



## 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](https://www.abdiocese.org.uk/safeguarding/home)

**School:** St Mary's, Church Road, Portslade  
[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)

**Cardinal Newman:** [www.cnccs.co.uk](http://www.cnccs.co.uk)

### Fr Tony Writes

As we approach Holy Week, it seems good to say something about some of the coming celebrations:

#### The Chrism Mass



The word 'Chrism' refers to one of the oils blessed by the bishop at this Mass. These are the oils we use for the sacraments. As well as Chrism, which is used in Baptism, Confirmation and Ordination, he also blesses the oil of the sick (used for the Sacrament of the Sick), and the oil of Catechumens (used in Baptism). These oils are then distributed to the parishes of the diocese.

As well as the blessing of the oils, at this Mass most of the priests of the diocese gather with the bishop, and renew their priestly promises. It is a very beautiful and moving Mass, so if you can, I would encourage you to come along. The Mass is at **Arundel Cathedral, Wednesday 5th April, 6pm.**

**26<sup>th</sup> March 2023: 5th Sunday in Lent**  
**Weekdays: Lent Week 5**

### The Sacred Triduum

The three services that take place on Maundy Thursday, Good Friday, and Holy Saturday are collectively known as the 'Triduum'. Although they are three services, they flow organically into each other, and if possible it is good to attend all three. Because the Polish community are celebrating them at St George's, we are celebrating them all at St Theresa's. However, because of their connectedness, it is, in any case, good to celebrate them in the same church.

### The Mass of the Lord's Supper

**This takes place at 8pm on Holy (or 'Maundy') Thursday.**



In it we recall the very first celebration of the Eucharist—the Last Supper. This includes remembering the story of Jesus washing the feet of the disciples, a story which is re-enacted by the priest in the Mass, when he washes the feet of a group of parishioners.

At the end of the Mass the altar is stripped and the Blessed Sacrament is transferred to what is called the 'altar of repose' (we use St Theresa's Chapel). This represents the Garden of Gethsemane, where Jesus went to pray with his disciples before being arrested. We are encouraged to spend some time 'watching' with the Lord. The church will remain open until midnight for this purpose.

### The Celebration of the Passion

**This takes place at 3pm on Good Friday.** The service falls into three parts. In the *Liturgy of the Word* we hear the famous 'Song of the Suffering Servant' from Isaiah, and we read the Passion from the Gospel of John. This is followed by the Solemn Intercessions—in which we pray for the Church and the World. The second part of the service is the *Veneration of the Cross*. Finally there is *Holy Communion*. This we receive from the Altar of Repose, where the Blessed Sacrament was placed the previous evening.



We leave in silence, and a kind of silence descends upon the Church until Saturday night, when we celebrate:

### The Easter Vigil

**This takes place on Holy Saturday at 8:30pm.** It is the greatest of the Church's celebrations. Again, it has a number of parts. In the *Service of Light* the Easter fire is blessed, the Paschal Candle lit, and we process with that light into the church. Then an extended *Liturgy of the Word*, which includes up to 7 Old Testament readings (we will be using four), with psalms, and leading up to the singing of the Gloria, the Alleluia Psalm, and the Gospel of the Resurrection. Next is the *Baptismal liturgy*. We have no-one to baptise this year, but we bless the water for the font.

The *Liturgy of the Eucharist* follows in the normal way.

I do hope as many as possible of you can join all of the Triduum. It is a wonderful way to enter into the deepest mystery of our Christian faith.

### Please Pray For:

All who are sick in the parish, particularly Alphonso Iacono, and those on our regular prayer list including Malcolm Allright, Florence Davis, Kathleen Davis, Paddy Dixon and Cheryl Evans.

Please also pray for those who have died recently especially Eileen Mellors and Veronica Lloyd, (funeral, Friday 15th April, 10:30am, at St Theresa's).

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

### Cleaning the Churches for Holy Week and Easter



Please come along and help to make the churches spick and span in preparation for Easter! We will be focussing on some of the things like polishing, which the regular cleaning teams do not always get time to do. Refreshments will be provided!

St George's, Sat 1st April, 10am – 12:30pm.  
St Theresa's, Tuesday 4th April, 17:30 onwards.

### 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 3rd April, 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.

### Weekly Timetable

<b>Saturday 25th March</b> <i>Annunciation of the Lord</i>	10am First Holy Communion Session 5, St Theresa's  4:45- 5:15pm Confessions 5:30pm Mass, St Theresa's	
<b>Sunday 26th March</b> <i>5th Sunday in Lent</i>	9am Mass, St Theresa's <i>With Children's Liturgy</i>  11am Mass, St George's	<i>All Parishioners</i>  <i>Sheila Fernando RIP</i>
<b>Tuesday 28th March</b>	10am Mass, St George's <i>Followed by Tea &amp; Chat</i>	
<b>Wed 29th March</b>	7:30pm Mass, St Theresa's <i>Adoration to 8:30 pm</i>	<i>Michelle Evans RIP</i>
<b>Thursday 30th March</b>	10am Mass, St George's	<i>Peter Chin RIP</i>
<b>Friday 31st March</b>	10am Mass, St Theresa's  7pm Stations of the Cross, St Theresa's	<i>Patricia Weatherseed RIP</i>
<b>Saturday 1st April</b>	4:45- 5:15pm Confessions 5:30pm Mass, St Theresa's	<i>All Parishioners</i>
<b>Sunday 2nd April</b> <i>Palm Sunday</i>  <i>Passion Sunday</i>	9am Mass, St Theresa's <i>With Children's Liturgy</i>  11am Mass, St George's	

### Penitential Services in the Deanery

Mon 27<sup>th</sup> March, OLOL Rottingdean, 7:30pm.

Fri 31<sup>st</sup> March, St Mary's Preston Park, 7pm, beginning with Stations.

Sunday 2<sup>nd</sup> April, St Theresa's, Southwick, 3pm.

Confession 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.

### Chilworth Abbey Study Day

The next Chilworth Abbey Study Day, is on Saturday, 1st April 2023, led by Fr John Seddon OSB, of Bishop Barron's 'Catholicism'.

Episode 8, 'A Vast Company of Witnesses: the Communion of Saints'. Mass, 9:00am, Talks 10:15am-3:30pm. Bring a packed lunch and a friend if possible. See [chilworthbenedictines.com](http://chilworthbenedictines.com) for more details.



### Sign-up Sheets for Holy Week

Please consider getting involved this Holy Week and Easter. There are sign-up sheets for feet washing (Holy Thursday, 6th April) and for readers at the various services throughout Holy Week.

Please note: Juliette is away next week so the parish office will be closed, reopening on Tuesday 4th April 2023. Please contact Fr Tony directly in the meantime.

### 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/](http://cbcew.org.uk/category/cbcew/international/countries/ukraine/)