



The Catholic Community of Arundel & Storrington

1st Sunday of Lent, Year A

22nd February 2026



Contact us

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www.arundelcathedral.uk and [Our Lady Of England](http://OurLadyOfEngland.org)

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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

St Philip's Catholic Primary School 01903 882115	office@st-philips.w-sussex.sch.uk	London Road, Arundel, West Sussex BN18 9BA Headteacher: Mrs Thérèse Pullan
St Philip Howard Catholic School 01243 552055	office@sphcs.co.uk	Elm Grove South, Barnham, West Sussex PO22 0EN Headteacher: Mr Tim Hulse

Man shall not live by bread alone, but by every word that comes from the mouth of God.

Jesus' answer to the first of the devil's temptations—to turn stones into bread while Jesus was fasting for 40 days in the desert—is rich in meaning. First, it's an unambiguous rejection of the devil's temptation—always a good idea! Next, it shows why Jesus, and all of us, should fast: fasting shows that God is our top priority, even more important than our next meal.

But in fact Jesus is quoting the Old Testament (Deut 8:3), referring to the time when the people of Israel were wandering in the desert for 40 years. During that time God fed them with manna: miraculous "bread" from heaven. So hopefully we can see a clear link to the Eucharist too. Jesus our Eucharist is our true *Bread from Heaven* (see John 6:31-33); He is also the *Word* who has come down to us from God (see John 1:1,14).

It is lovely, then, if our Lenten exercises can have a Eucharistic aspect. We might choose to come Mass during the week, or to Adoration of the Blessed Sacrament. And we are fortunate to be able to keep both our churches open during daylight hours, for anyone to pop in and visit Jesus in the tabernacle and say a prayer—and bring a smile to Jesus' face, and their own.

God bless, Fr Stephen

Changes to Masses this coming week: On Friday 27th February the 10am Mass will take place in the Fitzalan Chapel. There will be no Adoration that day.

LENT

Opportunities for prayer, fasting and almsgiving.

CAFOD Lent Appeal – Family Fast Day 27th February This Lent, live out the Gospel call to love your neighbour. By fasting and giving what you save, you join in Christ's compassion and help another family put food on the table. Collect a CAFOD envelope **THIS** weekend, donate online at [Give by virtual envelope](#) or call 0303 303 3030. Text CAFODLENT to 70085 to donate £10 or bring your donation on **Sat 28th Feb/Sun 1st March** for the second collection.

HCPT Group 154 writes: We are a volunteer-led pilgrimage group from across our Deanery and Diocese. This coming Easter week, we are privileged to be accompanying six students from St. Philip Howard Catholic Secondary School with additional needs on their pilgrimage to Lourdes. It is a unique opportunity for these young people to experience the joy of the Gospel and the message of St. Bernadette in a supportive, vibrant environment. To ensure this life-changing experience is accessible to all, we do not ask the children's families for any financial contribution and we cover the costs for our accompanying nurse and provide subsidies for our University student helpers. Because of this commitment, our group needs to raise approximately £20,000. There will be an appeal and collection on **7/8 March**, please be as generous as you can with your donations and prayers for this endeavour.

Stations of the Cross will take place in Arundel on a Friday at 7pm alternating between the Cathedral and St Nicholas' Church, starting in the Cathedral on 20th February. In Storrington this will take place after 10am Mass on a Tuesday.

Ecumenical Lent Course - Christians in Storrington Shared Lent Course Meeting every Saturday at The Priory Hall, Storrington from 28th February 9.00am (Croissant and Coffee) 9.30am - 10.45am (Course) to Saturday 28th March. Our shared commitment to *keeping a good Lent together* as Christians in Storrington, will be based on the contemporary spiritual Christian classic **God on Mute** by Pete Greig. The sessions will address deep questions about suffering, doubt, and finding God's presence amidst pain, providing biblical insight and comfort for any feeling distant from God. More details and to register text Jonathan 07538 011579 or email fri.stmary@gmail.com **All are welcome.**

Lectio Divina at the Poor Clares Convent, Crossbush will take place every Monday for Lent 3-4pm.

Reconciliation There will be extended times of confession in the deanery with additional priests available as follows: Saturday 14th March in Arundel 10.30am onwards and Tuesday 24th March at St Richard's, Chichester after the 6pm Mass. Confession is also available on request.

New family resources for Lent The CELEBRATE Trust have just produced a new [Lent Family Pack - CELEBRATE@Home — CELEBRATE Trust](#) which includes creative ways to help families grow close to God during this season. There is also a game for children to download [Lent Game - CELEBRATE@Home — CELEBRATE Trust](#) which encourages children to focus on prayer, fasting and almsgiving, in fun and interactive ways this Lent.

Join Young Adults in Chichester for Prayer and Fellowship: 24 hours of adoration this March. Young adults aged 18–30 are warmly invited to join us on Friday 13 March until Saturday 14 March, with the option to stay overnight in the parish. The 24 hours will include Mass on Friday evening and Saturday morning, Stations of the Cross as well as time for food and fellowship. Register here [24 Hours of Adoration in Chichester - Friday 13th & Saturday 14th March 2026](#) Full practical details will be shared with those who register. If you have any questions please get in touch with Olivia: olali.darby@gmail.com



Please pray for Geraldine Hennon (Arundel) who died recently. Her Requiem will take place at the Cathedral on Wednesday 11th March at 12.30pm. Anne-Marie (Geraldine's daughter) would like those hoping to attend the Requiem (and reception) please to let her know for catering purposes on 07826 944922.

Socks! Gatwick Detainees Welfare Group need them! Can you pop an inexpensive value pack of socks in your next supermarket shop and help us out? We only give out new socks to people in detention and there is huge dignity in having dry feet and the luxury of new socks. Thanks so much for any help. Collection chest at the back of the Cathedral.

Your Cathedral Needs You! New volunteers needed to join the Sunday morning Coffee rota. Involves setting up the tables, preparing and serving tea, coffee and biscuits, and clearing up at the end. If you are interested to find out more, please ask Betsy or Adam Vernon who will ensure you get all the help and support needed to join the rota of volunteers. Betsy 07749 187 028 Adam 07845 404 801

Diocesan Lourdes Pilgrimage Applications are open, see [Lourdes Pilgrimage](#) for more information and to apply.

Arundel Ministry of Consolation Group - for those experiencing loss in any way, now or in the past. If you want to contact a member of the team you can e-mail them at: MOC@arundelcathedral.uk or call the Cathedral office.

Love in a Box are no longer able to take shoeboxes out to Eastern Europe as costs have become too high. You can read more at [Mustard Seed Relief Mission](#). Thank you so much to all who have supported this charity over so many years.

The Friends of Arundel Cathedral invite you to a talk by Adrian Waddingham on Pope Adrian IV, the only English Pope. At the Cathedral Centre on Saturday 14th March at 3pm followed by refreshments. Friends members: £10; Non-members: £15. Tickets will be available at the door by cash/credit/debit card or purchase ahead at: [Buy tickets – Friends Of Arundel Cathedral](#) or contact the Administrator on aruncathfriends@btconnect.com or 01903 884567

Reclaiming Humanity: Attention & Love in a Fragmented World Sunday 22 March · 1:30–4:15pm at The Fitzherbert Hub, St John the Baptist Church, BN2 1AP. An afternoon Exploring Catholic Social Teaching with **Fr Toby Lees OP** a Dominican priest, moral theologian, and Priest Director of Radio Maria England. All are welcome to join early for a shared lunch at 12:45pm (please bring a packed lunch or a dish to share). No booking required. Donation only. Tea, coffee, and cake provided.

More info: joanna.gilbert@abdiocese.org.uk

You are invited to join in the **World Day of Prayer Service** at St Mary's Church Sullington, RH20 4AE on Friday 6th March at 2.00pm. The programme has been prepared by the World Day of Prayer Committee of Nigeria with the theme: "I will give you rest, come." . All are most welcome, parking is fairly limited so car sharing advised. If you would like a lift contact Frances Arter on 07419589 880 or 01903 740843 Churches Together in the Six Villages (south of Arundel) will also be celebrating this at 2.30pm on Friday March 6th in Westergate Methodist church (PO20 3RH).

Food Collection There is a box at the back of the Cathedral for food donations, which most recently have been given to Stonepillow, a local charity supporting people with housing difficulties. At the moment they need: biscuits; cereals (not oats); coffee; cooking oil; crisps; instant pot noodles and other snack pots; ketchup; loo rolls; pasta sauces; shaving gel and disposable razors; shower gel; snacks/sweet treats; spices/herbs; squash/cordial; sugar; tinned meat, pies and beans. You can always check their up to date list of what they need most at: [Donate Food - Stonepillow](#) Thank you for your continued generosity.

Hospital or housebound? If you, or a member of your family, or a friend is unable to come to Mass for any length of time, due to illness or infirmity, please do contact the Parish Office so that a visit can be arranged. If someone is in hospital or a care home, please let the Parish Office know where and ideally which ward. The sooner we are aware of people in the need the better.

HOLY MASS & OTHER SERVICES THIS WEEK		
Saturday 21st		1st Sunday of Lent - Year A
Cathedral	5.00pm	People of the Parish
Sunday 22nd		
Storrington	9.00am	Rowena Mary Rose Currie RIP
Cathedral	11.00am	Albert Paradine RIP
Storrington	4.30pm	Vespers & Benediction
Monday 23rd		
Cathedral	10.00am	The Byrne Family
Tuesday 24th		
Storrington	10.00am	People of the Parish
Wednesday 25th		
Cathedral	10.00am	Intentions of Maura van Dyke
Thursday 26th		
Storrington	10.00am	John Roy RIP
Friday 27th		
Fitzalan Chapel	10.00am	CAFOD Mass for supporters & friends
Saturday 28th		
Cathedral	10.00am	Intentions of Ligia Garcia
Cathedral	10.30am	Confessions
		2nd Sunday of Lent - Year A
Cathedral	5.00pm	People of the Parish
Sunday 1st		
Storrington	9.00am	People of the Parish
Cathedral	11.00am	Wendy Ridgeway RIP
Chemin Neuf at Our Lady of England, Storrington		
Mon - Frid: Adoration 6pm-6:30pm in Church		
Mon, Wed & Fri Mass (Maronite) 9.00am in the Church		
Tuesday 7.30-8.30pm Prayer Group		
Masses at the Convent of Poor Clares, Crossbush		
Monday - Saturday: 8.30am; Sunday: 6.00pm		
Masses from the Cathedral are livestreamed and are available via the Cathedral website www.arundelcathedral.uk or https://www.churchservices.tv/arundel		
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.		
Sacrament of the Sick		
Please contact Fr Stephen Tel 01903 882297 Other local parishes: Petworth: 01798 342169 Bognor: 01243 823619 Chichester 01243 782343		
Requiem in Aeternum		
 Your prayers are asked for all those who have died recently.		
Coffee & Tea		
After 9.00am Mass at Storrington After 11.00am Mass at Arundel		
Liturgy of the Word with Children		
Takes place weekly at 9am Mass in Storrington. At Arundel this will take place at 5.00pm		
Mass twice a month as follows: February 28th; March 7th & 21st; April 11th & 25th		
Music at Mass		
 9.00am Mass Music Group at Storrington—all welcome to rehearsals on Wednesday evenings at 8.00pm in the church.		
Rosary		
Wednesdays 7.00pm - Storrington Mondays after 10am Mass - Arundel First Saturday of the month 9.15am - Arundel		
Finance		
If you have any questions about setting up standing orders or Gift Aid, please contact Martin Hall on ga.arundel@abdiocese.org.uk Martin can help with queries in both Arundel & Storrington.		

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