



Parish of Our Lady Star of the Sea

*Serving Southwick, Portslade,
Hangleton and West Blatchington*

St Theresa's: Old Shoreham Rd, Southwick, BN42 4RY

St George's: Court Farm Road, Hove, BN3 7QR

Parish Priest: **Fr Tony Milner BSc STD**

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Find out more: [https://www.abdiocese.org.uk/
safeguarding/home](https://www.abdiocese.org.uk/safeguarding/home)

School: St Mary's, Church Road, Portslade
www.stmarys.brighton-hove.sch.uk

Also serving the parishes:

Cottesmore: www.cottesmore.brighton-hove.sch.uk

Cardinal Newman: www.cnqs.co.uk

If you use Facebook, please
do join our group page,
Catholics West Hove,



www.facebook.com/groups/1510048742698794/

We continue to pray for the people of Ukraine.

For more information and ways to support them see
cbcew.org.uk/category/cbcew/international/countries/ukraine/

Special Collections: Next weekend's second
collection is for the Missionary Endeavour of the Diocese

7th May 2023: 5th Sunday of Easter
Weekdays: 5th week of Easter

Fr Tony Writes

This Sunday, 18 children and one adult, will be making their First Holy Communion at St Theresa's. A further five children will make their First Holy Communion next week at St George's. They will be occasions of great joy. This is a good opportunity for us to renew our own appreciation of the great gift we have in the Eucharist.

At the Second Vatican Council, when the Church renewed its liturgy, the bishops asserted that the Eucharist is the **'source and summit'** of Christian life. It is the **source** because there, we encounter the events of Holy Week and Easter, the dying and rising of Christ, from which our Christian life flows. It is the **summit** because there, we have a foretaste of the heavenly banquet of the Lord which we will enjoy in full in eternity.

The children and their families have spent the last six months preparing for this day. We, too should be serious in our preparation to receive communion. Some of the older generation may remember a time when this preparation was taken very seriously indeed, with insistence on confession the day before. That is the origin of Saturday confessions.

I would not want to return to those days, although those aware of very serious sin in their lives should go to Confession before coming to Communion (remembering that Confession itself is a great gift: the sacrament of God's mercy). Communion is, as Pope Francis puts it, medicine for sinners, not a reward for saints.

But while this metaphor is useful, we must remind ourselves that it is no use taking medicine if we do not turn away from things that make us sick in the first place! We need to prepare our hearts and souls for this gift. We need to open ourselves to the mercy of God, so that the gift of Christ's life in Holy Communion may truly transform us.

Of course, to have the Eucharist we need priests, so in response to Bishop Richard's request last weekend, the Wednesday evening Mass will normally be offered for vocations, and the adoration after Mass will be a time to pray for vocations.

I hope you will be able to join me at prayer, if not every week, then at least occasionally.

First Holy Communion

Congratulations to Iggy, Tala, Laura, Diana, Alan, Daniel, Aurelia, Edward, Roland, Leo, Sienna, Dominic, Sören, Millie, Jarlath, Bruno, Summer, Samantha and Alessandro, who are making their First Holy Communion today at St Theresa's. And Hania, Ala, Jonathan, Noah I and Noah F who will be making their First Holy Communion next Sunday at St George's.

Please pray for them and their families.



Please Pray For

All who are sick in the parish, particularly Tom Hulse, Elizabeth Hopkins, Peter Rolph, Cheryl Evans, Julie Laker, and those on our regular prayer list including, Eileen Kipling, Eileen McLoughlin, Joyce Monasingh, Chris and Vince Neal, Maria Parente and Jean Ryan.

A full list of sick parishioners can be found on the parish website, as well as those whose anniversaries occur this month.

Please also pray for those who have died recently especially, Michael Wilkinson, Philip Porritt, Veronica Lloyd and Fr David Russell.

Choir & Music Practice

Music practice for musicians is on Wednesday evenings, 18:30 at St George's; and choir practice is on Thursday evenings, 19:30 at St Theresa's.

Please come along if you play a musical instrument or like to sing!



Chilworth Abbey

The next Chilworth Abbey Study Day, is on Saturday, June 3rd, 2023, led by Fr John Seddon OSB, of Bishop Barron's 'Catholicism', Episode 10:

'World without End: the Last things'.

Mass, 9:00am, Talks 10:15am — 3:30pm. Bring a packed lunch and a friend if possible. See chilworthbenedictines.com for more details.

Weekly Timetable

Saturday 6th May	4:30— 5:15pm Confessions 5:30pm Mass, St Theresa's	<i>Mary 'May' Nuttall RIP</i>
Sunday 7th May <i>5th Sunday of Easter</i>	11am FHC Mass, St Theresa's (Note time!) 11am Mass, St George's	<i>FHC children and families</i> <i>All parishioners</i>
Tuesday 9th May <i>Survivors of Sexual Abuse</i>	10am Mass, St George's <i>Followed by Tea & Chat</i>	<i>Philip and June Porritt RIP</i>
Wed 10th May <i>St John of Avila</i>	7:30pm Mass, St Theresa's <i>Adoration to 8:30pm</i>	<i>Vocations</i>
Thursday 11th May	10am Mass, St George's	
Friday 12th May	10am Mass, St Theresa's	<i>Patricia Weatherseed RIP</i>
Saturday 13th May <i>Our Lady of Fatima</i>	4:30— 5:15pm Confessions 5:30pm Mass, St Theresa's	
Sunday 14th May <i>6th Sunday of Easter</i>	9am Mass, St Theresa's <i>with Children's Liturgy</i> 11am FHC Mass, St George's	<i>All parishioners</i> <i>FHC children and families</i>

Did you know that Church teaching says that we should not only support those in poverty but also tackle the root causes of poverty? Pope Benedict XVI said that, "Love — caritas — is an extraordinary force which leads people to opt for courageous and generous engagement in the field of justice and peace."

For decades CAFOD has spoken out against injustice. To find out more and get involved in tackling the root causes of poverty, please go to cafod.org.uk/latestcampaigns.



Southwick Churches Together

We meet at 9:30 every Wednesday morning, St Michael's Church, Southwick, for a short service, led by people from the churches in the area. All are welcome. Refreshments afterwards. Andrew McPherson is our representative, but he needs some support. The task is not onerous! Please speak to Fr Tony for more information.

