

I hope that you and your families are well. I send you all my prayers.

On Friday of this week, we are invited to join the **week of prayer for marriage**. In recent years we have been blessed in our parish by a growing number of young families, and I should like to take this opportunity to thank all of you for the wonderful sign of hope which you offer us for the future of the Church through the commitment which you show to us week by week. And equally we thank all those married couples who have shown mutual fidelity over many years. May God reward you all.

The Bishops have written a message for this week in which they reflect on the sign of hope which you offer especially in this Jubilee year.

They write: As we mark National Marriage Week 2025 think about the huge importance of marriage in our lives and society. In a world that can be confusing and divided, hope shines brightly especially in this Jubilee Year. And the hope of marriage is that it becomes a source of stability and happiness, showing us the endless love that God has for all of us.

For Christians, marriage isn't just a legal agreement, it's a special promise between husband and wife, like the covenant between God and humanity. And God's promises are always fruitful. Pope Benedict XVI once said, "Marriage is a way to save ourselves and our society", because marriage is a source of hope, strength, and new beginnings for everyone involved.

In this way, marriage is a big act of faith and love, giving us the courage to take part in God's amazing creation – a journey of unconditional love, just like God's love. When two people get married, they promise to take care of each other, grow together in faith, and create a home where love, respect, and understanding are the rules. We're made to love, just as God loves us, and this love isn't just for one person, it's for everyone around us.

National Marriage Week is a time for all of us to think about this special sacrament and how it can change lives. It's a chance for married couples to strengthen their bond by being kind to each other, talking openly, and sharing experiences. And for all of us, as we celebrate the beauty of marriage this week, let's make sure that we support and encourage couples in their journey. We can offer our contribution towards a culture that respects and values marriage, knowing that it's the foundation for a happy and healthy society.

For people who are getting married or supporting others on their journey, may this National Marriage Week inspire us all to embrace the hope that marriage brings, not just for ourselves, but for future generations.

Do please pray for all our married couples. You might like to use the Novena prayers: <u>Novena for</u> <u>Marriage Week</u>

I send my very best wishes. Fr Paul

#### Prayers Prayers

Please pray for Jenny Harrison who is recovering from an operation.

Please pray for victims of trafficking and slavery. Saturday 8<sup>th</sup> is the feast of St Josephine Bakhita, who was herself enslaved before being liberated and joining a religious order.

Please pray for Joan Wells, RIP, and for her daughter, Mary and her family. The funeral will be celebrated at Worth on Thursday, 6<sup>th</sup> February at 11am

Please continue to pray for our parishioners Sheila Charman, Hal Clarke, Jenny Chapman, Gillian Maher, Krysia Smith, Maureen Evans, Pamela Bagwell, Terry and Susan Scoble, Sue Pearson, John and Sue Rutherford, Demelza Waring, Liz Hicklin, Helen Sweetman, Jill Carter and Laura Rawlinson.

#### A prayer for married couples

Lord, we pray in thanksgiving for the vocation to marriage and for each couple that you join together to make a family. We ask that every marriage brings each couple closer to you and to holiness. We pray for those who are struggling in their marriage, that they can make it through this tough time and find hope and consolation in You. We pray that this Jubilee year can be a year of hope for marriages, with your gentle guiding hand through each action, decision, discussion and event. We make this prayer through Christ, your Son, our Lord.

Amen.

#### A Prayer for Our Earth

All-powerful God, you are present in the whole universe and in the smallest of your creatures. You embrace with your tenderness all that exists.

Pour out upon us the power of your love, that we may protect life and beauty. Fill us with peace, that we may live as brothers and sisters, harming no one. O God of the poor, help us to rescue the abandoned and forgotten of this Earth, so precious in your eyes.

Bring healing to our lives, that we may protect the world and not prey on it, that we may sow beauty, not pollution and destruction.

Touch the hearts of those who look only for gain at the expense of the poor and the Earth.

Teach us to discover the worth of each thing, to be filled with awe and contemplation,

to recognize that we are profoundly united with every creature as we journey towards your infinite light. We thank you for being with us each day.

Encourage us, we pray, in our struggle for justice, love and peace. AMEN (Pope Francis published this prayer in Laudato Si' and is meant for sharing with all who believe in our Creator God.)

#### The Jubilee prayer

Father in heaven, may the faith you have given us in your son, Jesus Christ, our brother, and the flame of charity enkindled in our hearts by the Holy Spirit, reawaken in us the blessed hope for the coming of your Kingdom. May your grace transform us into tireless cultivators of the seeds of the Gospel. May those seeds transform from within both humanity and the whole cosmos in the sure expectation of a new heaven and a new earth, when, with the powers of Evil vanquished, your glory will shine eternally. May the grace of the Jubilee reawaken in us, Pilgrims of Hope,

a yearning for the treasures of heaven.

May that same grace spread the joy and peace of our Redeemer throughout the earth. To you our God, eternally blessed, be glory and praise for ever. AMEN

#### Please pray for Peace around the World

God of peace, who are peace itself. and whom a spirit of discord cannot grasp, nor a violent mind receive, grant that those who are one in heart may persevere in what is good, and that those in conflict may forget evil and so be healed. Through Christ our Lord. AMEN (Prayer: Roman Missal, p.1361)

#### **Anniversaries**

**Please pray for the Souls of** – Eddie Flanagan, Beatrice Green, Bruce Lagden, Anne Powys-Lybbe, Peggy Bonner, Peter Whelpton, Alison Rawlins, Tigs Nott (Wheeler), Eamon Michael Litten, Charles Peile, Martin Harewood and Marjorie Beck.

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them, may they rest in peace. Amen.

#### Daily Readings -

Monday – Songs 8:6-7 Luke 10:38-42 **(St Scholastica)** Tuesday – Gen 1:20-2:4a Mark 7:1-13 Wednesday – Gen 2:4b-9, 15-17 Mark 7:14-23 Thursday – Gen 2:18-25 Mark 7:24-30 Friday – Gen 3:1-8 Mark 7:31-37 **(SS Cyril and Mothodius)** Saturday – Gen 3:9-24 Mark 8:1-10

#### Next Sunday's Readings: Sixth Sunday in OT (Year C)

1st Reading – Jeremiah 17:5-8 2nd Reading – 1 Corinthians 15:12, 16-20 **Gospel:** Luke 6:17, 20-26

Blessed are you who are poor. Woe to you who are rich.

# Parish Events

Dates for your Diary

This Sunday, 9<sup>th</sup> February – Parish Brunch in Compass House after mass.

Monday, 10<sup>th</sup> February – Mass with school at 4.30pm. (There will not be mass at 5.30pm)

Sunday, 16<sup>th</sup> February – Family formation continues.

**Saturday, 20<sup>th</sup> September** - Celebration of the 60<sup>th</sup> Anniversary of the Diocese and the Universal Jubilee Year, for families and friends, on the Ardingly Showground. Free tickets will be distributed through parishes in the New Year.

#### Second Collections

This weekend there will be a Second Collection for "Lourdes Pilgrimage Fund"

#### 2<sup>nd</sup> Collection during Christmas Carol Service

Thank you all for your generous donations during the Christmas Carol Service on 15<sup>th</sup> Dec ember.

You donated a total of **£1062.67** to the CAFOD Middle East Appeal.

#### Charlie and Mark Tibble's House Group Gathering

A very informal house group gathering in Balcombe on the last Friday of each month.

All Worth parishioners are very welcome to come, socialise, relax, have a drink and some snacks and get to know your community better.

Please contact Charlie Tibble at c.tibble@stwilfrids.com

#### Next Date: Friday 28th February 2025 at 7.30pm

Would anyone be willing to take over the parish Facebook page? Please get in touch with the office. Thank you. Adoration will resume on Wednesday 12<sup>th</sup> February, from 2.30pm – 3.30pm in the main church

#### Worth Pro Earth



#### Rewilding: Why do wilder gardens matter?

It's estimated that gardens in Britain cover an area more than twice as large as all of our national nature reserves. With over half of our species in decline in Britain, and one in seven heading towards extinction, that space really matters. If each of these gardens in Britain were made even a tiny bit wilder, they could do a lot to offer a vital lifeline for wildlife. Wilder spaces can boost biodiversity,



improve water quality, absorb carbon, and even reduce the impacts of climate change breakdown such as flooding. And of course, gardens are so precious in helping each of us connect with nature too.

In the same way that members of the Rewilding Network - a 600-strong network of rewilders across Britain convened by Rewilding Britain - are making decisions about their land, the seemingly small choices you make for your garden can have a huge, positive impact. Here's how.

**1. Let the grass grow.** One of the simplest things you can do is stop mowing so often. Let the grass grow longer in some areas, cutting or scything it a few times a year, and you'll offer birds and insects a sequence of flowers and seedheads that change weekly. Wildlife needs this variety too thrive. If this feels too radical why not start with No Mow May?

**2. Embrace decay.** Decay is part of the natural cycle of returning nutrients to the ground, so try not to tidy up too much. Dead branches, piles of leaves, logs and rocks all provide a habitat for insects and hedgehogs, or food for beetle larvae.

**3. Give up the Chemicals.** One reason behind the massive loss of insects in our countryside is the increasing use of pesticides and herbicides- not only on farmland but also in gardens. Swap fertilisers for an organic seaweed feed. Or have a go at making your own compost heap, which also provides a home for all manner of creatures.

**4. See 'weeds' in a new light.** As much as it's been drummed into us that 'weeds' are bad, they do in fact provide an invaluable source of nectar, seeds, shelter and nest sites for insects, birds and mammals. Could you leave a wild patch? Brambles, honeysuckle and wild rose form dense thickets that offer a home for creatures, while nettles and ivy give butterflies a place to lay their eggs.

**5. Choose plants with wildlife in mind.** To encourage wildlife, choose - and allow - plants the provide year-round nectar, pollen, seeds and berries. Clover, lavender and snowdrops are all pollinator-friendly plants for spring and summer, while holly gives evergreen shelter to insects in winter. In autumn, sparrows and finches feed on seedheads, so do leave a selection on the stems - just as you'd see in the wild.

- 6. Encourage native trees. Native trees are so good for wildlife simply because they've evolved alongside each other. Varieties to consider include rowan, hawthorn, holly, silver birth, yew, apple, crab apple, elderberry, plum or cherry. A mixture of tree sizes will benefit different species. Long-tailed tits, for example, need trees above head height, whereas wrens and dunnocks need dense cover low down.
- **7. Look after the soil**. Make sure your soil is healthy and it will create a biodiverse garden from the ground up. That means using organic, peat-free compost (or making your own), avoiding too much digging and letting worms get to work. Another tip is to ruck up the soil in a few places with a trowel to create bare patches, dips and hollows, to create microhabitats where seeds can germinate.

8. Go wild for water. Water attracts wildlife, so one of the most beneficial things you can do is create a pond or wetland area - or simply make a watery habitat out of a small container. If you are digging a pond, make sure one side is shallow, as newts and frogs prefer water that's not too deep. And don't introduce fish as they can have an adverse impact on amphibians and aquatic insects.

9. Don't let your garden be a fortress. Some species need access to more than just one garden to survive. Hedgehogs, for example, need ranges of between 10 and 20 hectares, so it's important to allow access from your garden to your neighbour's. If you have continuous panel fencing, you can help by cutting a small hole or excavating a tunnel underneath near a corner.

**10. Notice the changes and spread the word**. Now you've started to do things a little differently, which small change has made the biggest impact? Which new species are visiting your garden? For more information visit Rewilding Britain at the following link: <u>rewilding Britain</u>

WPE welcome new members. We meet once a month on a Wednesday at 2pm in St Benedict's. Our next meeting is on **Wednesday**, **26**<sup>th</sup> **February at 2pm**. *Please g*et in touch if you would like to attend.

#### **Apologetics Course**

We are hoping to launch an apologetics course at Worth after Easter.

The aim of the course is to address the questions of various groups of people, from lapsed Catholics and Protestants to doubters and seekers alike.

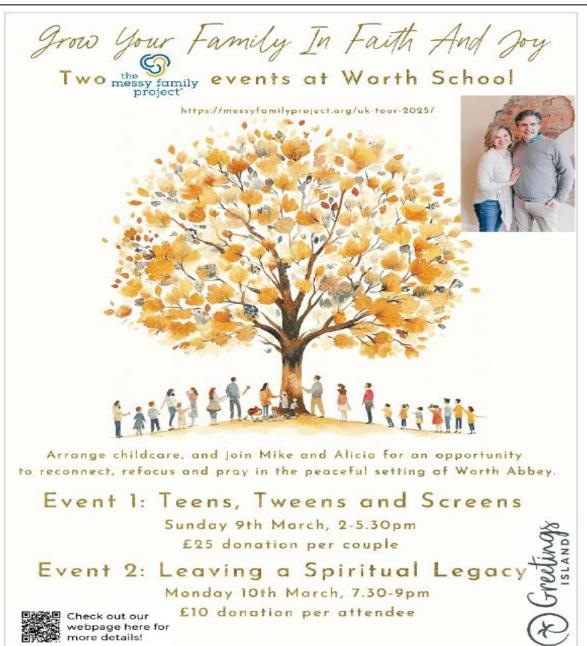
Christian apologetics is an interesting resource often not utilised effectively enough by many churches. There is a treasury of good argumentation to defend Christian beliefs and we hope to use a book called "The reason for God" by the late Tim Keller as the basis.

Keller was qualified to speak on such things due to his huge success in reaching many thousands of people through his ministry over five churches in New York city, one of the most secular and sceptical places on earth. His writing engages with people's real concerns and blocks to belief and as such, provides a relevant and vibrant way to engage people on the basis of our faith.

I envisage that the course will be run remotely over 7 weeks and, in each week, we will address one of the first seven chapters of his book. I have written a study guide and facilitator notes to help run these sessions. I'm looking for anyone who's interested in facilitating the course to get in touch with me via Father Paul. The audience we are trying to reach may include friends and relatives of members of the parish, parents with children in Catholic schools and anyone else who we feel might benefit from it. Timings and group size are still to be determined, but I would think groups of less than 10 would be suitable to allow people to discuss and think more deeply.

It is different to Alpha in the sense that it is less focused on arguing for a certain denomination of Christianity, goes deeper in those areas that people question and as such could be described as very ecumenical, transcending any denominational differences but focusing on those areas which all Christians

agree on. With very best wishes to you all, Jamie Parsons



# Abbey Events

#### **Exciting News from Worth Abbey**

We are delighted to announce the launch of Worth Abbey's very first newsletter, Worth Abbey Life! Stay connected through the Worth Abbey Newsletter. Whether you're a regular visitor or have recently engaged with us, our newsletter is designed to keep you informed and engaged.

#### What to Expect:

- Community News: Updates on events, activities, and initiatives within our Abbey.
- Upcoming Events: Information on upcoming services, retreats, and special gatherings.
  - Staying in touch with the monks in Brighton and their upcoming events
- An opportunity to hear more about the latest retreats happening at our retreat centre, St Bruno's.

We hope this newsletter will serve as a valuable resource for staying connected and engaged with our vibrant community. Your feedback and suggestions are always welcome as we strive to make each edition better than the last. You can access the newsletter **here** or download it form our website at <a href="https://worthabbey.net/abbey-life-newsletters/">https://worthabbey.net/abbey-life-newsletters/</a> or pick up a paper copy from the Narthex.

#### The Wisdom of St Benedict

14<sup>th</sup> – 16<sup>th</sup> February, Worth Abbey, RH10 4SB (Cost £220). Fr Martin McGee OSB leads this retreat focussing on the spirituality of the Rule of St Benedict, which is a spirituality of the everyday. The retreat will include monastic services and Mass, time for silence; Lectio Divina (sacred reading); reflection, discussion and questions. <u>Click Here</u> to book.

#### <u>Vivaldi's Gloria</u>

Take part in an afternoon of beauty and joy as Worth Abbey Choir prepares and performs Vivaldi's Gloria alongside a professional orchestra on **Saturday 1st March**.

Guests keen to sing are invited to arrive for 1:30pm, and those keen to listen to the performance are invited to arrive for refreshments from 3:15pm; the concert will begin at 3:45pm.

If you would like to sing, please register your interest as soon as you are able by emailing Edward Dean (Abbey Director of Music) at <u>edean@worth. org.uk</u>

If you would like to attend the concert, please contact Kelly O'Hara (Assistant to the Abbot) at <u>kohara@worth.org.uk</u>

Further information about the day will be sent to guests who register by email at least two weeks in advance of the event.

Timings	
Welcome	1.00 - 1.30pm
Rehearsal for singers	1.30 - 3.15pm
Refreshments for all	3.15 - 3.45pm
Concert	3.45 - 4.30pm

#### 77 Years an Altar Server

A Journey Through Time with Michael Weston-Burt on **Sunday 23rd March** at 11.00am

Join Michael on his nostalgic journey from the Traditional Latin Mass of post-war Britain of the 40's, through the challenging changes of Vatican II in the 60's, to our Modern English Mass of today, at Worth Abbey, viewed through the eyes of a server who throughout was "up there", on the Sanctuary, always "part of the action!"

Please join us in the Unity Room after Mass for this very special event.



# MONASTIC INTERNSHIPS

Worth Abbey, a Benedictine monastery in Sussex, is inviting applications from men between the age of eighteen and thirty-five for a limited number of monastic internships

Experience a two-month stay alongside our monastery, with full board and lodging. Participate in the daily life of the monks, including their prayer and work. Immerse yourself in reading and embrace the wisdom of the monastic tradition



"At the end of the experience I have grown closer to God and know Jesus is the foundation of my life. It has been the happiest and most serene two months of my life."

James, Abbey Intern, December 2024

For further information please visit worthabbey.net/interns or email Fr Luke at interns@worth.org.uk or phone 01342-710370

#### **Finding God in the Everyday**

A Lenten Talk by Fr Martin McGee on **Saturday 5th April** at 10.30am Fr Martin McGee will be delivering a talk titled "Finding God in the Everyday," drawing upon the practical teachings of the Rule of St Benedict. This rule encourages us to encounter Christ in one another and in the everyday messiness of life.

Fr Martin will highlight the wisdom of the monastic tradition, emphasizing the importance of attentiveness, valuing silence, and being faithful in our relationships. He will share inspiring stories from the lives of the nineteen Algerian martyrs (1994-1966), including the Cistercian monks of Tibhirine, to illustrate these themes.

The talk aims to encourage reflection on how the Lord meets us in the ordinary moments of our lives. As St Benedict beautifully states in his Rule: "What, dear brothers and sisters, is more delightful than this voice of the Lord calling to us? See how the Lord in his love shows us the way of life."

Join us for this enriching talk by Fr Martin McGee and discover how to find God in the everyday. If you are interested in attending, please let Kelly O'Hara know by emailing <u>kohara@worth.org.uk</u> or calling 01342 710370.

	Please see the timings below:
10.30am	Arrival and Coffee in the Abbey Church
11.00am	Fr Martin's Talk, Spencer Building, Worth School
12.00pm	Light Lunch (optional at a cost of £5)
1.00pm	Midday Prayer

Non-Parish Events

### You Can Help Your Marriage

Do you feel alone? Are you frustrated or angry with each other? Do you argue ... or have you just stopped talking to each other? Does talking about it only make it worse?

Retrouvaille (pronounced retro-vi with a long'i') helps couples through difficult times in their marriages. There is no group therapy or group work.

This programme has helped 10s of 1000s of couples experiencing difficulties in their marriage. For confidential information about Retrouvaille', or to register for the next programme commencing via Zoom on 27th February to 2nd March.

Call or text 0788 7296983 Email info@retrouvaille.org.uk www.retrouvaille.org.uk

### Permanent Diaconate

The Diocese writes advertising an open evening to give information about this: We are looking to hold an open evening at St John the Evangelist, Horsham, RH12 2PJ on **Friday 14th March**, beginning at 7.00pm. This will provide an opportunity for men who are keen to understand more about the Permanent Diaconate, the discernment process and an exploration of a possible vocation to the Ministry. If you are interested, please get in touch with the parish office at Worth.

#### **Theology & Integral Ecology**

New Approaches to our Planetary Crisis, **24th – 25th April**, Oxford (Cost: £35-£75). A conference seeking to deepen and extend theological approaches to the contemporary planetary crisis through examination of the integral ecology paradigm. It will feature a prestigious line-up of speakers. Click Here to find out more.

#### Applications for Lourdes 2025 now open

Applications for this summer's Diocesan Pilgrimage to Lourdes (25<sup>th</sup> -31<sup>st</sup> July by air or own transport, 24<sup>th</sup> July-1<sup>st</sup> August by coach/jumbulance) are now open on the diocesan website: https://www.abdiocese.org.uk/lourdes/home

Our pilgrimage to Lourdes is one of the most significant pastoral events in our annual Diocesan calendar. Pope Francis has declared 2025 is a Jubilee year, the Lourdes theme is 'With Mary, Pilgrims of Hope'. We are invited to set out on our pilgrimage journey with our Lady and St Bernadette, in the 'hope born of grace, which enables us to live in Christ.' (Pope Francis, Spes non Confundit 2025)

Lourdes is a place of renewal, unlike tourists, visiting a popular attraction, we are pilgrims, making the journey together, we laugh together, break bread together, and we enter a space in which we can be open to the promptings of the Holy Spirit in ways that, perhaps, we would never have thought possible before.

### **Jubilee for Youth – Pilgrims of Hope**

#### Rome 28th July - 4th August 2025

A pilgrimage for young adults aged 18-30 to celebrate this special year of forgiveness and reconciliation. Join with other like-minded people, as we travel to the beautiful city of Rome for opportunities to hear from, and pray with, Pope Francis on the theme of Hope. Including flights, half-board hotel and entry to events, the Diocese is offering this trip for only £995. Contact [formation@abdiocese.org.uk] to find out more.

## For other regular items, please see the website:

For readings, see Universalis: Universalis Parish Leadership Team: Parish Leadership Team

**Our Facebook page:** Parish Facebook **Children's Junior Church liturgy:** Families and young children

**Diocesan Family Materials:** Family Materials

Parish Giving: My Dona Parish Giving

or use our QR code.

Parish Priest: Fr Paul Fleetwood (Mobile: 07764 260216)

 Parish Office Email: parish@worth.org.uk
 Parish Office Tel: 01342 710313
 Parish Website: www.worthabbeyparish.co.uk

 Secretary: Maria Stribbling, available 9am – 1pm Mon-Fri

Nighttime emergencies only: 01342 710331

Any cheques to be made payable to – Worth Abbey Parish

Payments can be made via online banking - Account – 61076892 Sort Code – 40-05-20

In Touch: If you would like anything to appear in 'In Touch', please contact Maria Stribbling at <u>parish@worth.org.uk</u> (by Wednesday 10am)

Safe Spaces: 0300 303 1056 Web: <u>www.safespacesenglandandwales.org.uk/</u> Email: <u>safespaces@victimsupport.org.uk</u>

If you are unable to attend Mass and would like to receive Holy Communion at home, or if you have any prayer intentions, please let Fr Paul know.

## **REGULAR EVENTS IN THE PARISH**

**Mass Times** - Saturday: 9.00 am (Concelebrated) and 5.00 pm (First Mass of Sunday), Sunday: 9.30 am.

Daily Mass: 5.30 pm (Concelebrated), Holy Days of Obligation (Please check Website) Feast Day: 5.30 pm.



**Confessions (Sacrament of Reconciliation)** – In the Church, Sundays 08.45am – 09.15am (If anyone cannot come at this time, please make a special appointment with Fr Paul)

**Exposition of the Blessed Sacrament** – Every Sunday at 6.30pm in the Church, after vespers. **This will resume on** Wednesdays again from 2.30pm-3.30pm in the main church from Wednesday 12<sup>th</sup> February.

**Rosary Group** – Mondays in the Abbey Church after Vespers – 7:10pm until 8:00pm. Please contact Rachel Davies: 07801 696354.

**Lectio Divina** – Tuesday evenings at 8pm via Zoom. Please contact Jenny Chapman jenny\_chapman@sky.com if you would like to join us, please contact Jenny Chapman by email or speak to her after Mass any weekend.

**Christian Meditation Group** – 7.00pm in the Unity Room, please contact Richard by email <u>rbrownd1@gmail.com</u> Next Dates –**26<sup>th</sup> February**, 26<sup>th</sup> March and 23<sup>rd</sup> April.

Vigil for Vocations - (1st Friday). After Compline 8.30pm - 9.00pm.

Bible Study Group - 11am on Mondays in St Benedict's (Parish Office). Please contact the Parish Office

Worth Abbey Parish is committed to safer recruitment. Arundel and Brighton Diocese and Worth Abbey Parish are committed to safeguarding all children and vulnerable groups at risk within its community. The Diocese aims to embed a culture of safeguarding to prevent abuse and to provide support to individuals who have been hurt by abuse, taking the necessary actions to reduce the likelihood of further harm.

Our Worth Abbey Parish Safeguarding Reps are Charles and Ann McCarthy Email: <u>sg1.worth@abdiocese.org.uk</u>

Please report any concerns about safeguarding directly to the Diocese, or, in an emergency, call the police on 999. If you are concerned about the welfare of a child or adult at risk, do not delay in contacting the police. Telephone 999 if a child or an adult is believed to be in immediate danger.

> If you need to contact our Safeguarding Office you can do so here: T: 01293 651148 E: safeguarding@abdiocese.org.uk