

**The Catholic Community of  
Arundel & Storrington**  
**5th Sunday in Ordinary Time, Year A**  
**8th February 2026**



<b>Contact us</b>	<p>Priest: Fr Stephen Dingley Deacons: Rev Roger Stone <a href="mailto:roger.stone@abdiocese.org.uk">roger.stone@abdiocese.org.uk</a>; Rev David Clifton (Retired) Secretary: Louise Sharp Cathedral House, Parsons Hill, Arundel, BN18 9AY 01903 882297 <a href="mailto:arundel@abdiocese.org.uk">arundel@abdiocese.org.uk</a> <a href="http://www.arundelcathedral.uk">www.arundelcathedral.uk</a> and <a href="http://Our Lady Of England">Our Lady Of England</a>  Safeguarding Rep (Storrington): Theresa Byrne - 01903 744790 Safeguarding Rep (Arundel): Caroline Phillips—07503 387409 <a href="mailto:sg1.arundel@abdiocese.org.uk">sg1.arundel@abdiocese.org.uk</a> Diocesan Safeguarding Office: 01293 651148, <a href="mailto:safeguarding@abdiocese.org.uk">safeguarding@abdiocese.org.uk</a></p>		
<b>Our Churches</b>	<p>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</p>		
<b>Live Stream</b>	<p>Masses from the Cathedral are livestreamed and are available via the Cathedral website <a href="http://www.arundelcathedral.uk">www.arundelcathedral.uk</a> or <a href="https://www.churchservices.tv/arundel">https://www.churchservices.tv/arundel</a></p>		
<b>Catholic Schools</b>	St Philip's Catholic Primary School	London Road, Arundel, West Sussex BN18 9BA	
	01903 882115	<a href="mailto:office@st-philips.w-sussex.sch.uk">office@st-philips.w-sussex.sch.uk</a>	Headteacher: Mrs Therese Pullan
	St Philip Howard Catholic School	Elm Grove South, Barnham, West Sussex PO22 0EN	
	01243 552055	<a href="mailto:office@sphcs.co.uk">office@sphcs.co.uk</a>	Headteacher: Mr Tim Hulse

*Am I the light of the world?*

When it's dark and we want to be able to see, the answer is easy. We flick a switch and on comes the light. In a trice everything becomes visible. Faith can be like that but sometimes it can take time – maybe a long time – for the light of our faith to grow in strength and intensity. We shouldn't worry about how long it takes but rejoice that it is happening at all. Because even the faintest light illuminates the darkness. We see that in the night sky.

We might be tempted to try and hide ourselves away because we are nervous about letting the light of faith into our daily lives. We can't really do this because God still sees us. For him, darkness is not dark and the night is as clear as the day (Psalm 139). Allowing Jesus, the light of the world, into our lives, is such a help to us. He helps us to recognise that the parts of our personality that trouble us actually drag us down. We know that when we criticise and talk negatively about other people we are harming ourselves as well as, perhaps more than, them. He invites us to shift the focus of the light away from ourselves, avoid being paralysed by our inadequacies, and look instead at the people around us who long for welcome, acceptance, enough to sustain them.

Responding to someone in need strengthens their faith as well as our own. Maybe people look at us and wonder why we do what we do, why we are how we are. But if they they're not looking, and if they're not wondering, what does that say about the light of Christ we are supposed to be?

*Deacon Roger Stone*

**Changes to Masses this coming week:** Mass on Wednesday 11th February will take place in the Fitzalan Chapel, Arundel at 10am.

**Diocesan Lourdes Pilgrimage** Applications are now open, see [Lourdes Pilgrimage](#) for more information and to apply. The annual collection for the Pilgrimage fund will take place THIS weekend. The funds raised will go towards helping assisted pilgrims to make the trip and will also help some of our young people who help on the pilgrimage. Donations can be Gift Aided through your parish envelopes. Donations can also be made on the donation devices in both Arundel and Storrington.

**Winter 2025 Edition of The Proclaimer** is on sale at £5 each in Storrington and in the Cathedral Shop. The Digital Edition is available to view from the Cathedral website: <https://arundelcathedral.uk/arundel-cathedral-proclaimer-2025-digital-edition>

**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](mailto:MOC@arundelcathedral.uk) or call the Cathedral office.

**Tuesday Drop In** Next meetings: Tuesday 17 February in the Lower Hall at the Cathedral Centre, 2 - 4pm, All welcome for tea/coffee, friendly chat, board games. Lifts available, call Maria on 07413 267267.

**SVP Toiletries Collection Point – Our Lady of England** At the back of the church, you will find a wicker basket where you can donate new or unused toiletries. We are seeking to help vulnerable families and individuals, including women escaping domestic violence, refugees, and those affected by homelessness. Items such as hand soap, shampoo, conditioner, toothbrushes, toothpaste, floss, body wash, deodorant, shaving foam and wash cloths (flannels) are always greatly appreciated and make a real difference to those in need. Thank you for your continued generosity and support in helping care for some of the most vulnerable in our community.

**Ecumenical Lent Groups - Christians in Storrington Shared Lent Course** Meeting every Saturday from 28th February 9.00am (Croissant and Coffee) 9.30am - 10.45am (Course) to Saturday 28th March at The Priory Hall, Storrington. 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 book, supported by Youtube videos, explores the profound struggle of unanswered prayer and God's silence during times of trouble and need. 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. For more details and to register your interest text Jonathan 07538 011579 or email [frj.stmary@gmail.com](mailto:frj.stmary@gmail.com) **All are welcome. Come to just one or to all the sessions!**

**Safe Spaces** The Church of England, The Church in Wales and The Catholic Church in England and Wales are pleased to confirm ongoing support for victims and survivors of church-related abuse, through Safe Spaces, the independent support service. Safe Spaces is a free national support service which offers a confidential, personal, and safe space for anyone who has been abused through their relationship with either the Church of England, The Church in Wales or The Catholic Church in England and Wales, regardless of age, gender, or sexual orientation. Bishop Paul Mason, Safeguarding Lead for the Catholic Church, Board Member of the Catholic Safeguarding Standards Agency (CSSA) and a Trustee of SSEW said: "The impact of abuse can be complex and life-long. It is vital that victims have a source of support from an independent body who specialise in this area and I am confident that First Light will continue to provide this vital service throughout this process. Safe Spaces can be contacted at [Home - Safe Spaces England and Wales](#) T:0300 303 1056. You can read more at: [Support for victims and survivors of church-related abuse extended - Catholic Bishops' Conference](#)



St Vincent  
de Paul Society  
England and Wales  
Turning Concern into Action

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.

**Most Rev Richard Moth** will be solemnly Installed as the 12th Archbishop of Westminster on 14th February, the feast of Ss Cyril and Methodius in Westminster Cathedral. The Mass (and Vespers the night before) will be live streamed at: [Installation Vespers & Mass: Livestreams - Westminster Cathedral](#) Please keep him in your prayers during the coming week.

**Lectio Divina at the Poor Clares Convent, Crossbush** will take place every Monday for Lent 3-4pm, beginning just before Lent on Monday 16<sup>th</sup> February. All are welcome.

**New Parishioners** Are you new to the parish? Have you filled in a form to let us know you're here? The form for both Arundel and Storrington is here: [Register With The Parish – Arundel Cathedral](#) Maybe you've been with us a while but haven't sign up to the database? Contact the parish office or register on the link above.

You are invited to join in the **World Day of Prayer Service** at St Mary's Church Sullington on Friday 6<sup>th</sup> March at 2.00pm. The programme prepared by the World Day of Prayer Committee of Nigeria with the theme: "I will give you rest, come.". All are most welcome.

**Diocesan Schools Singing Programme Concert** On Tuesday 10 February at 3:45pm, the Cathedral will be host to a wonderful celebration of young singers from the Diocesan Schools Singing Programme. As part of the programme, children from primary schools within the diocese take part in weekly singing sessions, and this free concert offers an opportunity to hear the music they have been working on throughout the term. All are very welcome to attend.

**Food Collection** There is a box at the back of the Cathedral for food donations, which most recently have been give to Stonepillow, a local charity supporting people with housing difficulties. You can see 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.

**Splash for Schools and Communities are recruiting** Splash is a mission organisation that presents Jesus to children, young people and families. We have been working across the South Downs area for more than twenty-five years and have excellent links to schools, churches and communities in our area.

We are seeking a new office administrator to work as an integral part of the small and dedicated Splash team. This role is part-time at 5 hrs per week, with some flexibility.

More information can be found on our website at [Microsoft Word - Job description Administrator](#) or contact Michelle Leach by email at [michelle@splashschools.org.uk](mailto:michelle@splashschools.org.uk)

**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 are engaging ways to count down the days in Lent, reflective prayer and discussion, craft, games, books and movies to help families draw close to God. 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, and Stations of the Cross for the parish. Alongside these opportunities to pray there will be 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](mailto:olali.darby@gmail.com)

See photographs from last Friday's Mass of Thanksgiving with Bishop Richard at: [Mass of Thanksgiving for the Ministry of Bishop Richard Moth | Flickr](#)

HOLY MASS & OTHER SERVICES THIS WEEK		
<b>Saturday 7th</b> Cathedral 5.00pm		<b>5th Sunday - Year A</b> People of the Parish
<b>Sunday 8th</b> Storrington 9.00am Cathedral 11.00am		In thanksgiving Mary Lynch RIP
<b>Monday 9th</b> Cathedral 10.00am		Jack Gore RIP
<b>Tuesday 10th</b> Storrington 10.00am		<b>St Scholastica, Virgin</b> Deceased of the Ikpoh Family
<b>Wednesday 11th</b> Fitzalan Chapel 10.00am		<b>Our Lady of Lourdes</b> Henry, XV Duke of Norfolk RIP
<b>Thursday 12th</b> Storrington 10.00am Storrington 10.30am		People of the Parish Confessions and Adoration to 11.30am
<b>Friday 13th</b> Cathedral 9.15am Cathedral 10.00am		Adoration Gerard Felix RIP
<b>Saturday 14th</b> Cathedral 10.00am Cathedral 10.30am		<b>Ss Cyril, Monk &amp; Methodius, Bishop</b> Maureen Daniels RIP Confessions & Adoration to 11am
Cathedral 5.00pm		<b>6th Sunday - Year A</b> People of the Parish
<b>Sunday 15th</b> Storrington 9.00am Cathedral 11.00am		Brendan Cole, Gerald Cole & Kathleen Lock RIP Ian Caws RIP

**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 14<sup>th</sup> & 28<sup>th</sup>; March 7<sup>th</sup> & 21<sup>st</sup>;**  
**April 11<sup>th</sup> & 25<sup>th</sup>**



**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

<p><b>Chemin Neuf at Our Lady of England, Storrington</b> Mon - Frid: Adoration 6pm-6:30pm in Church Mon, Wed &amp; Fri Mass (Maronite) 9.00am in the Church Tuesday 7.30-8.30pm Prayer Group</p>	<p><b>Finance</b> If you have any questions about setting up standing orders or Gift Aid, please contact Martin Hall on <a href="mailto:ga.arundel@abdiocese.org.uk">ga.arundel@abdiocese.org.uk</a> Martin can help with queries in both Arundel &amp; Storrington.</p>
<p><b>Masses at the Convent of Poor Clares, Crossbush</b> Monday - Saturday: 8.30am; Sunday: 6.00pm</p>	

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