



## Parish of Our Lady Star of the Sea

*Serving Southwick, Portslade,  
Hangleton and West Blatchington*

**St Theresa's:** Old Shoreham Rd, Southwick, BN42 4RY

**St George's:** Court Farm Road, Hove, BN3 7QR

**Parish Priest:** Fr Tony Milner BSc STD

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**Find out more:** <https://www.abdiocese.org.uk/safeguarding/home>

**School:** St Mary's, Church Road, Portslade  
[www.stmarys.brighton-hove.sch.uk](http://www.stmarys.brighton-hove.sch.uk)

**Also serving the parishes:**

**Cottesmore:** [www.cottesmore.brighton-hove.sch.uk](http://www.cottesmore.brighton-hove.sch.uk)

**Cardinal Newman:** [www.cncs.co.uk](http://www.cncs.co.uk)

### SVP Grenada Appeal

We are deeply saddened by news of the destruction caused by Hurricane Beryl in the Caribbean. Amongst the countries hit was SVP England & Wales twinned country, Grenada. We have been in contact with SVP Grenada National President, Mary Charles, who shared: *"The destruction caused, especially in Carriacou and Petite Martinique, is staggering and mind boggling. There is no food, water, sanitation, housing, etc. Whatever can be contributed, whenever possible will be greatly appreciated. Thanks for the prayers. God is always our hope and strength."*

Our second collection this weekend is in aid of SVP Grenada, please also keep the people of Grenada in your prayers.



**4<sup>th</sup> Aug 2024: 18<sup>th</sup> Sunday of Ordinary Time, Yr. B**  
**Weekdays: 18<sup>th</sup> Week of Year II**

### Fr Tony writes:

In Year B of the liturgical calendar we normally hear the Gospel of St Mark. But in August we switch to St John. At the point where Mark tells the story of the feeding of the five thousand, the Church switches its focus to John's telling of the story (which we heard last week), and then to the long passage in Chapter 6 of John's Gospel, in which Jesus talks about himself as the 'Bread of Life'. This we hear in four sections over the next four weeks.



Perhaps over the next four weeks we can make this a time to come to a deeper understanding and appreciation of the gift of Jesus in the Blessed Sacrament. To help with this, on the coming Sundays, I will be reflecting on three of the actions of Jesus at the last supper: Jesus **blessed** the bread, **broke it**, and **shared** it with his disciples.



The word **blessed** is an interesting one. Occasionally people refer to the elements of the Eucharist as having been blessed. This is true, but that is just the first part of what happens, and that happens at the Preparation of the Gifts (sometimes referred to as the Offertory). To bless something is primarily to dedicate it to God in some way — whether it is an object or a person. The bread is blessed when the priest prays:

*Blessed are you, Lord God of all creation,  
for through your goodness  
we have received the bread we offer you:  
fruit of the earth and work of human hands,  
it will become for us the bread of life.*

It remains bread at this point, but is dedicated to God so that, a few moments later it may be **consecrated** and become Jesus himself, the Bread of Life, truly present among us.

At the Offertory we offer ourselves along with the gifts, and dedicate ourselves to the service of God, that we too may be transformed through the Eucharist; becoming more clearly the 'Body of Christ', the Church, bringing God's mercy and forgiveness to the world.

One thing we could all do, quite easily, to help us more deeply appreciate the gift of Jesus in the Eucharist, is to arrive early for Mass and spend 10 minutes (or more) in prayer before Jesus, present in the tabernacle. The churches are normally open at least half an hour before Sunday Mass, and 20 minutes before weekday Masses. There is also Adoration of the Blessed Sacrament after Mass on Thursday and Friday, concluding with a simple benediction at 10:45am.

**We continue to pray for the people of Ukraine. More info:**  
[cbcew.org.uk/category/cbcew/international/countries/ukraine/](http://cbcew.org.uk/category/cbcew/international/countries/ukraine/)

## Please Pray For...

**All who are sick in the parish, particularly:**

Cheryl Evans, Chris Neale, Boni Rodrigues, Lucy and Winifred Wilde.

**Those on our regular prayer list including:**

Florence Davis, Hanorah & Mat Smith, Jean Ryan, Kathleen Davis, Margaret Gilligan and June Kelly.

**Those who have died recently especially:**

Mary Gibbons, Deborah Kerr and Margaret Billet.

**As well as those whose anniversaries occur this month.**

A full list of sick parishioners and anniversaries can be found on the parish website.

## First Holy Communion 2024/2025

Application forms are now available in our churches, please return them to the parish office. We will be co-ordinating our FHC Programme with our neighbouring parishes. Candidates will be able to choose their preferred church from, Sacred Heart (Hove); St George's; St Mary Magdalen's (Brighton); St Peter's (Hove) and St Theresa's.

## This week the foodbank needs:

**Children's Sweets; Crisps; Marmite; Orange Squash; Plain Noodles; Tinned Custard; Tinned Meat (especially chilli, chunky chicken, mince and ham);**

**Tinned Plum Tomatoes; Tinned Veggie Main Meals (e.g. veg curry); UHT Milk.**



We have so much pasta, tea and baked beans, so please don't buy us any more!

Donations may be dropped into the boxes at the back of either of our churches. *Thank you for your support.*

## Parish Office Hours

Office hours will be slightly different over the summer. Generally, Juliette (& Luna ☺) will be in the office on Tuesdays, Wednesdays and Thursdays, from 10am to 3pm. She may be in at other times also, ring ahead or leave a message and she will get back to you.

## Weekly Timetable

Sat 3rd Aug	6pm Mass, St Peter's, Hove	
<b>Sunday 4th Aug</b> <i>18th Sunday of Ordinary Time</i>	9am Mass, St Theresa's  11am Mass, St George's	<i>All Parishioners</i>
<b>Tues 6th August</b> <i>Transfiguration of the Lord</i>	10am Mass, St George's  7pm Mass, St Theresa's (Fr Celestine)	<i>Vanessa Pires RIP</i>
<b>Wed 7th August</b> <i>St Sixtus II &amp; Companions</i>	12noon, Funeral Mass, St Theresa's  7pm Mass, St Theresa's	
<b>Thurs 8th August</b> <i>St Dominic</i>	10am Mass, St George's followed by Adoration  7pm Mass, St Theresa's (Fr Celestine)	
<b>Fri 9th August</b> <i>St Teresa Benedicta of the Cross</i>	10am Mass, St Theresa's followed by Adoration  7pm Mass, St Theresa's (Fr Celestine)	<i>Private ints</i>
<b>Sat 10th August</b> <i>St Lawrence</i>	6pm Mass, St Peter's, Hove	
<b>Sunday 11th Aug</b> <i>19th Sunday of Ordinary Time</i>	9am Mass, St Theresa's  11am Mass, St George's	<i>Marie Berry RIP</i>  <i>All Parishioners</i>

## Parish Giving — Ways to Give

- ◆ By Standing Order using these details:

Account name:

RCD Arundel and Brighton, Our Lady Star of the Sea.

Sort Code: 40-05-20.

Account number: 4107 6558.

- ◆ By Cheque payable to: *RCD Arundel and Brighton, Our Lady Star of the Sea.*
- ◆ Online, by scanning the QR Code. **Remember to add gift aid if you are a UK tax payer.**



# CCRS

## SOUTH

Catholic Certificate  
in Religious Studies

Beginning  
Tues 24 Sept

3.45 - 5.45pm

Cardinal Newman  
Catholic School, Hove



## CCRS – South – beginning Tuesday 24 September 2024

The **Catholic Certificate in Religious Studies**, will be run at Cardinal Newman School in Hove on Tuesdays from 3:45-5:45pm. Each module (5 sessions) will be delivered over a term and the course of 8 modules will complete in 2 academic years. The first module, starting in September, is on the Old Testament. There is a £20 registration fee for the course, and £30 is charged for each module. This may be paid by the student, or they may be sponsored by their school/parish. Teachers, TAs, Catechists and anyone wishing to develop their understanding of the Faith are welcome. To book your place please use the following link: [abdiocese.churchsuite.com/events/hh8kjmxa](http://abdiocese.churchsuite.com/events/hh8kjmxa)

*A note from Fr Tony: I am part of the team running and teaching on this course, and have been involved with the course for 30 years, so do feel free to ask me about it!*

*The parish will pay the fees of any catechist or teacher from the parish who wishes to do the course.*