



Newsletter

Diocese of Arundel & Brighton

19th March 2023

Sunday Masses are available via the Cathedral live stream on www.arundelcathedral.uk

THIS SUNDAY 19, 4th 'Laetare' Sunday of Lent, Year A

(1 Samuel 16:1b, 6-7, 10-13a; Ephesians 5:8-14; John 9:1-41)

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

9.15am Mass: In thanksgiving for a successful operation; 11.15am Mass: Giovanna Fusco RIP

MONDAY 20, Solemnity: St Joseph, Spouse of the Blessed Virgin Mary

(2 Samuel 7:4-5a, 12-14a, 16; Romans 4:13, 16-18, 22; Matthew 1:16, 18-21, 24a) No Mass

TUESDAY 21, Tuesday of the Fourth Week of Lent

(Ezekiel 47:1-9, 12; John 5:1-16)

10.00am Mass in the Fitzalan Chapel: Minna, Duchess of Norfolk RIP

WEDNESDAY 22, Wednesday of the Fourth Week of Lent

(Isaiah 49:8-15; John 5:17-30)

8.30am Mass at the Convent of Poor Clares

THURSDAY 23, Thursday of the Fourth Week of Lent

(Exodus 32:7-14; John 5:31-47) 10.00am Mass: Gerard Felix RIP

FRIDAY 24, Friday of the Fourth Week of Lent

(Wisdom 2:1a, 12-22; John 7:1-2, 10, 25-30) 10.00am Mass: Damian Simmons RIP

7.00pm: Stations of the Cross at St Nicholas' Church - all welcome

SATURDAY 25, Solemnity: The Annunciation of the Lord

(Isaiah 7:10-14; 8:10; Hebrews 10:4-10; Luke 1:26-38)

10.00am Mass: Alberta Monet RIP

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

NEXT SUNDAY 26, 5th Sunday of Lent, Year A

(Ezekiel 37:12-14; Romans 8:8-11; John 11:1-45)

9.15am Mass: Glenys Margarita Strudwick RIP; 11.15am Mass: Gerard Lavin 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

Email: arundel@abdiocese.org.uk

**Canon David Parmiter
Cathedral Dean**

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

FINANCIAL MATTERS: Thank you for your offerings:
11/12 March: £233.64 + £111.00 (Gift Aid) = £344.64
Lenten Alms: Aid to the Church in Need
Easter Flowers: **THIS** Sunday 19th March

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.

DATES FOR YOUR DIARY – AT A GLANCE
Saturday 18th 7.30pm Arun Choral Society Concert in the Cathedral, see [Chilcott Requiem & Rutter Requiem – Arun Choral Society](#) for information and tickets.
Sunday 19th after 9.15am Mass Mothering Sunday breakfast
Tuesday 21st 10.00am Mass in the Fitzalan Chapel
Wednesday 22nd 7.00pm Corpus Christ Volunteer meeting in the Cathedral Centre
Saturday 25th 7.30pm Angmering Chorale Concert see [Angmering Chorale - Programme \(theangmeringchorale.org.uk\)](#)
Saturday 1st April 1.00pm Organ Recital – Robert Sholl see [2021 Organ Concerts – Arundel Cathedral](#)

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.

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

CELEBRATION OF CORPUS CHRISTI in the year of the 150th anniversary of the Church. This feast, which we mark with a carpet of flowers, Mass and the Eucharistic procession to the Castle has been taking place in the Church since the Church opened, with the exception of the First World War and the recent Pandemic.

Preparations begin on the afternoon of **Sunday 4th June** and the Cathedral will be open to the public to view the carpet on **Wednesday 7th and Thursday 8th June**, finishing with the Mass and the procession to the Castle. This is a large event to put on for our small Parish, would you be prepared to volunteer your time and skills to help with the tasks involved: stewarding, catering, shop, preparing and laying the carpet of flowers, clearing up!

If you can help, come to a briefing (with refreshments) on **Wednesday 22nd March at 7pm** in the Parish Centre. Please let Louise know that you can attend and if possible which area of work you might like to be involved with. Bring a friend! Even if you are only able to offer small amount of time during the feast, your contribution will help ensure that those who visit are able to make the most of their time here taking home happy memories and being spiritually refreshed.

PARISH PROCLAIMER Articles for the next edition of the Proclaimer needed! Deadline: Friday 19th May.

BEREAVEMENT GROUP coffee takes place on the second Thursday of the month after 10am Mass in Cathedral House. The next is 13th April. If you'd like to get in touch with someone from the Bereavement Team, contact the parish office.

**MOTHERING SUNDAY BREAKFAST
THIS Sunday**

Calling all ladies of the parish - young and old - you are warmly invited to our annual Mothering Sunday Breakfast in the Cathedral Centre immediately after the 9.15am Mass.

Those gentlemen who would like to help and serve at this function, please come along as well.
Many hands make light work.

"TUESDAY AFTERNOON DROP IN" through March. All welcome! Come and have a cup of tea/coffee and meet up with friends and make new friends. 2 to 4pm at the Cathedral Centre (downstairs).

PLEASE PRAY FOR the people of Ukraine. We pray for all who have died recently. 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 Oggunniyi, 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, Elizabeth Davison, Maurice Clouter and all in the local hospitals, hospices, the Priory or in their own homes.

ST BERNADETTE RELICS TOUR A film has been made of the relics tour which can be seen at: [Relics Tour](#) Well worth a watch.

HOLY WEEK

Wednesday 5th April 6.00pm
Diocesan Chrism Mass

Thursday 6th April 8.00pm
Mass of the Lord's Supper

Friday 7th April
10.00am Stations of the Cross
3.00pm The Passion of the Lord

Saturday 8th April 8.30pm
The Solemn Vigil of Easter

Sunday 9th April - Easter Sunday
9.15am Mass
11.15am Mass

COMMUNION UNDER BOTH KINDS Following advice from the Bishops' Conference of England and Wales, from Holy Thursday we will re-introduce communion under both kinds.

LITURGY OF THE WORD WITH CHILDREN
next sessions 26th March; 2nd April (Palm Sunday); 30th April; 28th May; 25th June

SAFEGUARDING For anyone in the parish who is involved in ministry with children or vulnerable adults and needs a DBS check updating, please note that a member of the Diocesan team will be in Cathedral House for a morning on Monday 27th March from 11am. Please contact Louise in the office to find out what you need to bring to complete a check.

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.

HOMES OR 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.

We will be holding a webinar for UK residents interested in hosting a Ukrainian guest or family under the Homes for Ukraine scheme on **Wednesday, March 29, 7pm**. More details at: <https://fb.me/e/N9EtGqhe>

GIFT AID ENVELOPES If you are a taxpayer and do not yet gift aid your offertory donation please consider doing so now for the benefit of the parish. For more information speak to or e-mail Martin Hall on ga.arundel@abdiocese.org.uk or the Cathedral Office.

FINANCE

If you wish to make a donation to the Cathedral online, there are now **three ways** to do this:

Direct to the Cathedral bank account:

Bank: HSBC, 69 Pall Mall, London

Account Name: Arundel Cathedral

Sort Code: 40 05 20

Account No.: 41076566

Or via the parish website [Arundel Cathedral – Arundel Cathedral](#) there is a 'Click to donate..' button at the top of the home page. You can Gift Aid via this method.

Or via the Diocesan website at: [Donate · ChurchSuite Donate](#) you can Gift Aid via this method.

DONATION DEVICE We have two donation devices in the Cathedral where you can donate by card, and you can Gift Aid your donations. One is positioned near the north door, and the other device is by the West door. We also have a poster and banner with a QR code to make donations.

MISSIO 'RED BOX' LOCAL SECRETARY We are in need of someone to take over the parish role for Missio, due to the death of Peter Cullinane. Local Secretaries look after the Red Box members in the parish, ensuring that boxes are emptied and organising the distribution of the free quarterly magazine, Mission Today.

Do you have some free time? Could you undertake this role? Missio volunteers have the full support of the Missio team who support you at every stage and answer all queries. More information at missio.org.uk Please let Canon David know if you are interested and he will contact Missio to get you started.

CAFOD Syria-Turkey Earthquake Appeal

CAFOD is responding with support of provision of food, water, shelter, medical assistance and winter kits for survivors. Your donations in recent months have made that quick response possible. Let us join CAFOD in praying for our sisters and brothers affected by the earthquakes and the winter weather. Your support for CAFOD throughout the year allows our Catholic agency to act quickly when disasters strike. For more details visit CAFOD's Syria Turkey Emergency Appeal online at <https://cafod.org.uk/give>.

MINISTRY OF CONSOLATION The Diocese will be running a course to train people in this ministry in May/June. The course will be held in the evenings to allow those who work to attend. If you are interested in joining this ministry, please speak to Canon David or e-mail the Parish Office.

DIOCESAN RUN EVENTS:

Bookings for World Youth Day close on 31st March!

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.waking@abdiocese.org.uk for more information.

Talk for Young Adults. Dominican Brother Thomas Mannion will be joining our Young Adults group online on Monday 20 March at 7.30pm to talk to the community about Ecclesiology: Why is Christian Fellowship so important? Please contact E: lizzie.waking@abdiocese.org.uk to find out how to join this engaging and interactive session.

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

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

ADORE Online spiritual mini-retreat morning **25 March 10.00-1.00** "I AM THE VINE, YOU ARE THE BRANCHES" - Going deeper with Jesus. Guest speaker is **Jenny Baker**, National Lead of Celebrate Trust. Previously producer and presenter of Café DVDs. Conference speaker and former Vice Chair of English Charismatic Renewal. Session 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 bit.ly/ADOREMAR2023

LENT...

Here are some opportunities in the parish and nearby: **STATIONS OF THE CROSS** will take place every Friday at 7pm throughout Lent, alternating between St Nicholas' Church and here in the Cathedral.

TUESDAY PRAYER GROUP for Lent reflecting on the Gospel for the following Sunday, at 10.45am to 12 noon in the dining room at Cathedral House (Cathedral Centre for this week only). All welcome.

LENT GROUP 2023 AT THE POOR CLARES, ARUNDEL Thursdays at 7pm from 23rd February, Lectio Divina on the Sunday Gospels. All welcome. See leaflets at the back of the Cathedral for details.

CATHOLICISM COURSE will be running through Lent and Eastertide in Storrington Parish on Thursday evenings at 7.30pm. All are welcome. The course is a programme of talks on the Catholic Faith given by well-known and respected American, Bishop Robert Barron. The title of the talks is 'Catholicism – a journey to the heart of the faith'. Any queries, contact storrington@abdiocese.org.uk

LENTEN ALMS We will collect for Aid to the Church in Need during Lent. Each year they fund over 5,000 projects in more than 140 countries around world, helping to support the Church in its mission, and bringing hope and solidarity to millions of people. See more at [Aid to the Church in Need | Home \(acnuk.org\)](http://Aid to the Church in Need | Home (acnuk.org)) or at the table in the south transept.

LENTEN SOUP LUNCHEAS AT SLINDON

CHURCH You are warmly invited to join us on Thursdays throughout Lent for delicious soup lunches at St. Richard's Catholic Church, Top Road, Slindon from 12 noon to 2pm. All donations to Stonepillow, our local homeless charity. At 11am on Thursdays in Lent we will pray the Stations of the Cross.

THE VOLUNTARY SERVICES TEAM for Sussex Community NHS Foundation Trust are currently recruiting for volunteers to help ease the pressure on the Wards in the hospitals. These are not medical positions but instead interacting with our patients at Arundel and District Hospital through conversation, playing a game, or assisting with a crossword etc. Some of our patients get very few visitors and others receive none at all. We are looking for volunteers who can spare a regular two hours mid-week to offer a bit of invaluable company that, sadly, the nursing staff are under too much pressure to be able to give. As much as they would love to.

If you would be interested in volunteering with us, please apply via the link below

<https://www.sussexcommunity.nhs.uk/work-with-us/volunteer-application.htm>

or email us if you would prefer the forms sent out in the post or require any further information

sc-tr.voluntary-services@nhs.net

THANK YOU FOR YOUR DONATIONS TO: GATWICK DETAINEES WELFARE GROUP

CHARITY At the moment, they are in needs of men's shoes size 7, 8, & 9. Items can be brought into the Cathedral Office or left in the box marked at the back of the Cathedral.

Applications to this year's DIOCESAN LOURDES PILGRIMAGE are now open. Travelling to Lourdes is a wonderful experience full of fun, companionship, faith, friendship and laughter. The pilgrimage takes place 28 July to 3 August by air, or 27 July to 4 August by coach or jumbulance. You can find out more about journeying to Lourdes with us this summer by visiting [Lourdes Pilgrimage \(abdiocese.org.uk\)](http://Lourdes Pilgrimage (abdiocese.org.uk))

THE CATENIANS are keen to support young people financially to go to Lourdes, have you thought about going but the cost is too much? See more information and apply at [Lourdes Awards \(catenianbursary.com\)](http://Lourdes Awards (catenianbursary.com))

CATHEDRAL 150TH ANNIVERSARY The Cathedral was opened on 1st 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 30th June we will celebrate with Vespers and on Saturday 1st 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 9th July – would you like to be involved in planning this? Please speak to Canon David or contact the parish office.

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.