays 11.30am to 12.30pm

Adoration Our Lady of Sorrows

Fridays 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:

**Joan Westbury, Anne Godenzi,
 June Sturridge, Rita Aalen,
 Margaret O'Connor, Irene Gough,
 James Kissell, Anne Marie Edwards,
 Richard Green, Molly Field,
 Michael Collins, Sr Mary Ghent osm,
 Maurice Cowell, Edward Emerson,
 Thelma André, Katherine Warring,
 Patricia Davies, Robert Harrington**

Prayers For The Sick

Your prayers are asked for:

**Peter Fraher, Tilli Polan, Bridget Orfelia
 Peter Brook, Peter McKay,
 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

Second Collection this weekend Lourdes Pilgrimage Fund

This collection can be Gift Aided by using the envelopes available in the church or on the contactless machines. Please give generously, without your help we cannot financially assist sick, disabled, hospitalité, or young pilgrims and families, and those who support them to join us in Lourdes.

Dear sisters and brothers,

As I write this, I am on retreat at Worth Abbey and continuing to read a book that I have had on the go for well over a year. It is called "Learning to Dance" by Michael Mayne.

I mention this because Lent begins in just a couple of weeks and it is traditional for Christians to undertake study during the five weeks of lent.

In my opinion, this would make an excellent read. Some may argue that it's a bit tough, but I don't think so, especially if we read it together.

I am proposing that we use it as a lent book to read and then discuss in small groups. We could do this online using Zoom if we have a large number of participants, or we could do it in a group gathering in the Parish hall.

The book is not enormous by any means, but it is very rich and I would propose to look only at a certain chapter each week. Furthermore, I propose that we use a technique that I have been learning about with others, called "conversations in the spirit." This is a little different from our usual small group work as we're not having a back-and-forth set of conversations as we might traditionally have expected but, as the title suggests, having a conversation in the spirit and giving each other the space and time to express ourselves in a prayerful way.

This is also called the "Synodal style" which has been much promoted by our late Pope, Francis. Its main feature is listening to each other. It is not competitive and does not seek to win arguments but to listen to various viewpoints from the group. We are then invited to meditate and reflect on what we have learned. It has been shown to be a prayerful and powerful tool for personal growth and spiritual development.

At the moment I am suggesting a Sunday evening for our meetings, either online via Zoom, or in person in the Parish hall. If you are interested or want to know more before you make a commitment, I will be publishing information about the signup process in the coming weeks before lent.

If you would like to get an advanced copy of the book (highly recommended!) Then its title is "Learning to Dance." The author is Michael Mayne and the ISBN number is 0-232-52434-3. It was first published in 2001 so Amazon might be the best place to pick up a second hand copy.

With love and best wishes

Fr David

Treasure Island

The Parish Pantomime Group are excited to announce details of their next show, 'Treasure Island', starring many familiar faces from the Parish, including some making their debut with us. The aim when we began 28 years ago was to draw people together of all ages from across the Parish for a joyful occasion in the winter months. Our purpose today has not changed: we warmly invite everyone to join us on:

- Thursday 19th February at 7.30pm
- Friday 20th February at 7.30pm
- Saturday 21st February 2.00pm and 7.30pm

Tickets are £5.00 each on sale after Masses from this weekend. Proceeds to Parish Funds.

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 Cox.

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

Easter 2026 poster Competition - Create an Easter poster for the Parish!

Open to children up to and including Year 7. The winner will receive an art crayons box and the winning poster will be available for parishioners to take home and display from the first Sunday of Lent. Hand your entry to one of the Knights after Sunday Masses, with a donation of £1 by Sunday 15th February.

Redshirts Fundraising Starts with Music

- **Friday 20th February, 6pm** - Come to St Richard's, Slindon and enjoy an evening of music organised by the Redshirts. There will be a shared buffet beforehand.
- **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 at both events are very welcome.



Cana Valentine's Weekend - Storrington Priory

This Valentine's weekend, step out of the rush and invest in what matters most - your relationship. From Saturday 14th, 12pm to Sunday 15th 3.30pm, the Cana Weekend offers inspiring input, real couple time, and a very special evening to celebrate your love. A relaxed meaningful getaway designed especially for couples.

For more information and to book please visit: www.chemin-neuf.org.uk

Men's Breakfasts

Meet once a month at 8am on a Saturday, at The Woolpack Inn, 71 Fishbourne Road (west), Chichester, PO19 3JJ, cost £10. The next meeting will be on Saturday 28th February at 8am with guest speaker Chris Lubbe, an activist against apartheid in South Africa and bodyguard to Nelson Mandela contributing to the delicate negotiations that paved the way for South Africa's inaugural democratic elections.

These are open to all men who would like to join our friendly group for fellowship, friendship, to enjoy a hearty breakfast together and to listen to an interesting and inspiring speaker. Feel free to invite male friends, family or neighbours. Any queries and to book, or to be added to the monthly mailing list, just contact Peter Sutton – (email: peter@ppsutton.co.uk or call 07813 024585).

Join Young Adults in Chichester for Prayer and Fellowship: 24 hours of Adoration

This Lent, Chichester Young Adults will be hosting our second 24 hours of Eucharistic Adoration in Chichester - a beautiful opportunity to pause, pray, and journey together more deeply with the Lord. Young adults aged 18–30 are warmly invited to join us on Friday 13 March until Saturday 14 March, with the option to stay overnight in the parish.

The 24 hours will include Mass on Friday evening and Saturday morning, and on Friday evening our young adults will also lead the Stations of the Cross for the parish. Alongside these opportunities to pray there will be time for food and fellowship.

We would love you to join us for this special Lenten time of prayer, community, and encounter with Christ. Register here <https://docs.google.com/forms/d/e/1FAIpQLScYdZ4BnGluotn-tkohDcczw38F9Ng95azGar5J9INHYZUIQ/viewform?usp=sharing&oid=107494353778532282018>

Full practical details will be shared with those who register.

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.