



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>

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.cnccs.co.uk

Upcoming Parish Events

Saturday 18th March: Reader Formation.

10am-12:30pm, St Theresa's.

Led by Fr Tony.

All current and prospective readers welcome.

Monday 20th March: Confirmation introduction.

6:30pm, Sacred Heart, Hove.

2nd April: Palm Sunday.

Masses as usual (with blessing of palms).

3pm, Reconciliation service, St Theresa's.

The Easter Triduum will be held at St Theresa's,
as the Polish community will be using St George's.
The services are:

Holy Thursday 8pm: Mass of the Lords Supper.

Good Friday 3pm: Celebration of the Lord's Passion.

Easter Vigil (Holy Saturday) 8:30pm.

Easter Sunday,
Masses as usual.

5th March 2023: Second Sunday in Lent

Weekdays: Lent week 2



Fr Tony Writes

One of the things I like to do for a holiday is to go into the mountains. And I usually aim to get up on top of something reasonably big!

(In the picture: Swirl How, 802m/2532ft.) Sometimes it is a case of a simple path to get to the top. At other times the route might be rather more rugged. Sometimes the weather is fair, sometimes the mist and rain come down. Most times, about 2/3 of the way up with protesting legs, I wonder: "why am I doing this?"! Eventually, I get to the top. And even if the weather is poor, there is an exhilaration. If the weather is good it is great to sit somewhere for a while and contemplate the view, while enjoying a well earned sandwich. But eventually, I have to come down from the mountain.

Coming down can sometimes be tougher than going up, especially on rough terrain. It is certainly harder on the knees, and muscles are tired from the climb.

Peter wanted to stay on the mountain, but he had to return to ground level again. And that journey would eventually take him to Jerusalem, to denial and desertion — and to the Resurrection.

When I look back on my mountain journeys I remember the high points (figuratively and literally). The challenges fade. I am often less good at this with life in general!

The liturgy tells us that one purpose of the Transfiguration was to prepare the disciples for Jesus' Passion. We also need to take time to recall when we have been especially aware of God's presence. Those moments can sustain us on our journeys.

See more pics at www.flickr.com/photos/tonymilner/

Confirmation 2023


Young people from School Year 9 and above are eligible to receive the sacrament of Confirmation. They should already be involved in the life of the Church in some way.

The preparation sessions are being held jointly with Sacred Heart parish. There is an introduction session for candidates and their parents on **Monday 20th March, 6:30pm at the Sacred Heart, 39 Norton Road, Hove, BN3 3BF.** Pizza will be included! Please contact Fr Tony if you wish to come, and find out more.



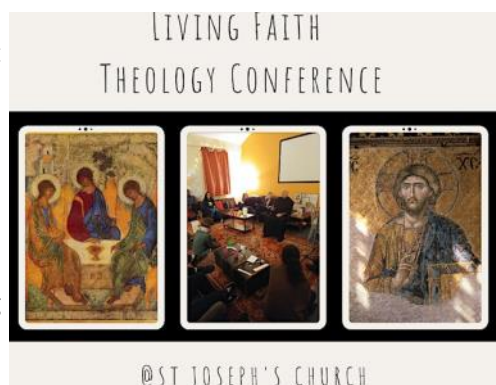
We continue to pray for the people of Ukraine.

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

| <p style="text-align: center;">Please Pray For:</p> <p>All who are sick in the parish, particularly Alphonso Iacono and Veronica Lloyd, and those on our regular prayer list including Margaret Gilligan, Eileen Kipling, Eileen McLoughlin and Joyce Monasingh.</p> <p>A full list of sick parishioners can be found on the parish website, as well as those whose anniversaries occur this month.</p> | Weekly Timetable | | | |
|--|--|--|---|--|
|  | <p>Saturday 4th March <i>St Casimir</i></p> | <p>4:45- 5:15pm Confessions 5:30pm Mass, St Theresa's</p> | <p><i>Fr James Kirwin RIP & deceased parishioners</i></p> | |
| | <p>Sunday 5th March <i>2nd Sunday in Lent</i></p> | <p>9am Mass, St Theresa's <i>School Mass</i> 11am Mass, St George's</p> | <p><i>Leo O'Driscoll RIP</i> <i>All Parishioners</i></p> | |
| | <p>Tuesday 7th March <i>Sts Perpetua & Felicity</i></p> | <p>10am Mass, St George's</p> | <p><i>Birtina Renda RIP</i></p> | |
| | <p>Wed 8th March <i>St John of God</i></p> | <p>7:30pm Mass, St Theresa's <i>Adoration to 9pm</i></p> | <p><i>Lucy Hindley RIP & Isabella Horton RIP</i></p> | |
| | <p>Thursday 9th March <i>St Frances of Rome</i></p> | <p>10am Mass, St George's</p> | <p><i>Michael Wilkinson Ints</i></p> | |
| | <p>Friday 10th March</p> | <p>10am Mass, St Theresa's 7pm Stations of the Cross, St George's</p> | | |
| | <p>Saturday 11th March</p> | <p>4:45- 5:15pm Confessions 5:30pm Mass, St Theresa's</p> | | |
| | <p>Sunday 12th March <i>3rd Sunday in Lent</i></p> | <p>9am Mass, St Theresa's <i>With Children's Liturgy</i> 11am Mass, St George's</p> | <p><i>All Parishioners</i></p> | |
| | <p style="text-align: center;">Family Fast Day – Lent Appeal</p> <p>This Lent, your donations to CAFOD's Family Fast Day Appeal will help families fighting the climate crisis and ensure that our Church network can quickly respond to emergencies, like the recent earthquake in Syria and Turkey. This weekend's second collection is for the Lent Appeal, gift aid envelopes are available in both churches.</p> | <p style="text-align: center;">The Sacrament of Reconciliation (Confession)</p> <p>is available before the 5:30 Mass on Saturday. Also after the 11:00 Mass on Sunday, and normally after any other Mass, just ask. Or call Fr Tony to make an appointment.</p> | | |

Living Faith Theology Course

St Joseph's in Brighton are launching a new series of conferences to help you explore the Catholic faith in greater depth. The series is aimed at Catholics involved in ministry and leadership, teachers in Catholic schools, and young adults/students to prepare them to be leaders and influencers in their areas of professional work and Church engagement. Our speakers are theologians and experts in their fields who will bring the faith to life, offering a bold vision of human life and discipleship. Our goal is to provide content that stretches mind and heart, leading to greater transformation in Christ, and a fuller living out of his saving mission in the world today.



First Conference: Sunday 19th March.

Our first series will explore "The Trinity", with three Conferences on Sundays: 19th March, 14th May, and July (date tbc). Fr Nicholas Crowe OP and Fr Joseph Bailham OP - Dominican Friars - will be our speakers on 19th March, exploring "The Father". Start Time: 12:45pm in St Joseph's Parish Hall, on Milton Road. We will begin with lunch: please bring a dish to share or a packed lunch. The conference will finish with Tea/Cake at 4pm. Suggested Donation: £10 (waged), £5 (unwaged). Booking link: <https://www.eventbrite.com/e/living-faith-conference-tickets-558770637017>

A Retreat for Lent

A deanery day retreat on Friday 24th March at St Martha's Convent, Rottingdean

An opportunity to deepen our Lenten conversion and turn to God in prayer as we prepare to remember Christ's Cross and Resurrection in Holy week. The monks of Worth Abbey based in Kempton, Brighton, invite you to a Day Retreat to be held at St Martha's Convent, Rottingdean, BN2 7HA. Time: 10 – 3pm. Please bring your own lunch. Teas and Coffees provided. Suggested donations of £10 on the day to St Martha's. Book your place via brightonmonks@worth.org.uk or phone 07444 802368.