



Newsletter

Diocese of Arundel & Brighton 20th November 2022

All Masses are available via the Cathedral live stream on www.arundelcathedral.uk or [Church Services TV](#)

THIS SUNDAY 20, Christ the King, Year C

(2 Samuel 5:1-3; Colossians 1:12-20; Luke 23:35-43)

6.00pm Mass **at the Convent of Poor Clares:** For the people of the Parish

9.15am Mass: Tony Madden RIP

11.15am Mass: For Christians in the Holy Land

MONDAY 21, Mem: Presentation of the Blessed Virgin Mary

(Apocalypse 14:1-3, 4b-5; Luke 21:1-4)

11.30am Requiem Mass of Cora Gillies RIP

TUESDAY 22, Mem: St Cecilia, Virgin, Martyr

(Apocalypse 14:14-19; Luke 21:5-11) No Mass, 10am Prayers

WEDNESDAY 23, Feria in Ordinary Time, Week 34

(Apocalypse 15:1-4; Luke 21:12-19)

8.30am Mass at the Convent of the Poor Clares

THURSDAY 24, Mem: St Andrew Dung-Lac, Priest and Companions, Martyrs of Vietnam

(Apocalypse 18:1-2, 21-23; 19:1-3, 9A; Luke 21:20-28)

10.00am Mass: Frank O'Dwyer RIP

FRIDAY 25, Feria in Ordinary Time, Week 34

(Apocalypse 20:1-4, 11—21:2; Luke 21:29-33)

10.00am Mass in the Fitzalan Chapel: Henry Granville XIV Duke of Norfolk RIP

SATURDAY 26, Our Lady on Saturday

(Apocalypse 22:1-7; Luke 21:34-36) 10.00am Mass: Olivia Louise Ward RIP

6.00pm Mass **at the Convent of Poor Clares:** For the people of the Parish

NEXT SUNDAY 27, First Sunday of Advent, Year A

(Isaiah 2:1-5; Romans 13:11-14; Matthew 24:37-44)

9.15am Mass: Deceased friends and relatives of the Monet & Oliver Families

11.15am Mass: For deceased members of the Knights of St Columba

Emergency Telephone Numbers.

Bognor Parish 01243 823619

Chichester Parish 01243 782343

Storrington Parish 01903 740338

Petworth Parish 01798 342169

Littlehampton Parish 01903 731171

Cathedral House Parsons Hill Arundel West Sussex BN18 9AY

Tel: 01903 882297

Web Site: www.arundelcathedral.uk

Email: arundel@abdiocese.org.uk

Canon David Parmiter
Cathedral Dean

Rev. Mr. David Clifton L.Th
Deacon (Retired)

From Canon David:

Covid-19 Update

If you are not feeling well or have symptoms of Covid it would be prudent not to attend Mass or other services whilst you are ill.

You are advised to wear a face covering.

FINANCIAL MATTERS: Thank you for your offering: 12/13 November: £295.21 + £88.00 (Gift Aid) = £383.21

Second Collections coming up:

THIS Sunday: Cathedral Maintenance Fund (may be Gift Aided)

THE ROSARY is prayed every Thursday after the 10am Mass in the Cathedral. All are welcome.

SACRAMENT OF RECONCILIATION is usually available between 10.30 and 11am on Saturday mornings or by arrangement via the Cathedral Office.

COFFEE AFTER 9.15am MASS in the Cathedral Centre - all are welcome.

ADVENT & CHRISTMAS GOODS are now available in the Cathedral shop.

DATES FOR YOUR DIARY – AT A GLANCE

Saturday 19th 7.30pm The Angmering Chorale Concert

Friday 25th 10am Mass in the Fitzalan Chapel

Sunday 27th 6.30pm Advent Vespers

PLEASE PRAY FOR the people of Ukraine.

We pray for all who have died recently especially Cora Gillies and John Maddams.

We pray for all those who are sick for whatever reason, that they might find healing and full recovery.

For Ann Rowe, Paul Rumball, Lizzie Bennett, Pat Burton, Eve Larley, Richard Crosby, Sr Giles, Ann Ogguniyi, Benita Marshall, Jean Marc Fritz, Nick McMenemy, Pauline Rodmell, Andrew Naylor, Irena Ray-Crosby, Virginia Stewart, Peter Harley, Elizabeth Haviland, Thérèse Kemp, Indigo Ashworth, Fr Dominic O'Hara, Margaret and Terry Molland, and all in the local hospitals, hospices, the Priory or in their own homes.

CORA GILLIES RIP Please pray for Cora who died recently, and for the comfort and consolation of her family and friends. Her Requiem will take place on Monday 21st November at 11.30am in the Cathedral. Cora had been a parishioner at the Cathedral for many years and her quiet hard work in many areas was hugely appreciated.

ADVENT RECONCILIATION SERVICE This year our service will take place jointly with Our Lady of England Parish in Storrington on Sunday 11th December at 4pm. The service will be at Our Lady of England Church, School Lane, Storrington, RH10 4LN. All are welcome. The Sacrament of Reconciliation is available in the Cathedral every Saturday after 10am Mass or by appointment.

LOVE IN A BOX The Mustard Seed Relief Mission is not running the Shoe Box appeal this year. See [Mustard Seed Relief Mission \(msrm.org.uk\)](http://MustardSeedReliefMission(msr.org.uk)) for more details.

They are now seeking to help by sending financial aid, if you wish to donate please send cheques payable to Mustard Seed Relief Mission, 213 Kings Drive, Eastbourne. BN21 2UJ, or by bank transfer to Mustard Seed Relief Mission. Sort code 52-41-00, Account No 40106802.

THE FRIENDS OF ARUNDEL CATHEDRAL

warmly invite you to Advent Vespers in the Cathedral on Sunday 27th November at 6.30pm with Bishop Richard, followed by refreshments at the back of the Cathedral. Please be seated for 6.15pm. and bring your friends along. All are welcome. RSVP to Lindsey E: aruncathfriends@btconnect.com or Tel: 01903 884567.

CONVENT OF POOR CLARES, CROSSBUSH

write: Dear Friends After this long gap due to Covid, we hope to begin our **Taizé prayer** again on the last Friday of each month, (though not in December). Next date: **FRIDAY 25th NOVEMBER at 7:15 YOU ARE WELCOME!** If you would like to read the Scripture, let us know arundel.poorclares@gmail.com

WALK WITH ME – ADVENT booklets now available from the Cathedral shop at £1.00.

ARUNDEL MEN'S BREAKFAST Christian

Viewpoint – Keith Varney “MAF” (using light aircraft around the world to serve remote communities) Saturday 26 November 8.30a, The White Swan Hotel, Chichester Road, Arundel. Tickets from Castle Chocolates in Tarrant Street or Les Voke 01903 884156, Don Cooke 01243 551493, Philip Tout 01903 340578 or Richard Hobden 01903 770661.

VIRTUAL TOUR OF THE CATHEDRAL

Future Virtual, with funding from the Friends of Arundel Cathedral, have created a Virtual Tour of our Cathedral. Using a special camera they have created a photographic visual model that allows you to navigate, using your computer or mobile phone, around all areas of the Cathedral. Key points on the tour have important historical information and links (including a link to the current edition of the Parish Proclaimer) - the tour provides a guidebook for the Cathedral. Instructions and a link to launch the Virtual Tour are on this webpage: <https://arundelcathedral.uk/arundel-cathedral-virtual-tour> The tour can also be accessed from the top of the front page of the website.

THE CATHEDRAL iPad has been upgraded and is very easy to use. You can access:

- The Cathedral Virtual Tour
- Cathedral Website
- Friends website
- Proclaimer Editions
- Cornerstone Editions
- Diocesan website

It is located near the shop – pop in and have a look.

ARE YOU INTERESTED IN BECOMING A CATHOLIC? Or exploring what this entails? If you would like to join the Rite of Christian Initiation for Adults (RCIA) course, please speak to Canon David or e-mail the parish office. The course is for discernment and a journey in faith with a view to becoming a full member of the Catholic Church, but there is no commitment at the early stage.

INVITATION TO MOTHERS PRAYERS DAY - SATURDAY 26TH NOVEMBER 12.30 – 4pm.

You are warmly invited to join us at the Cathedral Centre for an afternoon of prayer, spiritual refreshment and fellowship. Mothers Prayers is a young organisation which has spread widely and enables women of all ages to come together in spiritual unity to pray for the needs of their children.

Women who are new to mothers Prayers or would like to find out more about how we pray will be very welcome. There will be a short talk followed by a guided Mothers Prayers meeting (timetable below). For those of us who are familiar with the prayer format we hope that this will be a good opportunity to come together again, reset and celebrate God's faithfulness and the gift of prayer. No booking or charges, but donations welcome. Tea and coffee provided, bring a packed lunch. Any queries to Melinda Heathcote: 01903 882227

DIOCESAN RUN EVENTS:

Synod: 2021-2024

The Synod process has now been expanded with a new opportunity to reflect on a document summarising all of the world's submissions prior to the next phase. To access the document, FAQs and an online feedback form, please go to

W: www.abdiocese.org.uk/synod (from Monday 14 November.) For any questions please email E: synod@abdiocese.org.uk

Bookings are open for World Youth Day!

Journey to Lisbon with a group of 18-35 years olds from across the Diocese to meet with the Holy Father and celebrate our joyous faith with millions of others from across the world. 31 July to 7 August 2023. Contact E: lizzie.wakeling@abdiocese.org.uk for more information.

To find out about events hosted by the Diocese please visit our website events calendar W:

<https://www.abdiocese.org.uk/diocese/events>

CHRISTMAS DAY LUNCH Don't be on your own on Christmas Day, you are warmly invited to lunch and festivities on Sunday 25th December at the Norfolk Centre, Mill Road, Arundel, BN18 9PA. Cost £5.00, transport available. For more information call 01903 883469.

WORTH ABBEY has a programme of retreats through the coming months including 'Time Out'; 'Finding Stillness', 'Advent Retreat', and young adults retreat. See www.worth.co.uk For further information contact us: T: 01342 710318 E: retreats@worth.org.uk

THANK YOU FOR YOUR DONATIONS TO: GATWICK DETAINEES WELFARE GROUP CHARITY who are still appealing for men's clothing for detainees who arrive at Tinsley or Brook House, Gatwick often still in wet clothes from crossing the channel. What is required:

Mens only (mainly younger men) new or 2nd hand:- Jeans; Jogging tops/bottoms; T Shirts; Trousers (waist 30/32/34); Shoes (7-10); Jackets; Shirts; Jumpers Also:- Mens - new only: Underwear and socks Items can be brought into the Cathedral Office or left in the box marked at the back of the Cathedral.

and

TURNING TIDES There is a donation box at the back of the Cathedral for donation to this local homeless charity. There is a wish list on the box, but also available at [Ways to Donate - Turning Tides \(turning-tides.org.uk\)](http://Ways to Donate - Turning Tides (turning-tides.org.uk) where you can also make a financial donation if you prefer.

HOMES FOR UKRAINE MATCHING SERVICE

Caritas Social Action Network, in partnership with St John of God Hospitaller Service, an international Catholic charity with many services for the vulnerable in the UK and Ireland, have launched a service to bring together Ukrainian people displaced by the brutal war in their country with people in the Catholic community willing to host them in their homes for six months. Once the match is confirmed the Ukrainian guest can apply for their visa. We know that coping with the cost-of-living-crisis will be the main concern for many people this winter, but if you have a room in your home and in your heart to consider welcoming a stranger displaced by war, then we'd love to hear from you. Please visit SJOG - Homes for Ukraine Here to help for more information.

WEEKDAY MASS IN THE WINTER To try and keep our energy costs under control I am thinking about moving our weekday Masses (Tuesday to Saturday) into the Sacristy once it gets too cold to stay in the Cathedral. We can place a couple of stand-alone heaters and avoid using the Cathedral system, which cannot be isolated to heat one area. Already our monthly direct debit for Cathedral House gas has increased from £71.70 to £317.14, so I need to keep an eye on our usage both in the house and the Cathedral. Let me know what you think about weekday Mass in the Sacristy. Canon David

ECUMENICAL TAIZE PRAYER SERVICE

Sunday 20 November 2022 at 4pm at Our Lady of the Assumption RC church, Fairfield Road, Bosham PO18 8JH. 'Remember I am with you always...', light a candle and pray for the bereaved and those we have lost Please join us. Refreshments to follow.

CALLED TO SERVE Free course for catholic teachers working in either catholic or non catholic schools. For more details see the poster at the back of church or on the website or contact amackay@boscocet.org.uk or 01243 558205

ADoRE Online spiritual mini-retreat morning "**Love one another as I have loved you**" - we are called to receive and give God's love Guest speaker and Mass Celebrant: Fr Anthony Meredith, ADoRE Chaplain and Spiritual Director; Vicar General of the Rosminians. 26th November starts with Mass at 10.00. Please register for the Zoom meeting in advance at bit.ly/ADORENOV2022

DEC PAKISTAN FLOODS APPEAL You can still contribute in the following ways:

At [CAFOD: Donation to the DEC Pakistan Floods Appeal](#)

By post: to the Pakistan Floods Appeal, please make your donation payable to the DEC Pakistan Floods Appeal, PO Box 999, London EC3A 3AA.

By phone: 0330 678 1000. Donations can also be made to DEC appeals at your local **Post Office branch**. Please pray for those affected [Prayer for those affected by the Pakistan Floods](#)

ADVENT RETREAT DAY Tuesday 6 December 10am to 4pm with led exploration of the advent scriptures and the opportunity for prayerful meditation and creativity at Sussex Heritage Centre, Arundel, BN18 9QY. Please bring a packed lunch. Coffee and cake provided. Cost £15. **Also Residential Individually Guided Retreat 2 to 5 December**. For more detail or to book see www.sussexheritage.co.uk or phone Maria on 01903 413606

BOOK LAUNCH Invitation to the launch of a new book by one of our parishioners: *What in Life Were Wings* by Barbara Isbister. Based on the true story of one girl's forced deportation to the Siberian Gulag during WWII. Everyone very welcome. Donations for Ukraine, Pakistan and Somalia. **Friday, 25th November 4pm** in the Cathedral Centre, London Road, Arundel.

RED BOX COUNTING: Peter Cullinane thanks boxholders and is pleased to tell them that a total of just over £300 is being sent to Missio HQ, representing both contents of boxes and gifts of cash/ cheques from those who have preferred to donate in this way. Most boxes and receipts for cash/ cheques are awaiting collection in the sacristy. A few boxes remain to be counted and a final total will be announced shortly.

RETREATS AND DAYS: The House of Prayer, East Molesey are offering a variety of day and overnight retreats over the coming months. See [The House of Prayer \(christian-retreat.org\)](http://The House of Prayer (christian-retreat.org)) for further details.

STUDY DAY Saturday, December 10th at Chilworth Abbey of Bishop Barron's 'Catholicism', Episode 4, '**Our Tainted Nature's Solitary Boast**'. Mass, 9.00am, Presentations and Talks 10.15am-3.30pm. Bring a packed lunch and a friend if possible. See chilworthbenedictines.com for more details

ABC – Advent Book Club

The Catholic Parish of Bognor Regis and Slindon is pleased to invite you to an Advent Book Club! In 1975 Pope Saint Paul VI wrote *Evangelii Nuntiandi* (On Evangelisation) and to renew and deepen our understanding of what evangelisation is, and what it calls us to as individuals and as communities, we're having an Advent Book Club. Over four weeks, we'll read, reflect, discuss, and pray with the help of Paul VI's encyclical. There will be four meetings in the Parish Centre, (Hislop Walk, Bognor Regis, PO21 1LP) on Mon 28th Nov, Mon 5th Dec, Tues 13th Dec and Tues 20th Dec, 7.30pm, where we'll come together to share our thoughts, and to which all are very welcome. For anyone who doesn't have a copy of Pope Saint Paul VI's document, we can provide you with one, together with a suggested reading guide and questions for reflection. Please contact the Parish Office on 01243 823619.

SPIRITUAL COMMUNION PRAYER OF ST ALPHONSUS

My Jesus, I believe that you are present in this Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.

PRAYER FOR HEALTH STAFF

Wondrous God, author of life, you fashioned us in your likeness and breathed into us the life which is your own. Be with those whose special care is the health of mind and body. Fill their hearts with awe for the life which is your gift and sustain them daily in your service, that their hands may bring to others the comfort of your healing touch. Through Christ our Lord. Amen.

PRAYER FOR THOSE AFFECTED

Merciful God, come to the help of your people. Be our shelter in this time of peril and strengthen the bonds of our community. Bring healing to all who suffer the ravages of disease and assist those whose skill and art can put an end to this affliction. Through Christ our Lord. Amen.