



The Catholic Community of Arundel & Storrington



LENT 2025

We begin the Season of Lent on Ash Wednesday. For 40 days we suspend normal activities so as to focus on the key themes of the season: prayer, fasting, almsgiving as well as reconciliation, penitential services, preparation for the sacraments of initiation and acts of charity.

(From: Music & Liturgy Issue 383)

Prayer

On Wednesday 5th March, **Ash Wednesday** we gather for Mass and the distribution of ashes, which will take place at 10am in the Cathedral and 7.30pm at Storrington.

The Poor Clares at Crossbush will be holding a Lent Group every Thursday from 6th March 3-4.15pm, all welcome.

The Sacrament of Reconciliation will be available at the usual times and places throughout Lent: Thursdays from 10.30 to 11.30am at Storrington, and Saturdays from 10.30am to 11.00am (or longer if there are still people waiting) at Arundel.

In addition there will be a deanery **Reconciliation Service** with Bishop Richard at the Cathedral on Wednesday **2 April at 7.00pm**.

In Holy Week Confessions will be available:

- Holy Tuesday 15 April at Storrington from 10.30 to 11.30am
- Maundy Thursday 17 April at Arundel from 10.30 to 11.30am

- Good Friday 18 April at Arundel after the Celebration of the Passion (so starting around 4.30pm)
- Holy Saturday 19 April at Arundel from 10.30 to 11.30am

You can also find times and places for Confession at other nearby parishes via their websites. Finally, you are very welcome to make an individual appointment with Fr Stephen.

Stations of the Cross—Arundel will take place every Friday at 7pm alternating between the Cathedral where we begin this week—7th March, and St Nicholas' Church. All are welcome.

Stations of the Cross – Storrington to be confirmed.

Lenten Retreat Day Wednesday 26 March. Bread of Heaven: a day of spiritual nourishment led by Roger Hagon at Sussex Heritage Centre Arundel BN18 9QY. From 10am to 4pm. Cost £15 to include refreshments and lunch of soup and bread. See www.sussexheritage.co.uk. To book contact Maria by email or on 07413 267267

Fasting

There is a useful leaflet on the Bishops Conference Liturgy Office website, see: [Fasting.pdf](#) If anyone would like a printed copy, contact the office.

Lenten Soup Lunches at Slindon Church You are warmly invited to join us at St. Richard's Church, Slindon on Wednesdays throughout Lent for soup lunches from 12 noon. This will be preceded by The Stations of the Cross at 11.30am. Monies raised will help 'Breakfasts for the Homeless' provided every Sunday at Our Lady of Sorrows Church, Bognor Regis.

Almsgiving

There will be two collections during Lent:

- Sunday 16th March CAFOD Lent Fast Day Collection. Fast Day is Friday 14th March. Please donate to support communities suffering the impacts of war, poverty and climate change.
- Sunday 30th March a one-off collection for the National Shrine of Our Lady of Walsingham to support Jubilee Initiatives and projects at the Shrine.

You can of course, give alms in your own way to support those who need our help.

Other Lent Opportunities:

Join CAFOD's Big Lent Walk in the Jubilee Year and journey together with Catholics in England, Wales and Scotland as Pilgrims of Hope in this Jubilee Year - walking 200km over 40 days during Lent. Journey to one of the churches or shrines designated as places of pilgrimage in our diocese (Arundel Cathedral, Worth and St Joseph's Guildford) as part of your Big Lent Walk. Every £1 you raise will support communities experiencing the worst impact of the climate crisis, to rebuild their lives in hope. Sign up here: <https://walk.cafod.org.uk/>

Lent Online Family Activity pack - with new content for 2025, the Lent pack is designed to support family faith life. It is packed full of engaging activities, ways to pray, books to savour and films that both entertain and promote conversation in faith. Parishes, schools and families can download it for free [here](#)

Holy Week - Triduum Services, dates for your diary:

Wednesday 16th April

Cathedral	Diocesan Chrism Mass	6.00pm
-----------	----------------------	--------

Thursday 17th April

Cathedral & Storrington	Office of Readings & morning prayer	10.00am
-------------------------	--	---------

Cathedral	Mass of the Lord's Supper	8.00pm
-----------	---------------------------	--------

Cathedral	Compline	11.50pm
-----------	----------	---------

Friday 18th April

Storrington	Office of Readings	8.30am
-------------	--------------------	--------

Storrington	Walk of Witness	9.15am
-------------	-----------------	--------

Cathedral	Office of Readings	10.00am
-----------	--------------------	---------

Cathedral	Stations of the Cross	11.00am
-----------	-----------------------	---------

Cathedral	Veneration of cross relic	11.45am
-----------	---------------------------	---------

Cathedral	The Passion of the Lord	3.00pm
-----------	-------------------------	--------

Saturday 19th April

Cathedral & Storrington	Office of Readings & morning prayer	10.00am
-------------------------	--	---------

Cathedral	The Solemn Vigil of Easter	8.30pm
-----------	----------------------------	--------

Sunday 20th April

Storrington	Easter Sunday Mass	9.00am
-------------	--------------------	--------

Cathedral	Easter Sunday Mass	11.00am
-----------	--------------------	---------

Storrington	Paschal Vespers	4.00pm
-------------	-----------------	--------

For any queries, please contact the parish office on 01903

882297 or e-mail: arundel@abdiocese.org.uk or

storrington@abdiocese.org.uk