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## **The First Sunday of Lent**

Saturday	17 <sup>th</sup>	6.00 pm	Jessica Forte RIP
Sunday	18 <sup>th</sup>	8.15 am	The Parish
		10.30 am	Doris Gould-Evans RIP
		6.00 pm	Polish Mass
Monday	19 <sup>th</sup>	9.30 am	Katharine Drohan RIP
Tuesday	20 <sup>th</sup>	9.30 am	Mary Grant RIP
		7.30 pm	Choir Practice
Wednesday	21 <sup>st</sup>	9.30 am	Michael Murphy RIP
		7.00 pm	Divine Mercy Lent Group
Thursday	22 <sup>nd</sup>	7.30 pm	Maria Petter RIP
Friday	23 <sup>rd</sup>	9.30 am	Intention of the Murphy Family
Saturday	24 <sup>th</sup>	6.00 pm	Johannah O'Driscoll RIP
Sunday	25 <sup>th</sup>	8.15 am	The Parish
		10.30 am	Intention of Andy & Sandy Curd



**SATURDAY:** Exposition with Benediction: 10.00 - 11.00am. Reconciliation: 10.15 – 10.45 am & 5.15 - 5.45 pm

**COLLECTIONS:** Church: £623      The Lourdes Pilgrimage Fund: £578 Thank you for your generosity.

**Next Friday is CAFOD Lent Fast Day, a day of prayer for the hungry and needy of the world. Please take a special envelope and return it, enclosing your donation, at the second collection next Sunday, remembering to fill in the attached Gift Aid form if you are a tax-payer. When you give up something on Fast Day and share what you have, you prove that poverty is not inevitable**

**TODAY'S READINGS:** Genesis 9:8-15; 1 Peter 3:18-22; Mark 1:12-15

**NEXT WEEK'S READINGS:** Genesis 22:1-2, 9-13, 15-18, Romans 8:31-34, Mark 9:2-10

**PLEASE REMEMBER IN YOUR PRAYERS:** Grace West, Christine Watson, David Hall, Ann & Gordon Milne, Anne Whitehead, Bernard Bandy, Jeany, Peter, Deacon Pat Moloney, Yvonne Carter, Finlay, Alfred Deacon, Ester Park, Marie Garselis, Roni Horstead, Ronnie Tyler, Jenny Begley, Bill Hogg, Andrew Kennedy, Breda Schlimgen, Michaela Finn, Ann Wesley, Winifred Lyons, Yvette Allen, Leslie Lee, Kerry McStravick, Gerry Potter, Lydia Van Melsen, Edna Catley

**2. THOSE WHO HAVE DIED RECENTLY** and those whose anniversaries occur about now: Severina Middleton, Jack Colclough, Reg Lehane, Joao Martinho, Laurence Sullivan, Winifred Jones, Royston Payne, Jerry Fortis, Albert Stone, Rosemary Hart, Frank Wilcockson, Ann Morris, Marie Angel, Timothy Babington, Leonard Bainbridge, Marion Gapp, Kathleen Geal, June Jakes

**3. THE DIVINE MERCY LENT GROUP** will be held every Wednesday at 7.00 pm during Lent in the Good Shepherd Chapel. Everyone is welcome.

**4. WOMEN'S WORLD DAY OF PRAYER** will be taking place worldwide on Friday 2nd March. Please join us **here** at **English Martyrs** at 2.30pm.

**5. PRAYING FOR OUR PARISH.** We would like to invite you to join us for our next 2 sessions of the Parish Prayer group on Friday 2nd March and Friday 16th March. We will be coming together to pray for our parish - all that we are doing, growing and being led into in the future. "Prayer and community are always found together, because the same Spirit who prays in us is the Spirit who binds us together into one body as we are called to love each other and work for a renewed world" Henri Nouwen.

**6. ECUMENICAL LENT COURSES** are taking place during Lent, in our Chapel at 10.30 am on Wednesday mornings and at 11, Sunningdale Court on Thursday afternoons starting at 2.30 pm and led by Philip Athyal, Baptist Minister. All are welcome. If you are able to attend please contact Philip so that he can prepare sufficient copies of the Course papers 01903 601411 or [philipathyal@yahoo.co.uk](mailto:philipathyal@yahoo.co.uk).

**7. THE LENTEN ALMS BOX** is in the front porch next to the main door. The proceeds are sent to the Contemplative Orders of women in the Diocese

**8. HANDMADE MOTHER'S DAY CARDS** now available in the Repository. Proceeds go to the Parish Project

**9. ENGLISH MARTYRS QUIZ TEAM:** The Knights of St Columba are planning a Deanery Quiz Night and each parish needs an ace Quiz Team. Would you quizzers like to join the English Martyrs Team? If you would like to support the parish in this way please contact David Wynn-Davies as soon as possible on 07790 480356

**10. PRAYER PARTNERS** are sought for our fifteen First Holy Communion children. Please sign against the symbol for the child of your choice on the poster on the wall at the back of the Church. We pray for these children who are preparing to receive their First Holy Communion on Sunday 20th May.

**11. ARUNDEL AND BRIGHTON DIOCESAN PILGRIMAGE TO LOURDES** will be taking place from 26<sup>th</sup> July–3<sup>rd</sup> August 2018. Booking forms can be downloaded from the website [www.ablourdes.org](http://www.ablourdes.org) or telephone the Pilgrimage Office – 01403 740110. Pilgrims requiring any level of medical, nursing or carer assistance should contact the Pilgrimage Office direct. Nurses are also required

**12. MARY'S MEALS:** We are now in particular need of Soap, Toothpaste, Pencil Cases and A5 Exercise Books or Reporter's Notepads. Many thanks to all who so generously contribute to these backpacks

**13. WORTHING CHURCHES HOMELESS PROJECTS:** Urgently needed this month: Tea, Coffee, Cooking Oil, Squashes, Ketchup, brown sauce, salad cream, Washing powder/tabs, Washing up liquid, Shampoo/Conditioner, Shower Gel, Cereals (no Cornflakes or porridge). Many thanks to those who are so generous in their donations

**Father Liam says:** I have been writing about the tortures endured by the Jesuit priest, Father Robert Southwell, one of the Forty Martyrs of England and Wales who were canonised in 1970. He was martyred in 1595 and a great deal of history of that period has been preserved, though many efforts were made to suppress it. In 1636 John Trussell wrote a history of the life and times of Robert Southwell, emphasising what a literary giant the martyr was but also detailing the manner of his sufferings and death. His accounts are verified by a number of State papers of the time which are still to be seen in the British Museum. Trussell was the literary agent of Southwell. Trussell tells us of the private torture inflicted on the priest while he was being held in the home of the State agent Topcliffe with the permission of Queen Elizabeth I. Public torture was limited in its severity by the presence of magistrates but in the case of private torture there were no such limits

On one occasion Southwell was left suspended in frightful agony for seven hours while Topcliffe went to the City on some business. On his return the victim, who appeared to be dying, was restored by distilled waters and then hung up again in the same position. His only exclamations were: 'My God and my all' and 'God gave himself to you, give yourself to God'. After ten days of this he was taken out of Topcliffe's hands by Lord Cecil and the other lords of the Council and committed to the Gatehouse prison where he spent a month in hunger and thirst, in cold and filth and neglect. His father visited him and found him covered with dirt and swarming with vermin with insects crawling in his sores. His father presented a petition to the Queen begging that his son be either executed or treated properly. He was transferred to a dungeon in the Tower of London where, without trial, he was held for nearly three years. He was permitted to have, at his request, the scriptures and the works of St. Bernard

Father Henry Garnett, another Jesuit priest who was martyred in 1606, who accompanied him from Rome to England in 1586, wrote about the death of Southwell on the day after his martyrdom to the General of the Society of Jesus in Rome, Father Claud Aquaviva. The original letter, of which this is a translation, is preserved at Stonyhurst College. He calls Southwell 'Christ's unconquered soldier, most faithful disciple, most valiant martyr, formerly my dearest companion and brother, now my lord, patron and king, reigning with Christ. He has been kept for nearly three years in closer custody than anyone, so that no Catholic ever saw him or spoke to him. He was often tortured and that in a more cruel manner than even this barbarity is accustomed to inflict. He publicly declared that he had been tortured several times and that with torments worse than the rack or even death itself.' 'Thus deprived of all human aid at length they brought him forth that it might be clear to all how far divine assistance exceeds all human help. For all this long time he could neither say Mass nor go to the Sacrament of Penance, nor speak with anyone, nor receive consolation from any. Yet he went to judgement and to execution with so calm and tranquil a mind that you would have said that he came from the midst of a monastery of religious men and that he was passing on his own free account from the breasts of his mother to the sweetest of delights.' 'He was taken from the Tower of London to Newgate, the prison for thieves and murderers and there he was kept for three days in what is called Limbo, with no comfort but a candle. On 20th February he was brought into court where by a cunning device his adversaries took care that very few people should be present. For the day before, they gave no notice of what they were going to do, either to the gaoler or to anyone else. At the very time he was summoned, a notable thief was led off to execution which was done that almost all the city might be drawn to see him and thus not notice what was done with Father.' 'Yet not a few Catholics were present who told us all that passed. For the moment I have so little time that I omit these details just now but I will write them next week or the week after. At this time you will hear only those things that passed at his most happy triumph on the following day as I have been surely informed by one of ours who was present. Having been drawn to the gallows and lifted from the hurdle on which he had been drawn, to the cart, he made the sign of the cross as well as he could (for his hands were bound) and began his speech thus: 'Whether we live, we live unto the Lord, or whether we die, we die unto the Lord. Whether therefore we live or whether we die, we are the Lord's! When he was beginning a sermon on these words he was interrupted by the sheriff's deputy. He earnestly begged that he might be allowed to speak, [promising that he would say nothing that could offend anyone. He then began in this manner: 'I have now come here to perform and accomplish the last act of this wretched life. I pray and beseech our Saviour through whose precious death and passion I hope to be saved mercifully to pardon me all the sins I have committed since my birth into this world. I profess myself a priest of the Catholic Roman Church and of the Society of Jesus, and for this I give God eternal thanks.'

*I am indebted to the Editor of 'The Triumphs over Death' John William Trotman*