



The Catholic Community of Arundel & Storrington

18th Sunday in Ordinary Time, A

2nd August 2026



Contact us	Priest: Fr Stephen Dingley Deacons: Rev Roger Stone roger.stone@abdiocese.org.uk; Rev David Clifton (Retired) Secretary: Louise Sharp Cathedral House, Parsons Hill, Arundel, BN18 9AY 01903 882297 arundel@abdiocese.org.uk www.arundelcathedral.uk and Our Lady Of England Safeguarding Rep (Storrington): David Rowland - sg1.storrington@abdiocese.org.uk Safeguarding Rep (Arundel): Caroline Phillips—07503 387409 sg1.arundel@abdiocese.org.uk Diocesan Safeguarding Office: 01293 651148, safeguarding@abdiocese.org.uk								
Our Churches	The Cathedral Church of Our Lady and St Philip Howard, London Road, Arundel, BN18 9AY Our Lady of England, School Lane, Storrington, RH20 4LN Convent of Poor Clares, Crossbush, Arundel, BN18 9PJ								
Live Stream	Masses from the Cathedral are livestreamed and are available via the Cathedral website www.arundelcathedral.uk or https://www.churchservices.tv/arundel								
Catholic Schools	<table><tr><td>St Philip's Catholic Primary School</td><td>London Road, Arundel, West Sussex BN18 9BA</td></tr><tr><td>01903 882115</td><td>office@st-philips.w-sussex.sch.uk Headteacher: Mrs Thérèse Pullan</td></tr><tr><td>St Philip Howard Catholic School</td><td>Elm Grove South, Barnham, West Sussex PO22 0EN</td></tr><tr><td>01243 552055</td><td>office@sphcs.co.uk Headteacher: Mr Tim Hulse</td></tr></table>	St Philip's Catholic Primary School	London Road, Arundel, West Sussex BN18 9BA	01903 882115	office@st-philips.w-sussex.sch.uk Headteacher: Mrs Thérèse Pullan	St Philip Howard Catholic School	Elm Grove South, Barnham, West Sussex PO22 0EN	01243 552055	office@sphcs.co.uk Headteacher: Mr Tim Hulse
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Reflection from Fr Con Foley, Our Lady and the Saints of Sussex Parish and Dean.

Since my teenage years I've been fascinated by the life of St. Ignatius Loyola (1491 - 1556). We celebrated the Feast Day of St. Ignatius on Friday (31st July). I first learned about St. Ignatius in a secondary school history class, and how he and the early Jesuits played a key role in the Counter Reformation, where the Catholic church was revitalized spiritually, morally, and institutionally, at a time when it was under great pressure after the Protestant Reformation and certain political events in Europe.

While at seminary I learned something about the Spiritual Exercises of St. Ignatius which included praying the Examen and Guided Meditations. These Spiritual Exercises continue to help countless people get closer to Christ.

The basic story of St. Ignatius is that he was a soldier more concerned with seeking the pleasures of this world than being aware of what God might be calling him to. He had his leg badly damaged after being hit by a cannonball in the battle of Pamplona (1521), and while undergoing a year long convalescence at his family castle in the Basque country he experienced a dramatic conversion. On his recovery he walked as a pilgrim to the Shrine of The Black Madonna at Montserrat (near Barcelona) and handed over his sword to Our Lady, an act that led him on a lengthy journey to founding the Jesuits (with St. Francis Xavier and others). One detail of his story that I missed until recently was the role that Ignatius' sister-in-law – Magdalena de Araoz - played in his conversion. When Ignatius was recovering from his bad injury, Magdalena carefully selected two books for him to read – a book on the life of Christ and another on the lives of the saints. This small gesture from Magdalena was pivotal in Ignatius opening his mind and heart to Christ.

Through the grace of God our small acts of care and kindness can have unforeseen and lasting positive consequences. In this Sunday's gospel we see how Jesus multiplies five loaves and two fish to feed more than 5,000. What small acts of kindness can we offer Christ this week? We'll never know what He can do with them!

No changes to Masses this coming week.

Bishop-elect Stephen Please keep Fr Stephen Wang in your prayers as he prepares for his move to our diocese.

Parish BBQ Huge thanks to all who were involved in making such a lovely community event. There is a Drone Video on the website: [Summer 2026 Barbecue – Arundel Cathedral](#)

Fr Graham wishes to thank all who made his Silver Jubilee such a memorable occasion. Thank you also for your kind gifts and cards.

The Tuesday Drop In—Tea Outing Tuesday 4 August 3pm Riverside Tea Room, Houghton Bridge, Amberley. Come and enjoy tea and cake by the river. Cost £5. To book contact Maria on 07413 267267 by 3 August. Transport can be arranged. All welcome.

No meetings during August. Next meeting Tuesday 1 September at the Cathedral Centre 2 to 4pm.

Prayer for the wildfires in Europe. You are cordially invited to spend some time in prayer this Wednesday 5 August, in the Cathedral Blessed Sacrament chapel between 10.30am and 4.00pm, to pray for those affected by the wildfires in Europe and to ask God to bring this catastrophic situation to a swift and safe end. Whether you can stay for an hour or a few minutes, all are welcome.

Talk by Fr Max Krat, formerly parish priest at Selsey, Wed 5 August, 7.30pm (follows 7pm Mass), St Richard's, Chichester lower parish room. Title: 'The Messianic secret - why Jesus continually prohibited people from calling him messiah', followed by Q & A. All welcome for talk and refreshments.

CELEBRATE summer family faith resources, created to equip and encourage families in sharing faith with their children. [Online Family Activity Packs — CELEBRATE Trust](#)
[Get your FREE Celebrate@Home Summer Psalm walk!](#) - designed to help families explore Psalm 139 whilst they walk together.

Come to the CELEBRATE festival - a faith-filled event for all the family. Runs from 15-19 August, at Worth School, West Sussex. Hear inspiring speakers such as Fr Roberto Pasolini (Preacher to the Pope), David Wells and Johannes Hartl, experience beautiful Masses, pray in Worth Abbey, fun and formation for children and young people aged 3-24 each day of the festival, and relax in the beautiful Sussex countryside. Camp in our festival field, stay in school accommodation or travel each day from home. For more information and to get your tickets visit [CELEBRATE festival](#)

Men's Breakfast Gatherings—Arundel Cathedral Centre Our next breakfast is this coming Saturday 8 August starting at 8.30am. Suggested donation of £5.00. Future dates for your diaries: 5th September, 3rd October, 7th November, 5th December. If you would like to be involved in the preparation of the food and drink, contact Deacon Roger Stone: roger.stone@abdiocese.org.uk See the posters for more details.

Fundraising Walk Our parishioner Adam Vernon is doing two fundraising walks; one 50km (31 miles) on the 1st of August and a second 100km (62 miles) on the 5th and 6th of September. This year he is raising money for The Brain Tumour Charity as he and Betsy have three friends with brain tumours, two of which are Arundel Cathedral parishioners. If you would like to support his fundraising please go to his Just Giving page to donate. - Thank you. [Adam Vernon is fundraising for The Brain Tumour Charity](#)

Arundel Mothers Prayer Group meets every Tuesday at 11am in the Cashman Room at the Cathedral Centre. All are welcome.

Storrington Mothers Prayers next week Thursday 6th August at 2pm. All welcome.



There are SVP Groups in Arundel and Storrington who meet regularly and can offer help and support. If you, or someone you know, would like a friendly visit or help in any way or you would like to know more, please contact the parish office.

Assisted Dying A Private Members' Bill has been reintroduced to parliament seeking to legalise assisted suicide - the Terminally Ill Adults (End of Life) Bill. There will be a crucial vote on Friday, 11 September. Please contact your MP to make your voice heard to oppose this Bill. See more at [Oppose Assisted Suicide - Catholic Bishops' Conference](#) and on the poster at the back of the Cathedral/porch in Storrington.

Adoremus 2026, the next Eucharistic Congress, 10 October in London, at St George's Cathedral, Southwark and Westminster Cathedral Adoremus is the Bishops' invitation to renew our devotion to the Eucharistic Lord and includes a gathering in London, as well as parish events. If you wish to be part of the 'representative group' which will attend Mass at noon and join in the Eucharistic Procession from Southwark to Westminster during Adoremus, please visit the Diocesan website events page or click here to find out more and reserve your place: W: [Adoremus \(10-Oct-2026\) · ChurchSuite Events](#) Places are very limited. Those attending will travel to London independently and meet at St George's Cathedral, Southwark.

Arundel & Brighton Young Adults Retreat days in the Diocese - standard ticket price £20 Young Adults (18-35) from across the UK are invited to join the Youth team from the Diocese of Arundel and Brighton for Retreat Days in parishes across the diocese. An opportunity to meet other young adults outside of your own parish community for fellowship, formation and faith. The theme for our year of Young Adult retreats is *"You also are my witnesses, because you have been with me" (Jn 15:27)*. From Pope Leo XIV's message for the 40th World Youth Day. Booking for retreat days is available through the events page of the Diocesan website at the following churches:

- **St Wilfrid's Parish, Burgess Hill on Saturday 26th September 2026** [Young Adults' Retreat Day \(26-Sep-2026\) · ChurchSuite Events](#)
- **St Richard's Parish, Chichester on Saturday 7th November 2026** [Young Adults' Retreat Day \(07-Nov-2026\) · ChurchSuite Events](#)
- **Arundel Cathedral of Our Lady & St Philip Howard, Arundel on Saturday 23rd January 2027** [Young Adults' Retreat Day \(23-Jan-2027\) · ChurchSuite Events](#)

The day will include guest speakers, discussion groups, Mass, a shared lunch (included in the ticket price) and workshop sessions including Lectio Divina, Spiritual Direction and Scripture art. Any questions about these events should be directed to Bex Driver, Diocesan Youth Project Officer E: bex.driver@abdiocese.org.uk

Marriage Anniversaries Mass – Saturday 3 October at Arundel Cathedral Whether you are celebrating a special anniversary or simply giving thanks for your marriage this year, come and join us for our annual celebration of the joys and grace of sacramental marriage. Mass at 11.30am will be followed by a small drinks reception in the Cathedral Centre. Family and friends are very welcome. The Cathedral and Centre are wheelchair friendly. Any questions contact Deacon Simon South, Marriage and Family Life Adviser at E: simon.south@abdiocese.org.uk. To book your free place, go to the Events page of the Diocesan website W: [Marriage Anniversaries Mass \(03-Oct-2026\) · ChurchSuite Events](#)

'ABRAHAM' (A course for those over 70ish) A series of 5 days with the Chemin Neuf Community to look at the possibilities as we age at The Priory, Storrington, RH20 4LN 10am – 4pm Thursday 24 September, 8 October, 22 October 5 November and 19 November 2026. Explore your life now and in the future. It's never too late. God called Abraham when he was 75! Contact: Felicity Hadley email storrington@chemin-neuf.org or for more details: [Abraham - Chemin Neuf UK](#)

Lourdes Intentions and Candles—Thanks to Deacon Roger who took the intentions and requests for candles to be lit from parishioners to Lourdes last week and sent these photo's.



HOLY MASS & OTHER SERVICES THIS WEEK			Prayers For The Sick Your prayers are asked for all who are unwell at this time, those at home, in hospital, hospices and in care homes.
Saturday 1st		18th Sunday, Year A	Sacrament of the Sick Please contact Fr Stephen Tel 01903 882297 Other local parishes: Petworth: 01798 342169 Bognor: 01243 823619
Cathedral 5.00pm	People of the Parish		
Sunday 2nd			
Storrington 9.00am	Nora & Luigi Ruggiero RIP		 Requiem in Aeternum Your prayers are asked for all those who have died recently.
Cathedral 11.00am	Ernest Woodburn RIP		
Monday 3rd			
Cathedral 10.00am	Frank & Cecilia Ford RIP		Coffee & Tea After 9.00am Mass at Storrington After 11.00am Mass at Arundel
Tuesday 4th	St John Mary Vianney, Priest		
Storrington 10.00am	Stephen Cole RIP		
Wednesday 5th			Liturgy of the Word with Children Both Arundel & Storrington teams are taking a break in August, watch for new dates in September.
Cathedral 10.00am	Im Marguerite RIP		
Thursday 6th	The Transfiguration of the Lord		
Storrington 10.00am	People of the Parish		 Music at Mass 9.00am Mass Music Group at Storrington—all welcome to rehearsals on Wednesday evenings at 8.00pm in the church.
Storrington 10.30am	Confessions and Adoration to 11.30am		
Friday 7th	St Cajetan, Priest		
Cathedral 9.15am	Adoration to 9.45am		Rosary Wednesdays 7.00pm (Storrington) Mondays after 10am Mass - Arundel First Saturday of the month 9.15am - Arundel
Cathedral 10.00am	Louise Felix RIP		
Saturday 8th	St Dominic, Priest		
Cathedral 10.00am	Wellbeing of Catherine Wells		Masses at the Convent of Poor Clares, Crossbush Monday - Saturday: 8.30am; Sunday: 6.00pm
Cathedral 10.30am	Confessions and Adoration		
	19th Sunday, Year A		
Cathedral 5.00pm	People of the Parish		
Sunday 9th			
Storrington 9.00am	Dr Aires Carvalho RIP		
Cathedral 11.00am	Nuala Vokes RIP		
Chemin Neuf at Our Lady of England, Storrington Mon - Fri: Adoration 6pm-6:30pm in Church (<u>not in August</u>) Mon, Wed & Fri Mass (Maronite) 9.00am in Church (<u>not in August</u>) Tuesday 7.30-8.30pm Prayer Group (<u>not in August</u>) 01903 742150 storrington@chemin-neuf.org			

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www.arundelcathedral.uk or <https://www.churchservices.tv/arundel>