



**The Catholic Community of
Arundel & Storrington**
4th 'Laetare' Sunday of Lent, Year A
15th March 2026



Contact us	<p>Priest: Fr Stephen Dingley Deacons: Rev Roger Stone roger.stone@abdiocese.org.uk; Rev David Clifton (Retired) Secretary: Louise Sharp Cathedral House, Parsons Hill, Arundel, BN18 9AY 01903 882297 arundel@abdiocese.org.uk www.arundelcathedral.uk and Our Lady Of England</p> <p>Safeguarding Rep (Storrington): Theresa Byrne - 01903 744790 Safeguarding Rep (Arundel): Caroline Phillips—07503 387409 sg1.arundel@abdiocese.org.uk Diocesan Safeguarding Office: 01293 651148, safeguarding@abdiocese.org.uk</p>				
Our Churches	<p>The Cathedral Church of Our Lady and St Philip Howard, London Road, Arundel, BN18 9AY Our Lady of England, School Lane, Storrington, RH20 4LN Convent of Poor Clares, Crossbush, Arundel, BN18 9PJ</p>				
Live Stream	<p>Masses from the Cathedral are livestreamed and are available via the Cathedral website www.arundelcathedral.uk or https://www.churchservices.tv/arundel</p>				
Catholic Schools	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> St Philip's Catholic Primary School 01903 882115 office@st-philips.w-sussex.sch.uk </td> <td style="width: 50%; border: none; text-align: right;"> London Road, Arundel, West Sussex BN18 9BA Headteacher: Mrs Thérèse Pullan </td> </tr> <tr> <td style="border: none;"> St Philip Howard Catholic School 01243 552055 office@sphcs.co.uk </td> <td style="border: none; text-align: right;"> Elm Grove South, Barnham, West Sussex PO22 0EN Headteacher: Mr Tim Hulse </td> </tr> </table>	St Philip's Catholic Primary School 01903 882115 office@st-philips.w-sussex.sch.uk	London Road, Arundel, West Sussex BN18 9BA Headteacher: Mrs Thérèse Pullan	St Philip Howard Catholic School 01243 552055 office@sphcs.co.uk	Elm Grove South, Barnham, West Sussex PO22 0EN Headteacher: Mr Tim Hulse
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We live in a world of light pollution. Unless you live in the countryside it's hard to see more than a few stars in the night sky. When I was studying astronomy I was lucky enough to travel to New Mexico and Hawaii, where the night sky is *really* dark, and it's amazing how many more stars you can see.

But we also live in a world of spiritual light pollution.

Jesus says in the Gospel today, "I am the light of the world". The metaphor of light is often used in the Scriptures to speak of Christ, for example: "The people who sat in darkness have seen a great light" (Matt 4:16); at Jesus' Presentation in the Temple Simeon calls Him, "A light to enlighten the Gentiles" (Luke 2:32); in the prologue to his gospel St John says, "In Him was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it." (John 1:4-5). Two weeks ago we read about the Transfiguration, when Jesus' face literally shone with light to show forth His divinity.

However, there are many other dazzling lights in our world: bright city lights (and all that go with them), advertising hoardings, and of course our TV, computer and phone screens. All these can prevent us—or distract us—from seeing the true Light of the World. So maybe we need to go out into the desert or up a mountain—not New Mexico or Hawaii, but the desert of Lent and the mountain of prayer—to catch a glimpse of the real Light of our lives.

God bless, Fr Stephen

No changes to Masses this coming week.

Weekday Mass has returned to the main body of the church and will be live streamed. Recordings of these Masses will be available for 7 days.

Reconciliation There will be extended times of confession in the deanery with additional priests available as follows: Saturday 14th March in Arundel 10.30am onwards and Tuesday 24th March at St Richard's, Chichester after the 6pm Mass. Confession is also available on request.

Please pray for the children of our parish who will be making their first Reconciliation in the coming weeks.

Stations of the Cross on Friday 13th March at St Nicholas' and Friday 6th March in the Cathedral. In Storrington this will take place after 10am Mass on a Tuesday.

Ecumenical Lent Course - Christians in Storrington Shared Lent Course continues through Lent on Saturdays from 9am (Croissant and Coffee) 9.30am - 10.45am (Course) More details and to register text Jonathan 07538 011579 or email frj.stmary@gmail.com **All are welcome.**

Mothering Sunday Treats. Please come along to the Cathedral Centre on Sunday 15th March after the 11.00am Mass with all the family for coffee and good conversation, along with some Mother's Day treats!

Gift Aid The tax year will be ending soon and for those using the weekly envelopes these are available to collect at the back of the Cathedral.

If you are a taxpayer and have not already joined the parish gift aid scheme please consider doing this now. Your offertory would then go up by 25% at no extra cost to you. The easiest method is to pay by bank standing order but the envelope system is still available at the Cathedral if you would prefer to donate in cash.

For those who already donate by standing order, this is a good time to review your level of giving. If you have not done this for some time have you considered the effects of inflation over recent years?

Please contact Martin Hall, gift aid organiser for Arundel and Storrington if you would like further information on how to set up gift aid. Email ga.arundel@abdiocese.org.uk or call the Parish office.

Tuesday Drop In Next meeting: Tuesday 17 March at the Cathedral Centre, 2 to 4pm, All welcome for tea/coffee, friendly chat, board games. Lifts available, please contact Maria on 07413 267267.

Silver Sterlings and Sewing Bees next meet on Thursday, 26th March 10am - 12noon for general cleaning, polishing and repairs. Please join us - Tea, Coffee, chats and laughter guaranteed! All welcome

The Sacred Paschal Triduum will be celebrated in the Cathedral for both Arundel and Storrington communities as follows:

Maundy Thursday 2nd April 8.00pm Mass of the Lord's Supper with washing of feet, followed by watching at the Altar of Repose, ending with Compline at 11.50pm.

Good Friday 3rd April 3.00pm The Solemn Liturgy of the Lord's Passion.

Holy Saturday 4th April 8.30pm The Solemn Vigil of Easter (first Mass of Easter).

Easter Sunday Morning Masses will take place at 9am in Storrington and 11am in Arundel on Sunday 5th April.

Further details of Prayers, Vespers and Confessions available on the Holy Week leaflet.

Easter Egg Hunt 2026 (Run by Our Lady of England Children's Liturgy Group) After 9.00am Mass in Storrington on Easter Sunday as we continue to celebrate the Risen Lord, enjoy an Easter Egg Hunt with other families in the cloister garden. Children must be accompanied by a parent/carer. All are welcome. Book in by 23rd March at [Storrington Easter Egg Hunt \(05-Apr-2026\) · ChurchSuite Events](#)



St Vincent
de Paul Society
England and Wales
Turning Concern into Action

There are SVP Groups in Arundel and Storrington who meet regularly and can offer help and support. If you, or someone you know, would like a friendly visit or help in any way or you would like to know more, please contact the parish office.

Reclaiming Humanity: Attention & Love in a Fragmented World Sunday 22 March · 1:30–4:15pm at The Fitzherbert Hub, St John the Baptist Church, BN2 1AP. An afternoon Exploring Catholic Social Teaching with **Fr Toby Lees OP** a Dominican priest, moral theologian, and Priest Director of Radio Maria England. All are welcome to join early for a shared lunch at 12:45pm (please bring a packed lunch or a dish to share). No booking required. Donation only. Tea, coffee, and cake provided.

More info: joanna.gilbert@abdiocese.org.uk

Socks! Gatwick Detainees Welfare Group need them! Can you pop an inexpensive value pack of socks in your next supermarket shop and help us out? We only give out new socks to people in detention and there is huge dignity in having dry feet and the luxury of new socks. Thanks so much for any help. Collection chest at the back of the Cathedral.

Advance Notice: Parish Course on Pope Francis's encyclical Evangelii Gaudium (The Joy of the Gospel). This encyclical will be read through and discussed over six Saturday mornings at Our Lady of England, Storrington commencing 18 April. Sessions will be from 10-11.30 am with tea and coffee available. Evangelii Gaudium was a key mission statement of Pope Francis, and Pope Leo declared his intention to follow Francis's programme and specifically this book in his address to cardinals two days after his election. Its importance to parishes is becoming increasingly recognised. Everyone is welcome, if you wish to take part please let Louise in the parish office know so that copies of the book can be ordered.

Pray for parliamentarians and for a culture of life, In a Lenten statement, the Archbishop of Liverpool, the Most Reverend John Sherrington, clarified the Church's principled objection to the Terminally Ill (Adults) End of Life Bill, and urged Catholics to pray for parliamentarians debating the Private Members' Bill in the House of Lords. Archbishop Sherrington, the Lead Bishop for Life Issues for the Bishops' Conference, asked for a special prayerful focus on those who are suffering near the end of their lives and those who care for them. [Pray for parliamentarians and for a culture of life, says Archbishop in Lenten statement - Catholic Bishops' Conference](#)

Marriage Catechists & Ambassadors' Formation Day, Christ the Prince of Peace, Weybridge, Saturday 18 April 10.30am – 3pm For all those involved in the Marriage Preparation process across the Diocese or anyone who is keen to support and build the understanding of sacramental marriage in their parishes. Join us for a day of sharing, listening and learning from the many teams across the diocese; sharing your experience and ideas from the important work you are doing. We will also be discussing ways of engaging, educating and raising the understanding of a sacramental marriage with the young adults of our parishes. Please bring a packed lunch. To register, go to the Events page of the Diocesan website W: [Events | Our Diocese](#) . If you have any questions about the day please contact Deacon Simon South, Diocesan Marriage & Family Life Adviser E: simon.south@abdiocese.org.uk

Clause 208 of the Crime and Policing Bill - please act now to protect pregnant women and their babies Clause 208 of the Crime and Policing Bill would change the law, so that it is no longer illegal for women to perform their own abortions for any reason and at any point, up to and during birth. The Bill is now at Report Stage in the Lords, with the key votes likely to take place on Wednesday 18 March. Please [Contact a member of the House of Lords - UK Parliament](#) to urge them to oppose Clause 208 and support Baroness Stroud's amendment to reinstate the requirement for an in-person consultation before providing abortion pills. For further information and a quick facility to ask Peers to oppose abortion up to birth visit: righttolife.org.uk/uptobirthlords. Please keep this issue in your prayers. Enquiries to Pauline Gately, Co-ordinator of the [Social Action doc for website](#) , E: p.gately@outlook.com

'Beloved' Art Exhibition - 23rd - 27th March at The Parish Centre, Hislop Walk, Bognor Regis. Bringing suicide and addiction deaths into the light, an exhibition of paintings of love and hope by Bognor artist Antonia Rolls. The paintings bring consolation and light into places where we think there is none. Opens Monday 23rd March 6pm to 8pm, and daily Tuesday 24th March to Friday 27th March 1pm to 6pm. Entrance is free, all are welcome. If you would like to find out more about Antonia's work, please visit [Antonia Rolls, Artist Extraordinaire](#)

HOLY MASS & OTHER SERVICES THIS WEEK		Prayers For The Sick
Saturday 14th Cathedral 5.00pm	4th 'Laetare' Sunday of Lent - Year A Luke Manning RIP	Your prayers are asked for all who are unwell at this time, those at home, in hospital, hospices and in care homes.
Sunday 15th Storrington 9.00am Cathedral 11.00am	Daniel & Mary Cleary RIP People of the Parish	Sacrament of the Sick Please contact Fr Stephen Tel 01903 882297 Other local parishes: Petworth: 01798 342169 Bognor: 01243 823619 Chichester 01243 782343
Monday 16th Cathedral 10.00am	John & Geraldine Hennon RIP	 Requiem in Aeternum Your prayers are asked for all those who have died recently.
Tuesday 17th Storrington 10.00am 10.40am	Gerard Joseph Phillips RIP Stations of the Cross	
Wednesday 18th Cathedral 10.00am	For the election of a new bishop	Coffee & Tea After 9.00am Mass at Storrington After 11.00am Mass at Arundel
Thursday 19th Storrington 10.00am Storrington 10.30am	People of the Parish Confessions and Adoration to 11.30am	Liturgy of the Word with Children Takes place weekly at 9am Mass in Storrington. At Arundel this will take place at 5.00pm Mass twice a month as follows: March 21st; April 11th & 25th
Friday 20th Cathedral 9.15am Cathedral 10.00am Arundel 7.00pm	Adoration Damian Gerard Simmons RIP Stations of the Cross—Cathedral	Music at Mass  9.00am Mass Music Group at Storrington—all welcome to rehearsals on Wednesday evenings at 8.00pm in the church.
Saturday 21st Cathedral 10.00am Cathedral 10.30am Cathedral 5.00pm	Francis Twambley RIP Confessions and Adoration to 11am 5th Sunday of Lent - Year A People of the Parish	Rosary Wednesdays 7.00pm - Storrington Mondays after 10am Mass - Arundel First Saturday of the month 9.15am - Arundel
Sunday 22nd Storrington 9.00am Cathedral 11.00am	Thomas, Agnes & Mary Drummond RIP Gérard Felix RIP	Finance If you have any questions about setting up standing orders or Gift Aid, please contact Martin Hall on ga.arundel@abdiocese.org.uk Martin can help with queries in both Arundel & Storrington.
Chemin Neuf at Our Lady of England, Storrington Mon - Frid: Adoration 6pm-6:30pm in Church Mon, Wed & Fri Mass (Maronite) 9.00am in the Church Tuesday 7.30-8.30pm Prayer Group		
Masses at the Convent of Poor Clares, Crossbush Monday - Saturday: 8.30am; Sunday: 6.00pm		

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www.arundelcathedral.uk or <https://www.churchservices.tv/arundel>