



The Catholic Parish of Bognor Regis and Slindon

9th March 2025 - First Sunday of Lent- Year C

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

Our Hope and Our Strength

We are very familiar with the story of Jesus' temptation in the wilderness and it encourages us that Jesus understands our struggles and our own temptations. It is helpful to remember that being tempted is not the same as sinning and also that knowing a few Bible verses by heart can be a useful defence.

For me, it is really helpful for my faith to know that "Do not be afraid" is written over 300 times in the Bible. Sometimes in slightly different words, but it is used so frequently that I think we should be very reassured by God's love and care for us.

Another verse is where our parish vision comes from "Go make disciples", found in Matthew's Gospel in chapter 28 verse 19. It reminds me that Jesus has given us a very specific job to do.

A final verse that helps me is found in the Book of Genesis, at the beginning of the Bible. During the seven day creation account, after God has created humans it is said that "God saw that it was very good." When God looks at our hearts, our lives caring for each other, our dealing with temptation, our receiving the grace and mercy found in reconciliation when we fail, God sees us as very good. We are not perfect, often far from it, but God loves us and wants to help us in every moment and every situation.

David Beresford - Parish Leadership Team

Welcome to the Parish

If you are new to the parish or visiting on holiday please introduce yourself to one of the Welcomers in the church at the Saturday evening and Sunday Masses. They will be happy to help with introductions and any queries you may have. Parish registration forms are also available in the church or on the website.

Saturday 8th March		St David
St Richard's	9.30am	Wellbeing of Matthew McKay
OLOS	6pm	Daithi Harvey RIP
Sunday 9th		Eighth Sunday in Ordinary Time
OLOS	9am	People of the Parish
OLOS	11am	Leonore Cosgrove RIP
Monday 10th		
OLOS	10am	Christine Murphy RIP
Tuesday 11th		
St Anthony's	9.30am	Deceased of the Featherstone Family
St Anthony's	6.30pm	Stations of the Cross
Wednesday 12th		
OLOS	10am	Requiem: Alex Burns RIP
St Richard's	11.30am	Stations of the Cross
Thursday 13th		
OLOS	7pm	Eamon Corrigan RIP Anniversary
Friday 14th		
OLOS	11am	Leonore Cosgrove RIP
OLOS	11.30am	Stations of the Cross
Saturday 15th		
St Richard's	9.30am	Ian Fleming RIP
OLOS	6pm	Leonore Cosgrove RIP
Sunday 16th		Second Sunday of Lent
OLOS	9am	Graham Weaver RIP Anniversary
OLOS	11am	People of the Parish

Morning & Evening Prayer

Where possible Morning & Evening Prayer will be offered in the half hour before Weekday Masses in Our Lady of Sorrows.

Rosary - Lady Chapel Our Lady of Sorrows

Wednesdays after 10am Mass

Adoration and Rosary - St Richard's

Wednesdays during Lent 10.30am to 11.30am

Adoration - St Anthony's

Thursdays 11.30am to 12.30am

Adoration - Lady Chapel Our Lady of Sorrows

Resumes after Lent

Requiem in Aeternum



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

Iris Weatherley RIP

Dorina Drinkall-Fernandes RIP

We also remember all whose anniversaries occur about this time:

Daniel Williams, Rose Edwards, George King, Helen Batie, Jack Nuthall, Jean Swanton, Ray Garnham, Eamon Corrigan, Gurino Feline, Gwendoline Northern, Maureen Rae, Peggy Seeley, Sr Clement Dunne osm, Emilienne Funnell

Prayers For The Sick

Your prayers are asked for:

Hilary Ceppa, Frances Hind, Teresa Willcocks, Matthew McKay, Kath Stimpson, Lucia Elsom, Mo Moore, Janet Smith, Baby Elliott, Paula Rathke, John Cooper

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.
Tel: 01243 823619

Sacrament of the Sick

Please contact Fr David
Tel 01243 823619

Forthcoming Funerals Our Lady of Sorrows

Richard Green RIP

Thursday 20th March, 11.30am

Dorina Drinkall-Fernandes RIP

Tuesday 25th 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

Fr David Benedict writes...

Dear Sisters and Brothers

In these days of Lent we will hear often the word "salvation." And it is, perhaps, all too easy to think that any of us fully understand what this simple word means and what it applies to.

In its simplest terms it is connected with reconciliation. We are saved or experience salvation when we are reconciled with God. But why should we need to be reconciled with God?

The Bible tells us the story of how we became estranged from God - the very "ground of our being" as Paul Tillich once wrote, or "being itself" as people like Richard Rohr put it. So, if God is the very life of the universe, life itself, the sustainer and cause of all that is - to be estranged from this is, to a very great extent, to be lost and to be estranged from our deepest selves.

The Bible also tells us that God has repeatedly attempted to close this 'gap' in our relations with him; by giving us a map of how to live in a manner that brings us close to him - the Commandments of the Law; by giving his people a Teacher who knew him face to face (Moses); by sending us prophets to warn and encourage and, finally, sending us His own Son - the perfect image of the Father. All were rejected, or distorted, and in Jesus' case he was killed. But God revealed the extent of his desire for us by raising his Son to new life in the resurrection and thus showed us that even though we are 'dead in our sins' He will give us life through the reconciliation offered to us in His Son Jesus. So salvation is offered, and "there" - if we want it and are prepared to put in the work needed to accept it and receive it. Because it is a gift of the greatest love it is not foisted on us, but offered.

Lent therefore, is the opportunity to begin the task of taking to ourselves the gift that God is offering to us in Jesus Christ. The disciplines of Lent are about training ourselves to be ready, to be open to, to accept this priceless and yet free gift. Are you ready to run this great race of faith and to let go of anything that gets in the way?

With my love and prayers

Fr David Benedict

Emmaus Group - Accompanying people enquiring about Catholic faith

The next meeting will be on **Tuesday 11th March at 7.30pm in the Parish Centre.**

Lenten Soup Lunches

- **Our Lady of Sorrows Fridays at 12 noon** following Stations of the Cross at 11.30am. Monies raised will be in aid of CAFOD
- **St Richard's, Slindon Wednesdays at 12 noon** following Stations of the Cross at 11.30am. Monies raised will help 'Breakfasts for the Homeless' provided every Sunday at Our Lady of Sorrows.

Introduction to Christian Meditation

Meditation, also known as contemplative prayer, seeks God in silence and stillness beyond words and thoughts.

The Bognor Meditation Group (part of WCCM, World Community for Christian Meditation (<https://wccm.org/>)) meets most Wednesdays at 7.30pm at 6 Victoria Drive (Friends Meeting House).

We are a friendly welcoming group and during Lent are holding a 6 week introduction to Christian Meditation, starting on Wednesday 12th March. Each session will last about 45 minutes, which includes a period of silent meditation. You are very welcome to join us for any or all of these sessions.

For more details call Frances and Bennie Pieters Tel 01243 262319.

Lenten Retreat Day - Wednesday 26th March

Bread of Heaven: a day of spiritual nourishment led by Roger Hagon at Sussex Heritage Centre, Arundel BN18 9QY. From 10am to 4pm. Cost: £15 to include refreshments and lunch of soup and bread. For more information visit www.sussexheritage.co.uk.

To book contact Maria by Email: info@sussexheritage.co.uk or Tel: 07413 267267

Confirmation 2025

Are interested in finding out what it means to be a confirmed Catholic, in deepening your faith and relationship with God?

If you can answer yes, or maybe, and are in Year 10 or above please contact the Parish Office for an application form. Forms should be completed and returned by 23rd March.

CAFOD Family Fast Day - 14th March

Envelopes and prayer cards will be available at this weekend's Masses for collection the following weekend, 15th-16th March. At a time when many governments are cutting overseas aid you help is needed more than ever. By giving to CAFOD's Family Fast Day, CAFOD can continue to work with the international Caritas family to help people experiencing the worst impacts of poverty, conflict and climate change.

Please give generously. Donations can also be made on the contactless machines in Our Lady or Sorrows, baskets, online at cafod.org.uk or Tel 0303 303 3030. You can also text CAFODLENT to 70085 to donate £10



Join CAFOD's Big Lent Walk in the Jubilee Year

And journey together with Catholics in England, Wales and Scotland as Pilgrims of Hope in this Jubilee Year - walking 200km over 40 days during Lent.

A couple in our parish aged 80 and 79, Colin and Gabrielle Thorpe have signed up for this. You can donate by visiting <https://walk.cafod.org.uk/fundraising/gabrielles-and-colins-big-walk>

Could you join them either alone or with friends and get sponsorship to help fight global poverty? For more information visit cafod.org.uk or contact the Parish CAFOD team on 07736 814364

CAFOD Event Sunday 16th March after 11am Mass

The Parish CAFOD team invite you to a gardening event. Come and learn about growing plants, how to make biodegradable pots, your own compost and an opportunity to pick up some interesting seeds offered by parishioners. There will also be a cake sale in aid of CAFOD. Our Parish celebrating Living Simply and with one another in nature.



Do you want to find out more about Christian belief in the context of our challenging lives and troubled times? Are you curious about what and why Christians believe what they do? Then maybe the Alpha course is for you.

Come and join our next course at Our Lady of Sorrows Parish Centre, Hislop Walk, Bognor Regis PO21 1LP (at the back of the church) on **Wednesday 23rd April at 7pm** for a simple meal, interesting film and a chance, in a convivial environment, to ask searching questions about faith. Everyone is welcome, whatever your experience of church. The evening is completely free of charge and there is no pressure to sign up for more. Simply come and see!

To book on the course, or for more details, e-mail Liz at alphabognor@gmail.com, phone the office or simply turn up!

Wheelbarrows wanted

St Philip Howard school's gardening club is in desperate need of a wheelbarrow (the old one has now rusted through!). If you have a barrow you no longer need please email dmcnamara@sphcs.co.uk and the school will come to you and collect it. Many thanks!

Get into Teaching - Bosco Sussex Teacher Training

Join us for an Initial Teacher Training (ITT) session on Thursday, 20th March (9.30am – 2.30pm) and experience a live session led by our expert speakers. There will be plenty of opportunity to speak to current trainees and our Primary Hub Lead and Director of Teacher Training will be there to answer any questions you may have. The event takes place at St Mary's Catholic Primary School in Worthing. Please contact tcashman@sphcs.co.uk to book a time to visit or for more information.