



## Newsletter

**Diocese of Arundel & Brighton 22<sup>nd</sup> January 2023**

Sunday Masses are available via the Cathedral live stream on [www.arundelcathedral.uk](http://www.arundelcathedral.uk)

**THIS SUNDAY 22, 3<sup>rd</sup> Sunday in Ordinary Time, Year A**

(Isaiah 8:23—9:3; 1 Corinthians 1:10-13, 17; Matthew 4:12-23 or 4:12-17)

6.00pm Mass **at the Convent of Poor Clares:** Elizabeth Radcliffe RIP

9.15am Mass: People of the Parish

11.15am Mass Deceased brothers of the Arundel Catenian Circle

**MONDAY 23, Feria in Ordinary Time, Week 3**

(Hebrews 9:15, 24-28; Mark 3:22-30) No Mass

**TUESDAY 24, Mem: St Francis de Sales, Bishop, Doctor**

(Hebrews 10:1-10; Mark 3:31-35) **9.00am** Mass: George & Mary Elizabeth Leggatt RIP

**WEDNESDAY 25, Feast: The Conversion of St Paul**

(Acts 22:3-16; Mark 16:15-18) 8.30am Mass at the Convent of Poor Clares

**THURSDAY 26, Mem: Ss Timothy and Titus, Bishops**

(2 Timothy 1:1-8; Mark 4:21-25)

10.00am Mass: For the intentions of Tadhg Dorgan

**FRIDAY 27, Feria in Ordinary Time, Week 3**

(Hebrews 10:32-39; Mark 4:26-34)

10.00am Mass: Holy Souls

**1.30pm Funeral Service of Michael James Moore RIP**

**SATURDAY 28, Mem: St Thomas Aquinas, Priest, Doctor**

(Hebrews 11:1-2, 8-19; Mark 4:35-41)

10.00am Mass: Cora Gillies RIP

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

**NEXT SUNDAY 29, 4<sup>th</sup> Sunday in Ordinary Time, Year A**

(Zephaniah 2:3; 3:12-13; 1 Corinthians 1:26-31; Matthew 5:1-12a)

9.15am Mass: Pope Emeritus Benedict XVI RIP; 11.15am Mass Tim Richardson RIP

**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](http://www.arundelcathedral.uk)**

**Email: [arundel@abdiocese.org.uk](mailto: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.

**BAPTISM** – welcome to Noah Hicks who is to be baptised at 11.15am Mass today, and congratulations to Noah's family.

**FINANCIAL MATTERS:** Thank you for your offering: 14/15 January: £277.40 + £168.00 (Gift Aid) = £445.40

Pax Christi: £79.58

**Crib Collection for the Catholic Children's Society** ongoing

**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.

**CRIB COLLECTION** is for the Catholic Children's Society Crisis Fund. The fund has been a tremendous help to many families in our Diocese and will continue to be for so many during the cost-of-living crisis. Your contributions to the fund will be particularly welcome. This collection remains open until 2<sup>nd</sup> February when the crib comes down.

### **DATES FOR YOUR DIARY – AT A GLANCE**

**Saturday 21<sup>st</sup> January:** 1.00pm Organ Recital – Richard McVeigh

**Tuesday 31<sup>st</sup> January:** 10.00am Mass in the Fitzalan Chapel

**Saturday 4<sup>th</sup> February:** 7.30pm Concert – University of Chichester Choirs

**PLEASE PRAY FOR** the people of Ukraine. We pray for all who have died recently, especially Michael Moore, Patrick Nolan and Peter Harley. 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 Ogunnyi, Benita Marshall, Jean Marc Fritz, Nick McMenemy, Pauline Rodmell, Andrew Naylor, Irena Ray-Crosby, Virginia Stewart, Thérèse Kemp, Elizabeth Haviland, Indigo Ashworth, Sylvia Reilly, Fr Dominic O'Hara, Margaret and Terry Molland, Julie Best and all in the local hospitals, hospices, the Priory or in their own homes.

**WEEKDAY MASS IN THE WINTER** To try and keep our energy costs under control our weekday Masses (Tuesday, Thursday, Friday and Saturday) have now moved into the Sacristy, which means they will not be live-streamed.

**POPE BENEDICT XVI RIP** The Mass intention on Sunday 29<sup>th</sup> January will be for Pope Benedict and on Tuesday 7<sup>th</sup> February a Votive Mass of the Dead will be celebrated for him.

**PLEASE PRAY FOR** the repose of the soul of **Michael James Moore**. His funeral service will take place on Friday 27<sup>th</sup> January at 1.30pm. Please keep his family in your prayers.

And for **Patrick Nolan** who died this week. His Requiem Mass will take place on Wednesday 1<sup>st</sup> February at 10.30am in the Cathedral.

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

**RE-COMMISSIONING FOR MINISTRY** Those who are Ministers of the Word will be re-commissioned at all Masses this weekend – 22<sup>nd</sup> January, which is designated as the Sunday of the Word.

Ministers of Holy Communion will be re-commissioned on Sunday 29<sup>th</sup> January.

If you are an existing minister and haven't received an e-mail from Louise in the office, please get in touch.

**BEREAVEMENT GROUP** coffee takes place on the second Thursday of the month after 10am Mass in Cathedral House. The next is 9<sup>th</sup> February and then 9<sup>th</sup> March. If you'd like to get in touch with someone from the Bereavement Team, contact the parish office.

### **MASS WITH ANOINTING THE SICK**

**Saturday 11<sup>th</sup> February at 2.30pm**

followed by cake and sandwiches in the Cathedral Centre. Donations of cake are most welcome. If you would like a lift to and from the Mass, please contact the parish office on 01903 882297 or [arundel@abdiocese.org.uk](mailto:arundel@abdiocese.org.uk)

**ARUNDEL COMMUNITY HUBS** throughout January and February. The Cathedral Centre will be open from 2 to 4pm on Tuesdays and the Norfolk Centre opposite the Museum on Wednesdays from 11am to 1pm for people to drop in for warmth, coffee, cake and company. All welcome. If you can help with this (setting up, making tea and coffee, chatting) please contact Joanna Hall on 01903 882420.

**CONFIRMATION** For those in Year 10 or above who wish to make their confirmation in 2023, please complete a form online at <https://forms.office.com/e/gR3F4ws96P> The course will begin next week. Any queries, please contact the Cathedral Office [arundel@abdiocese.org.uk](mailto:arundel@abdiocese.org.uk) or 01903 882297.

**NEWS FROM ACROSS THE DIOCESE** Would you like to discover news and events taking place across our Diocese? The diocesan Communications Team produces a free, weekly, online E-Bulletin newsletter. You can sign up to it using this link: <https://mailchi.mp/7529e811ae63/joinourlist> You can also follow the Diocese on social media for the latest news and events.

**SILVER STERLINGS** the next session will take place on Wednesday 8<sup>th</sup> March.

**LITURGY OF THE WORD WITH CHILDREN – NEXT SUNDAY** The material used is aimed at children up to First Communion age (7-8 years). Parents are welcome to come out to the sessions with their children, but if your child is confident and would like to come out without a parent, please ensure that you have completed a Parental Consent Form, available from the Cathedral Office [arundel@abdiocese.org.uk](mailto:arundel@abdiocese.org.uk)

**CATHEDRAL 150<sup>TH</sup> ANNIVERSARY** The Cathedral was opened on 1<sup>st</sup> July 1873 and will therefore celebrate 150 years as a presence here in Arundel during 2023. There are lots of additional concerts throughout the year (see the poster on our website, the touchscreen in the Cathedral and a poster in the Cathedral) and all of the Diocesan Confirmation Masses are taking place here, so a busy year ahead. **Can you offer your help?** Welcomers are always needed, especially when we have visitor who are unfamiliar with the Cathedral. On Friday 30<sup>th</sup> June we will celebrate with Vespers and on Saturday 1<sup>st</sup> July a Diocesan Mass will take place in the Cathedral. If you would like to attend either of these, please contact the parish office. If you would like to offer help at either of these – even better! We hope to have a parish event the following Sunday 9<sup>th</sup> July – would you like to be involved in planning this? Please speak to Canon David or contact the parish office.

**VOLUNTEERS ROLES** The Cathedral needs a volunteer to oversee the **Health and Safety** requirements for the parish. This role is supported by resources and advice from the Diocesan Property Office, and the holder would liaise with Canon David and Louise in the Cathedral Office. Some experience of health and safety matters would be an advantage. This is primarily a practical role working mainly on your own, but there is also the need for sound record keeping. Speak to Canon David or Louise if you would like to know more.

Also, we are looking for a volunteer to oversee the possible use of the **Cathedral Centre** by the local pre-school who already have a base in St Philip's School. There would be some initial work to undertake in setting up an agreement and settling in period, after which just occasional input. If you think this is something you can help with, please speak to Canon David or Louise in the office.

#### **WORTH ABBEY RETREATS**

**Time Out individual self-guided retreats** 6–9 February, 6–9 March and 15–18 May Cost: £90 per person, per night (min 2 nights).

**Finding Stillness** 13–16 March and 5–8 June Cost: £330 per person, single occupancy.

**The Wisdom of St Benedict : Fr Martin McGee OSB** 14–16 February Cost: £220 per person, single occupancy

**Lent Retreat : Fr Peter Williams OSB** 28 February–2 March Cost: £220 per person

Please contact Worth Abbey for further information. T:01342 710318 E:

[retreats@worth.org.uk](mailto:retreats@worth.org.uk) W: [worth.co.uk](http://worth.co.uk)

**ST PHILIP HOWARD CATHOLIC SCHOOL AND THE BOSCO CATHOLIC EDUCATION TRUST** are currently recruiting for both teaching and administrative roles. To learn more about the exciting opportunities being advertised, please visit the vacancies page on the school website [www.sphcs.co.uk](http://www.sphcs.co.uk)

**CAFOD** Could your New Year's resolution be to help build a better world through volunteering? CAFOD, the Catholic Agency for Overseas Development, is looking for people to give some time and join them in their mission. Could you help develop our work in parishes or Catholic schools? Or raise a voice and campaign for justice throughout the diocese? Training and support are provided. See W: [cafod.org.uk/Volunteer](http://cafod.org.uk/Volunteer) or Email: [arundelandbrighton@cafod.org.uk](mailto:arundelandbrighton@cafod.org.uk)

#### **DIOCESAN RUN EVENTS:**

##### **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](mailto:lizzie.wakeling@abdiocese.org.uk) for more information.

##### **ANNUAL JUSTICE AND PEACE ASSEMBLY - Hungry for Change.** Saturday 28 January 9.30-

1.30pm. The Philip Howard Centre, Crawley, RH10 6RP. Please join us at our Annual Justice and Peace assembly which will explore food and conflict and positive steps we can make. With Bishop Richard and speakers from CAFOD, Pax Christi and the Ecological Conversion Group. This event is free of charge, but booking is requested, at the following booking link [Annual Justice & Peace Assembly "Hungry for Change" \(28-Jan-2023\) · ChurchSuite Events](#)

For more information, please contact Tessa Ricketts E: [Tessa.Ricketts@abdiocese.org.uk](mailto:Tessa.Ricketts@abdiocese.org.uk)

**Diocesan Youth Work Training Course** Do you want to help young people to grow in faith? Why not sign up for our Youth Ministry Training Days? Taking Place on 25 February and 25 March 2023, you will learn how to effectively engage with teenagers to help them know the love of God. For Confirmation Catechists, Youth Group Leaders or anyone interested in setting up a youth group. Contact E: [lizzie.wakeling@abdiocese.org.uk](mailto:lizzie.wakeling@abdiocese.org.uk) for more information. Poster for printing off for display in your parish and thumbnail attached.

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

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

**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.

## CONVENT OF POOR CLARES, CROSSBUSH

write: **Taizé prayer** on the last Friday of each month. Next date: **FRIDAY 27<sup>th</sup> JANUARY** at 7:15 YOU ARE WELCOME! If you would like to read the Scripture, let us know [arundel.poorclares@gmail.com](mailto:arundel.poorclares@gmail.com)

**THE PARISH PROCLAIMER** (80-100 pages) comes out twice a year (circa Dec and June).

There are printed copies in a bound booklet form with a cost of £5 per issue (£10 per year). The magazine is available on the parish website and on devices in the Cathedral for free, but a number of parishioners have expressed a desire for a hard copy.

If you would like a hard copy, please ask in the Parish Office for a form. There is also a standing order section to this form should you wish to be a regular subscriber. Some who are happy with their online version may like to donate towards the cost of publishing the bound copies for some who may not be able to afford the £5 or £10. The Friends of Arundel Cathedral have made a contribution to enable this first bound issue to be published for which we give our grateful thanks. Any queries contact Melinda Heathcote 01903 882227

**JOIN FRIENDS OF THE HOLY LAND** for an unforgettable evening of uplifting music on Thursday 16th February in Westminster Cathedral at a concert featuring the London Welsh Male Voice Choir supported by The Priests. The concert starts at 7:30 pm and tickets starting at £20 are available now through Eventbrite at - <http://bit.ly/3i0ath2> or search LWMVC Concert at Westminster Cathedral, or by calling the office – 01926 512980.

[www.friendsoftheholylan.org.uk/westminster-concert2023](http://www.friendsoftheholylan.org.uk/westminster-concert2023)

## ‘SHARING THE CHURCH’S STORY’

**CONFERENCE** Catholic Voices and Word on Fire are hosting a one-day conference called ‘*Sharing the Church’s Story*’. Come and join 1300 Catholics who are passionate about the renewal of the Church in the UK and a host of dynamic speakers including the internationally renowned speaker and author, Bishop Robert Barron. So whether you are a volunteer, parent, catechist, clergy, religious, or just want a boost for your faith life, then this conference is for YOU.

WHEN? Saturday 11<sup>th</sup> February 2023, 10am-5pm.

WHERE? QEII Centre, Westminster, London, SW1P 3EE. REGISTER/FIND OUT MORE?

[www.sharingthechurchsstory.com](http://www.sharingthechurchsstory.com)

## VOCATIONS WEEKEND FOR WOMEN

Theme: Discerning God’s Call in your life

Dates: 3-5 Feb 2023

Location: London

Organised by the Sisters, Faithful Companions of Jesus (FCJ) this weekend will give the opportunity to explore the vocation to religious life and to reflect on God’s call to you. For more information contact Sr Lynne fcJ at [fcjvocationeurope@gmail.com](mailto:fcjvocationeurope@gmail.com) or visit our website [www.fcjsisters.org](http://www.fcjsisters.org)

**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:

Men’s 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:- Men’s - 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.

## ADoRE Online spiritual mini-retreat morning 28

**January 10.00-1.00 "Called to be Missionary**

**Disciples"** - we are called to share in Jesus’ mission.

Guest speaker is Charles Whitehead KSG, speaker, author and internationally acclaimed leader in Catholic Renewal. Starts with Mass at 10.00 and also includes Adoration, Prophetic sharing, Praise, Testimony and discussion. Please register for the Zoom meeting in advance at [Meeting Registration - Zoom](http://Meeting Registration - Zoom)

## 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.