



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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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

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/

Upcoming Parish Events

Wednesday 22nd February: Ash Wednesday.

Masses 10am, St George's, 7:30pm St Theresa's

Friday 3rd March: World Day of Prayer.

2pm at St Theresa's.

A women led, global, ecumenical movement. This year, we are hosting this at St Theresa's (see opposite page). Please consider getting involved.

Friday 3rd March: CAFOD Family Fast Day.

Saturday 18th March: Reader Formation.

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

Led by Fr Tony. All current and prospective readers welcome. *Fr Tony's little booklet, Proclaiming the Word: A Guide for Readers, is now available. All readers are asked to take one, and anyone else interested may take one too.*

2nd April: Palm Sunday

Masses as usual (with blessing of palms)

3pm Reconciliation service

19th February 2023: 7th Sunday of Year A

Weekdays: Week 7 in Ordinary Time, Year I

From Wednesday: Weekdays of Lent

Fr Tony Writes

Lent is almost here! This Ash Wednesday we begin our Lenten journeys once again. Once again we will take upon our foreheads the sign of ash. Once again we will hear the call "Repent, and believe the Good News"



How are you going to keep Lent? Traditionally we 'give something up'. That is good—it is fasting. We deprive ourselves of something that is not bad in itself, but which we can do without. Often food or drink, but it could be TV or radio, video games or following sport. We do it both as a reminder that not everyone has the luxuries we have, and also to develop, with the aid of grace, the virtue of self control.


But as we know there are two other things we are called to in Lent. Prayer is one. Of course we should pray daily, not just in Lent. But we are called to renew and hopefully deepen our prayer life in this season. Perhaps we could 'fast' from TV or video games in order to give more time for prayer.

The third element of our Lenten journey is almsgiving. Again something which we are called to at all times, but in a special way in Lent. This too can tie in with fasting. If we are giving up something that would cost us money then we can give the money to charity. Alternatively, we can give of our time and skills. If we are fasting from an activity, we can use the time to help others.

We might also focus on our 'bad habits'. Strictly speaking, giving up a bad habit is not 'fasting' as we should be giving it up anyway. But it does come under the more general banner of 'repentance': turning away from sin and believing the good news.

And the good news is this—we don't have to get it right all the time, because Jesus Christ has already 'paid the price'. But we do have to try. We accept God's merciful love and forgiveness, and that spurs us on to respond more fully to God's call and grace. Because it is Good News. We desire to live good lives not just to 'get to heaven', but because it is good for us now, and good for the world. We know we fail. But we know we have a merciful redeemer who delights when we return to him, how ever often we turn away.

If you are looking for prayer resources for Lent try pray-as-you-go.org. If you are looking for ways to fast and give alms, CAFOD is a good place to start. They have lots of ideas on their website cafod.org.uk

<p style="text-align: center;">Please Pray For:</p> <p>All who are sick in the parish, particularly Alphonso Iacono and those on our regular prayer list including Veronica Lloyd, Chris & Vince Neal, Maria Parente, Philip Porritt and Jean Ryan.</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 style="text-align: center;">Transport to our churches</p> <p>Do you need help getting to Mass? Are you able to offer a lift to someone? If so, please complete the sign-up sheet.</p>	<p>Saturday 18th Feb</p>	<p>4:45- 5:15pm Confessions 5:30pm Mass, St Theresa's <i>Celebration of Wedding Anniversaries</i></p>	<p style="text-align: center;"><i>Followed by cake and fizz</i></p>
 <p style="text-align: center;">DEC Syria-Turkey Earthquake Appeal</p> <p>CAFOD and the DEC are responding with support of provision of food, water, shelter, medical assistance and winter kits for survivors. Your donations in recent months have made that quick response possible. Let us join CAFOD in praying for our sisters and brothers affected by the earthquakes and the winter weather. Your support for CAFOD throughout the year allows our Catholic agency to act quickly when disasters strike. For more details visit CAFOD's Syria Turkey Emergency Appeal online at: https://cafod.org.uk/give.</p> <p>The second collection this weekend is for the Earthquake Appeal, please give what you can.</p>	<p>Sunday 19th Feb <i>7th Sunday in Ordinary Time</i></p>	<p>9am Mass, St Theresa's 11am Mass, St George's</p>	<p style="text-align: center;"><i>Kim Nash ints All Parishioners</i></p>
<p>Tuesday 21st Feb</p>	<p>10am Mass, St George's</p>	<p style="text-align: center;"><i>Anne Hurst RIP</i></p>	
<p>Wed 22nd Feb <i>Ash Wednesday</i></p>	<p>10am Mass, St George's 7:30pm Mass, St Theresa's Adoration to 9pm</p>	<p style="text-align: center;"><i>Kevan Lloyd RIP</i></p>	
<p>Thursday 23rd Feb</p>	<p style="text-align: center;">No Mass</p>		
<p>Friday 24th Feb</p>	<p>10am Mass, St Theresa's</p>		
<p>Saturday 25th Feb</p>	<p>10am First Holy Communion session, St George's 4:45- 5:15pm Confessions 5:30pm Mass, St Theresa's</p>	<p style="text-align: center;"><i>All Parishioners</i></p>	
<p>Sunday 26th Feb <i>1st Sunday in Lent</i></p>	<p>9am Mass, St Theresa's 11am Mass, St George's</p>	<p style="text-align: center;"><i>Charles & Melita Muscat RIP</i></p>	
<p style="text-align: center;">Day of Reflection for Ministers of the Eucharist <i>Sat 11th March, 11am-4pm, Christ the Prince of Peace, Weybridge</i></p> <p>Led by Bishop Richard. The day will include theological and practical talks, Eucharistic Adoration and Mass. Arrival from 10:30am for refreshments. Please bring a packed lunch. For further info or to book contact: formation@abdiocese.org.uk. <i>I commend this to all the ministers of communion in the parish.</i> <i>Fr Tony.</i></p>			

World Day of Prayer — 3rd March 2023 — Taiwan
2pm at St Theresa's

Please join us for a special ecumenical service at St Theresa's at 2pm, as part of a wave of prayer across the world. Our sisters in Taiwan are sending us blessings with the service they have prepared for World Day of Prayer 2023. World Day of Prayer is an international, inter-church organisation which enables us to hear the thoughts of women from all parts of the world: their hopes, concerns and prayers. The preparation for the day is vast. An international committee is based in New York and there are national committees in each participating country. Regional conferences meet to consider the service and then local groups make their plans. Finally, at a church near you on Friday 3rd March 2023 people will gather to celebrate the service prepared by the women of Taiwan. The Day of Prayer is celebrated in over 120 countries. It begins in Samoa and prayer in native languages travels throughout the world - through Asia, Africa, the Middle East, Europe and the Americas before finishing in American Samoa, some 38 hours later. For further information and resources, see the WDP website: wwdp.org.uk.

