



**The Catholic Community of
Arundel & Storrington**
4th Sunday in Ordinary Time, Year A
1st February 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): Theresa Byrne - 01903 744790 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	St Philip’s Catholic Primary School 01903 882115 St Philip Howard Catholic School 01243 552055	London Road, Arundel, West Sussex BN18 9BA office@st-philips.w-sussex.sch.uk Elm Grove South, Barnham, West Sussex PO22 0EN office@sphcs.co.uk	Headteacher: Mrs Therese Pullan Headteacher: Mr Tim Hulse

Jesus opens his mouth...

Jesus has begun his ministry. Called the first disciples. Walked throughout Galilee teaching and healing. The word has spread. Now crowds of sick and disabled throng and follow him. They're light years away from comfort and wealth, status and power, the traditional trappings of happiness, of God's blessing. The 'have nots' are his audience as he dismantles society's misconceived understanding of what being 'blessed by God' means.

The allure of having power and wealth is so strong. We find them difficult to resist. Jesus rejects them. They are shallow and illusory and can be removed as quickly as they are given to us. Jesus teaches us to focus on quality rather than quantity. The word of God is always a fresh invitation to us to change to be people possessing and displaying purity of heart, generosity of spirit, and showing mercy. Blessedness is a state of being, not having.

When we live the Beatitudes in every aspect of our lives, we find what we're really looking for: the inner spiritual peace that flows from being in a right relationship with God. We find that our eyes are opened to the needs of everyone around us, within our families and our local community. And we are inspired to minister to them.

Jesus opens his mouth, and teaches us. Let us pray for the grace to hear and respond.

Deacon Roger Stone

Changes to Mass times this coming week: There are no changes this week at the Cathedral or in Storrington. **Convent Mass on Tuesday 3rd February** will take place at 2pm and will be the Requiem Mass for Mother Francis who was a resident in St. Joseph's nursing home. This Mass will be live streamed at [Poor Clares, Arundel | Facebook](#) There will be no 8.30am Mass that day.

Please pray for the repose of the soul of Harry Burton who died recently.

Collection for Bishop Richard THIS weekend we will take a collection to give to Archbishop-elect of Westminster Richard, in thanks for his service in our diocese and in our Cathedral. Donations may be made on the donation devices in the Cathedral and Storrington as well as in the collection baskets.

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 or call the Cathedral office.

Tuesday Drop In Next meetings: Tuesday 3 & 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 **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.

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 on 7/8 February.

Lectio Divina at the Poor Clares Convent, Crossbush takes place every Monday for Lent 3-4pm, beginning just before Lent on Monday 16th February. All are welcome.

Storrington Mothers Prayers at 2pm this Thursday 5th February in the church. 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.

Deaf Community Masses 2026 The Diocesan Deaf Service is a pastoral service for Deaf and Hard of Hearing people across Surrey and Sussex. The Deaf Service aims to create awareness of the existence, and needs, of those who are Deaf and Hard of Hearing, both in the Church and in society, encouraging the celebration of Mass and the sacraments on a regular basis, in a style appropriate to the Deaf and Hard of Hearing community's needs. Deaf Community **Masses** take place on **7 February**, 7 March, and 4 April and will be celebrated at 1pm at Our Lady of Sorrows, Lower Road, Effingham, Leatherhead, Surrey KT24 5JP. W: [EFFINGHAM & FETCHAM - Home](#) To find out more please contact Maria Booker E: peterandmaria.booker@abdiocese.org.uk

Posters/Notices Anyone wishing to put up a poster or notice in either Arundel or Storrington is kindly asked to check with Fr Stephen, Deacon Roger or the parish office beforehand.

Mental Health Awareness training – Saturday 7 February 10am—3pm at the St Philip Howard Centre, Crawley One of the challenges that we are experiencing in our modern world is the growing number of people, of all ages, experiencing the darkness and challenge of various mental health conditions. Thanks to the support of Mental Health England, the diocese is able to offer this training, to explore the realities, symptoms and impact of living with these many debilitating conditions. Thanks to the support of the trainer, we are able to highly subsidise the event. Tickets are now £40 per delegate (usual price £120). To register scan the QR code above or go to the Events page of the Diocesan website. If you have any questions about this course, do not hesitate to contact Simon South, Marriage & Family Life Adviser at E: simon.south@abdiocese.org.uk



Grand News – a newsletter for all Grandparents in our Diocese Copies are available at the back of the Cathedral/Storrington porch or you can view this online at: [Grand News - new issue out now! | News](#)

Advance notice - World Day of Prayer Service 2026 (Storrington) will take place on Friday March 6 at 2.00pm in St Mary's Church, Sullington.

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.

HOLY MASS & OTHER SERVICES THIS WEEK		
Saturday 31st		4th Sunday - Year A
Cathedral	5.00pm	People of the Parish
Sunday 1st		
Storrington	9.00am	William & Susan Bradley RIP
Cathedral	11.00am	Intentions of Lorraine Cranfield
Monday 2nd		The Presentation of the Lord
Cathedral	10.00am	Anthony Mervin Peduzzi RIP
Tuesday 3rd		St Blaise, Bishop & Martyr
Storrington	10.00am	Frances Akah RIP
Wednesday 4th		
Cathedral	10.00am	Fr Stephen Ortiger RIP
Thursday 5th		St Agatha, Virgin & Martyr
Storrington	10.00am	Geoff Taylor RIP
Storrington	10.30am	Confessions and Adoration to 11.30am
Friday 6th		St Paul Miki & Companions, Martyrs of Japan
Cathedral	9.15am	Adoration
Cathedral	10.00am	Emma Hiles RIP
Saturday 7th		Our Lady on Saturday
Cathedral	10.00am	For Archbishop-elect Richard Moth
Cathedral	10.30am	Confessions & Adoration to 11am
		5th Sunday - Year A
Cathedral	5.00pm	People of the Parish
Sunday 8th		
Storrington	9.00am	In thanksgiving
Cathedral	11.00am	Mary Lynch 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 14th & 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

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

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.

Masses from the Cathedral are livestreamed and are available via the Cathedral website
www.arundelcathedral.uk or <https://www.churchservices.tv/arundel>