



**St George's & St Theresa's**  
*Serving Southwick, Portslade,  
 Hangleton and West Blatchington*

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[www.stmarys.brighton-hove.sch.uk](http://www.stmarys.brighton-hove.sch.uk)

**Also serving the parishes:**  
**Cottesmore:** [www.cottesmore.brighton-hove.sch.uk](http://www.cottesmore.brighton-hove.sch.uk)  
**Newman:** [www.cnccs.co.uk](http://www.cnccs.co.uk)

### Support the people of Ukraine

Join us in prayer at the Holy Hours on Wednesday evening after Mass and Friday morning from 11am, before Mass.

The Diocese continues to promote CAFOD's Ukraine Appeal to parishes and people wishing to give financially. You can give to CAFOD's Appeal at: [cafod.org.uk/Give](http://cafod.org.uk/Give).

To access Reset's website go to:  
[www.homesforukraine.org.uk](http://www.homesforukraine.org.uk) .

Find out more about the Government's Homes for Ukraine initiative: [homesforukraine.campaign.gov.uk](http://homesforukraine.campaign.gov.uk) .

To find out about the Family Scheme Visa visit:  
[www.gov.uk/guidance/apply-for-a-ukraine-family-scheme-visa](http://www.gov.uk/guidance/apply-for-a-ukraine-family-scheme-visa).



**Invited**  
 2021-2025

Season 2 of **Invited** begins on Easter Monday, 18th April. There will be more information about it in next week's newsletter. In the mean time you can go to the Invited website:

[www.abdiocese.org.uk/invited](http://www.abdiocese.org.uk/invited)

### 3rd April 2022: Fifth Sunday of Lent Sunday: Year C, Weekdays: 5th Week of Lent

#### Fr Tony Writes: The Examen

In my homily this week I will be talking about a form of prayer known as the Examen. It is another of the gifts we have received from St Ignatius of Loyola, and he considered it to be the most important thing for Jesuits to practice. It is more than just an examination of conscience. Rather it is a way of growing in discernment of how God is working in our lives, and enabling us to respond more fully to that. Ideally it is done daily, and should take around 10 minutes. Here is one outline:

1. **Pray for Light.** Acknowledge God's presence and ask the Holy Spirit to guide your prayer.
2. **Give Thanks** for the day that has passed—perhaps alighting on one thing you are thankful for.
3. **Review the Day.** Go back over the day, giving thanks where you recognise you have responded to God, and noting where you have not responded so well, or even resisted grace.
4. **Face your Shortcomings.** Acknowledge your failings and ask for grace to overcome them.
5. **Look Forward.** Commit to being more attentive to God's call in the day to come, perhaps deciding on one specific way to do this.
6. **Conclude** with a particular prayer—for example the Our Father.

*Adapted from [www.ignatianspirituality.com](http://www.ignatianspirituality.com)*



Over seven million people are currently affected by leprosy across the world.

Evidence shows over three million people are living with undiagnosed leprosy and over four million people are living with a life-changing disability caused by leprosy. Although curable, many people are unable to access treatment, even though the cure is free. Lepra works to find, treat and rehabilitate these hidden people and promote their rights in India, Bangladesh and Zimbabwe. Due to misunderstanding, lack of information and incorrect beliefs, people affected by leprosy can experience severe discrimination and prejudice when they show symptoms, or when a diagnosis is confirmed. Our mission is to beat leprosy – so that all cases are easily diagnosed and treated and leave no disability or discrimination. We are working towards a day when leprosy no longer destroys lives; with your support we can achieve this sooner. Please help us beat leprosy – even the smallest contribution can help treat and rehabilitate people trapped by this disease.

***This weekend's second collection is for Lepra.***

### Please pray for:

All who are sick in the parish, especially Andrew Duncan, Ronald Paine, Elizabeth Smith, Jean Ryan, and Fr Tadeusz. Also those who have died recently, especially Barry Morris, Hattie Baker, June Porritt and Sheila Hooper, those who have been recently bereaved, and those whose anniversaries occur around this time.

### Lenten Activities

#### Stations of the Cross, Thursday & Friday evenings

Thursday's Online Stations will be led by Fr Tony. Friday's Stations will be at St Theresa's at 7:30pm.



#### Friday Soup Lunches

Our last soup and roll lunch after midday Mass at St Theresa's is this Friday, 8th April.

#### Reconciliation Service, Palm Sunday, 10<sup>th</sup> April

There will be a Reconciliation Service at St George's on Palm Sunday afternoon at 3pm. This takes the form of a short service, followed by individual confessions. There will be several priests present to hear confessions.

### Weekly Timetable

<b>Saturday 2nd April</b>	4:45 - 5:15pm Confessions 5:30pm Mass, St Theresa's	Michelle Evans RIP
<b>Sunday 3rd April</b> <b>5th Sunday in Lent</b>	9am Mass, St Theresa's 11am Mass, St George's	Martin & Bridget Grennan RIP All Parishioners
Tuesday 5th April	10am Mass, St George's	William Berwick & Helen Hooper RIP
Wednesday 6th April	2pm, St George's  7:30pm Mass, St Theresa's <i>Adoration to 21:00*</i>	Funeral of June Porritt RIP
Thursday 7th April <i>St John Baptist de la Salle</i>	10am Mass, St George's 1:30pm, St Theresa's	Funeral of Hattie Baker RIP
Friday 8th April	<i>Adoration from 11:00*</i> 12noon Mass, St Theresa's <i>Followed by soup lunch</i> 7:30pm, St Theresa's	Katheryn Denis le Seve RIP  Stations of the Cross
<b>Saturday 9th April</b>	4:30- 5:15pm Confessions 5:30pm Mass, St Theresa's	
<b>Sunday 10th April</b> <b>Palm Sunday</b>	9am Mass, St Theresa's 11am Mass, St George's 3pm, St George's	Reconciliation Service

*\* As well as confessions on Saturday, Fr Tony will be available for confessions during the holy hours. He will be sitting near the confessional. Just go in and he will come to celebrate the sacrament with you.*

### Smiles of Sunflowers in Southwick



As last year, we will be joining other churches in Southwick in the Smiles of Sunflowers project, this year made all the more poignant by the fact that the sunflower is the national flower of Ukraine.

We need people to volunteer to give out sunflower growing kits at St Theresa's between 10am and 3pm of Holy Saturday, 16th April. Please sign up!

### Holy Week Schedule

Holy Week begins next week with Palm Sunday. This year, we can do almost everything 'as normal'. So we look forward to the celebrations!

*We still need a few readers, and also people to have their feet washed on Holy Thursday. Please sign up!*

**Weekend 9th/10th** As above

**Tue 12th** 10am: Mass, St George's

**Wed 13th** 10am: Mass, St Theresa's  
6pm: Chrism Mass, Arundel Cathedral

**Thu 14th** 8pm: Mass of the Lord's Supper, St Theresa's  
*Watching until midnight*

**Fri 15th** 3pm: Celebration of the Passion, St Theresa's  
*Collection for the Holy Places of Palestine*

**Sat 16th** 9pm: Easter Vigil, St Theresa's  
*Followed by chocolate and fizz!*

**Sun 17th** 9am: Easter Sunday Mass, St Theresa's  
11am: Easter Sunday Mass, St George's

*The collection on the weekend of Palm Sunday will be for the church flowers.*

*The collection over the Easter weekend is your personal gift to Fr Tony. Both collections can be gift-aided.*

*The collection after the service of the Passion (Good Friday) is for the Holy Places.*