



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

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Find out more: <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.cncs.co.uk



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

www.facebook.com/groups/1510048742698794/

YOU LOOK LIKE A ROLE MODEL!

Help us to set up a new Scout group in Fishersgate. Come and try out volunteering for 4 weeks and help young people learn #SkillsforLife

Put your skills to use, learn new ones, and contribute to an amazing life-experience for you and your local community.

Volunteering is good for boosting your wellbeing, developing CV-friendly skills, making friends and building memories.

It's easier than you think to get involved. We offer support, training and DBS checks to get started. If you're 18 or over, get in touch to find out more and give it a try.

✉ anne.holdorph@scouts.org.uk

Scouts
Fishersgate



11th Feb 2024: 6th Sunday in Ordinary Time, Yr. B
Weekdays: 6th Week in Ordinary Time, Year II

Fr Tony Writes:

What are you giving up for Lent?

This is a question Catholics often ask each other at this time of year. Maybe you have already decided. The practice of giving things up for Lent is a good tradition, but perhaps we need to think of what we are trying to achieve by it. If the aim is to show off your six pack or drop a dress size, then maybe a re-think is needed!

Giving up something relates to one of the three things we are encouraged to do for Lent: Fasting. It can be from food or drink, but screen time or social media are other possible areas where we could give ourselves a break, or at least cut down!

What is the purpose of Fasting? Part of it is self-discipline. Fasting helps us strengthen our wills not to always seek to satisfy our desires. This then opens us to look more deeply at what God desires for us, which will always be more fulfilling than just following our immediate wants.

Further, if we cut back on something that uses up our time, that gives us time we could use in other ways, which leads us to the other two Lenten practices: Mercy and Prayer. Mercy is sometimes reduced to a narrow understanding of Almsgiving, that is giving money to good causes, especially to help the poor. This is, of course, a good thing. But it is perhaps more fruitful for us to give of our time and talents in the service of others in some way.

But, most importantly, giving more time or focus to our prayer needs to underpin these other things. For ultimately it is not so much what we do, but what we let God do in and through us, that will bear the most fruit. Taking time to acknowledge the presence of God and to listen more carefully to what God is asking of us must be the foundation of our Lenten activities. Without that, we are unlikely to profit much spiritually from our keeping of Lent, even if we do lose a kilo or two!

Monks in the City

Monk Talks on Tuesday, 13th February

Lent with St Benedict

"The life of a monk, life ought to be a continuous Lent....."
(The Rule, Chapter 49).

The talk will be given by Fr Martin McGee OSB (a monk of Worth Abbey and author of several books on Christian—Muslim relations).

New Format: Join the Monks for Prayer at **6pm in the Church**, followed by a soup and bread supper at **6:30pm** in the **Fitzherbert Community Hub** (2 Bristol Road, BN2 1AP) with the talk at **7pm**, finishing by 8pm.

First Holy Communion Prayer Sponsors

If you would like to be a prayer sponsor for one of our young people making their First Holy Communion in May 2024, please email the office or speak to Fr Tony.

We need another five sponsors please

We continue to pray for the people of Ukraine. More info: cbcew.org.uk/category/cbcew/international/countries/ukraine/

Please Pray For...

All who are sick in the parish particularly:

Cheryl Evans, Deacon Richard Harvey, Vince Neal and Winifred Wilde.

Those on our regular prayer list including:

Florence Davis, Hanorah & Mat Smith, Jean Ryan, Julie Laker, Kathleen Davis and Margaret Gilligan.

Those who have died recently especially:

Colette, and Fr Stephen Ortiger OSB, *funeral Worth Abbey, Saturday 17th February at 10:30am.*

As well as those whose anniversaries occur this month.

A full list of sick parishioners and anniversaries can be found on the parish website.

World Day of Prayer 2024

Friday 1st March 2024

◇ Hove — Central United Reform Church, Ventnor Villas, BN3 3YF at 10:30am.

◇ Southwick — St Michaels Church, Church Lane, Southwick at 2pm.

This years theme is:

"I beg you, bear with one another in love" .

The service has been prepared by the women of Palestine. All are welcome.



Rotas

We have had a few no shows recently, please make sure you are checking the rotas every week. If you are unable to make any of the slots you have been given, please **arrange your own cover or a swap**. The parish office closes at 1pm on Fridays and reopens on Tuesday mornings. Thank you.

Weekly Timetable

Saturday 10th Feb <i>St Scholastica</i>	5:15– 5:45pm Confessions, St Peters 6pm Mass, St Peters	(St Peter's, Portland Road, Hove, BN3 5GD)
Sunday 11th Feb 6th Sunday of Ordinary Time <i>World Day for the Sick</i>	9am Mass, St Theresa's with Children's Liturgy 11am Mass, St George's 2pm, Mass for the sick & Anointing, St Theresa's	<i>Fr James Kirwin RIP</i> <i>Deceased Parishioners</i> <i>Vince Neal ints</i> <i>All Parishioners</i>
Tuesday 13th Feb <i>Shrove Tuesday</i>	10am Mass, St George's <i>Followed by Tea & Chat</i> 7pm Mass, St Theresa's*	
Wed 14th Feb <i>Ash Wednesday</i>	10am Mass, St George's 7pm Mass, St Theresa's	<i>Sebastiana Rato RIP</i>
Thursday 15th Feb	10am Mass, St George's <i>Adoration to 10:45</i> 7pm Mass St Theresa's*	
Friday 16th Feb	10am Mass, St Theresa's <i>Adoration to 10:45</i> 7pm Mass St Theresa's*	
Saturday 17th Feb <i>7 Holy Founders of the Servite Order</i>	5:15– 5:45pm Confessions, St Peters 6pm Mass, St Peters	(St Peter's, Portland Road, Hove, BN3 5GD)
Sunday 18th Feb 1st Sunday in Lent	9am Mass, St Theresa's 11am Mass, St George's	<i>Lucy Hindley RIP &</i> <i>Isabella Horton RIP</i> <i>Guili Pires RIP</i>

*Fr Celestine Nnolim, the hospital chaplain, who is currently living at St Theresa's presbytery, will normally celebrate Mass there on Tuesday, Thursday and Friday evenings at 7pm. He is happy for others to come and join him.

ON CARE FOR OUR COMMON HOME

19:45-20:15 Weds 21st February 2024



A talk exploring Care for Creation with John Paul de Quay of the Ecological Conversion Group. For the Parishes of the Brighton deanery hosted by St George's Church, Hove.

The talk will be online. You can watch at home or join us in St Theresa's after the 7pm Mass

Use the QR code to register or sign up at:

<http://tinyurl.com/theecg>



Then on Saturday 2nd March 10am-1pm, St George's 'Let us Dream' Deanery Activity Workshop

Are you concerned about: Climate change? Society? Local poverty issues? The destruction of nature? Come and join our discussion. What would you like our community to look like in the year 2030?

Register at <https://journeyto2030.org/events/>

SVP Minibus Driver Needed

The SVP have lost one of the drivers for the minibus at Tower House and are now struggling to pick up guests/parishioners from our area, which is very unfortunate as we have two ladies who want to start going to Tower House. (Tower House is a community day centre that welcomes older people in Brighton and surrounding areas).

For the guests to get to Tower House by 12noon, pick up on Fridays is between 11am and 12noon and they usually leave about 2pm, so would need lifts home.

If this is something you can help with, please email the parish office or speak to Fr Tony.



Special Collections 2024

This weekend's second collection (11th Feb) is for the Lourdes Pilgrimage Fund. There are gift aid envelopes in both our churches. You can also donate via our Digital Collection Plate (the contactless device) or scan the QR code.

