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14th September 2025 Exaltation of the Holy Cross Year C

<div>WELCOME TO OUR PARISH</div> <div><i>We should glory in the Cross of our Lord Jesus Christ, in whom is our salvation, life and resurrection, through whom we are saved and delivered.</i></div> <div>From Father Graham</div> <div>We make the sign of the cross everyday: first thing in the morning and last thing at night, before meals, when praying, in Mass, passing a church with the Blessed Sacrament, out of respect when a hearse passes with a coffin, with holy water and more. Sometimes we don't think what we are doing. The cross, a shameful instrument of death, has become a sign of life for us as Jesus crucified could not be restrained on the cross or the tomb but is risen from the dead. "Death where is your victory?"</div> <div>Saint Bernadette encouraged people to make the sign of the cross and make to make it large. No embarrassment or haste. Make it a prayer and a thanksgiving that we are baptised into the death and resurrection of Jesus. The sign of the cross is indelibly marked on our forehead. The mark of Christ, first made in our baptism as we are claimed for Christ and His kingdom.</div> <div>Jesus is lifted up high on the cross. We gaze at him, when we venerate the cross, when we see Him lifted up in the Mass,. It is there that we see perfect love. "For God so loved the world that He gave His only begotten Son". To refuse this crucified love is to perish and to believe in Him is to have eternal life.</div> <div>Whatever suffering we endure, look to the cross. There we receive strength and the promise of eternal life. Dying He destroyed our death.</div> <div>May God bless you. With my prayer for you everyday.</div> <div>Fr Graham</div>	Exaltation of the Holy Cross				Mass Intention
	Sat 13 Sep	08.30	TT	Mass <i>with Morning Prayer</i>	
	<i>Saint John Chrysostom</i>	10.00	SP	Mass & Rosary	Juan Ramón López RIP
		12.30	CTK	Wedding: Mark Wright and Cristina Andretta	
	Sat 13 Sep	17.30	TT	Vigil Mass <i>(for Sunday)</i>	For all Parishioners
	Sun 14 Sep	09.00	SP	Mass	John Yates RIP
		11.00	CTK	Mass	World Apostolate of Fatima
	Mon 15 Sep <i>Our Lady of Sorrows</i>	08.00	TT	Mass <i>with Morning Prayer</i>	
		09.00	SP	Adoration	
		09.30	SP	Mass	Good health of Ruby Cunningham
		10.00	SP	Rosary	
	Tue 16 Sep <i>Saints Cornelius & Cyprian</i>	19.30	Zoom	Rosary	
		09.30	CTK	Rosary	
		10.00	CTK	Mass	In thanksgiving for prayers answered
		10.30	CTK	Adoration & Confessions	
	Wed 17 Sep	17.30	TT	Mass	
		08.00	TT	Mass <i>with Morning Prayer</i>	
		09.00	SP	Adoration	
	Thu 18 Sep <i>Feria</i>	09.30	SP	Mass	Private intention
		16.30	TT	Mass	
		19.30	SP	Adoration, Divine Mercy Chaplet & Confessions	
		08.00	TT	Mass <i>with Morning Prayer</i>	
	Fri 19 Sep <i>Feria (Day of abstinence)</i>	09.00	SP	Adoration	
		10.00	SP	Mass	Ints of Lavinia Jordan, for a full recovery
		10.30	SP	Confessions	
		15.00	Zoom	Divine Mercy Chaplet	with Stations of the Cross
		08.30	TT	Mass <i>with Morning Prayer</i>	
	Sat 20 Sep <i>Saint Andrew Kim Taegon</i>	10.00	SP	Mass & Rosary	Thanksgiving, Mr & Mrs Beryl Hill
	25th Sunday in Ordinary Time				Mass Intention
	Sat 20 Sep	17.30	TT	Vigil Mass <i>(for Sunday)</i>	For all Parishioners
	Sun 21 Sep	09.00	SP	Mass	Mick & May Lawton RIP
		11.00	CTK	Mass	Kathleen Dunlea RIP
		13.00	SP	Holy Baptism: Ava McAdam	



OPPORTUNITIES TO CONNECT WITH YOUR FAITH

Welcome to any newcomers or visitors to our Parish

Welcome to our parish. Where are you on your faith journey? Do you have questions? Maybe it is useful for you to know that no one has all the answers. God does. We are all growing in faith, day by day. God bless you.

We have a group starting soon, 'Come & See', for people to come and discuss/learn more about our faith and ask questions in an informal setting.

In the meantime, please feel free to bring your questions to Father Graham or Deacon Simon.



From YouCat Daily

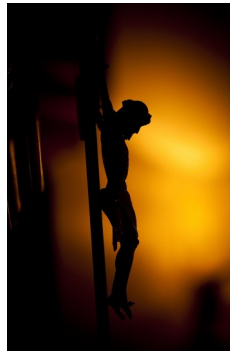
<https://www.youcat.org/daily>

101: Why did Jesus have to redeem us on the Cross, of all places?

The Cross on which Jesus, although innocent, was cruelly executed is the place of utmost degradation and abandonment. Christ, our Redeemer, chose the Cross so as to bear the guilt of the world and to suffer the pain of the world. So he brought the world back home to God by his perfect love.

God could not show his love more forcibly than by allowing himself in the person of the Son to be nailed to the Cross for us.

Crucifixion was the most shameful and most horrible method of execution in antiquity. It was forbidden to crucify Roman citizens, whatever crimes they were guilty of. Thereby God entered into the most abysmal sufferings of mankind. Since then, no one can say "God does not know what I'm suffering."



Preparing for the Sacraments

There will be instruction starting in the coming weeks for the sacraments of First Holy Communion and Confirmation. If you would like to express an interest at this stage or enquire (for you or your child), please speak to Father Graham, Deacon Simon or email the office: adurvalley@abdiocese.org.uk.

OLQP Bible Group: What do we do when we meet?

Our friendly group usually come together on Saturday mornings, after mass at St Peter's. We meet in the Parish Room and after a cup of tea/coffee, we watch a video, usually lasting around 50 minutes. We are currently walking through the Book of Revelations, via a series of films from renowned Bible Scholar and broadcaster, Jeff Cavins, a member of the Ascension Press team. Here he explains his 'Great Adventure Bible Timeline'.

Why not come along and give it a try? All are welcome. For more information email patsydaniels@gmail.com.



PRAYER INTENTIONS

Please pray for Christine, Mary, Margaret, June, Tommie, Sr Zita, Sarah, Christine B, Joanne, Anne C, Ian, Daisy, Lynn, Jenny, David, Michael C, Mary F, Margaret A, Pat O'C, Crispin M, Jennifer R, David R, Harvey R, Phil R, Michael H, Joan T, Joanna, Richenda, Rachel, Mike D, Ashley R, Mike & Jess D, Trish Y, Maureen C and all who are sick.

Please pray for Mark Wright and Cristina Andretta, who will be married at CTK on Saturday 13th September. Please pray for them and their families.

Please also pray for PEACE, for the Diocesan Pastoral Plan, vocations, enquirers to Catholicism and the sacraments, our catholic schools, the parish Finance Team meeting, and the Cycle of Prayer for Autumn: students and teachers; the spread of the Gospel; the harvest; the fruits of human work, and the reverent use of creation; justice and peace in the world; all victims of war; young people; prisoners and their families.

From Right to Life

Today, we commemorate the Exaltation of the Holy Cross. Let us pray that generations yet to be born will experience the saving power of Christ.

Saint Thérèse of Lisieux prayed...

The surest way to win God's heart is to acknowledge our nothingness before Him and to trust in His unlimited goodness without fear.





HAPPENING THIS WEEK

EVENTS & NOTICES

Sat 13	Catenians Retreat Day at The Towers OLQP Bible Study Group
Sun 14	2nd collection: Education Sunday
Mon 15	Parish Finance Team meeting
Tue 16	SP School Governors meeting
Thur 18	SP Parish Room, 10.00: Coffee Pop-in
Sun 21	2nd collection: Evangelii Gaudium (formerly Home Mission Sunday) Meeting about events in our parish

Devotions, Adoration and Confessions this week

Rosary: Monday (SP) 10.00 & (Zoom) 19.30; Tuesday (CTK) 09.30; Saturday (SP) after Mass

Confessions: Tuesday (CTK) 10.30; Thursday (SP) 19.30; Friday (SP) 10.00; or by appointment or request

Adoration: Monday (SP) 09.00; Tuesday (CTK) 10.30; Thursday (SP) 19.30; Friday (SP) 09.00

Divine Mercy Chaplet: Thursday (SP) 20.00; Friday (Zoom) 15.00 (with Stations)

To see the readings for the coming week visit www.universalis.com.

Readings: Exaltation of the Holy Cross

1st Reading Numbers 21:4b-9

Psalm 78(77):1-2. 34-35. 36-37. 38. R cf 7b

2nd Reading Philippians 2:6-11

Gospel John 3:13-17

News from the SVP

Our SVP members have been working closely with their counterparts in Worthing for some time now, leading by example as to how things will work when the new larger parish is formed, in line with Bishop Richard’s Pastoral Plan (copies available in the church porch).

A major project (based in East Worthing) involves collecting, sorting, storing and then distributing furniture, clothing and other essentials to local families and individuals in need, across the whole of our deanery. If you are interested in learning more, speak to any of the SVP members, or email the Parish office.

Current need: Beds, preferably doubles, in good condition. They can collect. Speak to Ann Olliver if you can help.



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

We need your ideas!

Do we still want to hold a parish Christmas Fair? Or is it time for some new ideas? What types of events can we do to bring people together in our parish? Please come with your ideas and enthusiasm, to a short meeting after the 9.00am mass at St Peter’s on Sunday 21st September. If you can’t make the meeting, send any ideas you have to the parish office: adurvalley@abdiocese.org.uk. All are welcome.

Season of Creation

Season of Creation is the annual Christian celebration to pray and respond to the cry of Creation. Running from 1st September and ending with the feast of St Francis on the 4th October, it is an opportunity to ecumenically celebrate the beauty of Creation. See more at <https://seasonofcreation.org/>.

This year’s theme is “Peace with Creation” inspired by Isaiah 32:14-18

“For the palace is forsaken, the populous city deserted; the hill and the watchtower will become dens forever, a joy of wild donkeys, a pasture of flocks; until the Spirit is poured upon us from on high, and the wilderness becomes a fruitful field, and the fruitful field is deemed a forest. Then justice will dwell in the wilderness, and righteousness abide in the fruitful field. And the effect of righteousness will be peace, and the result of righteousness, quietness and trust for ever. My people will abide in a peaceful habitation, in secure dwellings, and in quiet resting-places.”

Future Date for your Diary: LIVE SIMPLY

There will be an evening of LIVE SIMPLY on Wednesday September 24th open to all (in the Parish Room at St Peter’s).

Come and find out how you can get involved with parish, local and regional events. Be proactive by helping out with groups, and your parish needs. Be ready to talk to your neighbours in the new Worthing area. Follow a readymade plan via LIVE SIMPLY guidelines. See poster in porch for the timetable.



Witness and Evangelisation: Urgent help needed at CTK

An appeal to parishioners living near to CTK in Steyning. We need people to volunteer to join a rota for opening up and closing the church during the week. A very simple and quick task, that could easily be included in your daily routine. Speak to Fr Graham, Deacon Simon or the office if you can help.



DIOCESAN NEWS

Festival of Hope

A limited number of tickets have become available for OLQP Adur Valley parishioners to join Bishop Richard for a day of prayer, formation, and mission as our Diocese marks its 60th Anniversary at Ardingly, in this Jubilee Year of Hope.

Please note: There is a coach being organised with a pick up in Lancing. If you would like a place, please email the office.



The celebration, on Saturday 20 September, will include inspiring talks from renowned guest speakers, opportunities for Adoration and Reconciliation, the celebration of Mass, and uplifting liturgy with music from One Hope Project and children from the diocesan Schools Singing Programme.

There will also be opportunities to find out more about Catholic aid agency CAFOD, the Bible Society, the St Vincent de Paul Society (SVP), our diocesan Ecumenical Fighting Modern Slavery volunteers and many more, with an opportunity for attendees to see CAFOD and CBCEW's National Jubilee Icon created by Mulugeta Araya, an Ethiopian artist and engineer, and the Eucharistic Miracles Exhibition created and designed by Blessed Carlo Acutis, which recently featured in BBC's Songs of Praise.

Families are very welcome, with breakout spaces and picnic areas available. Please bring a packed lunch (refreshments and snacks will be available to purchase).

Stop assisted suicide - further action needed!

As the assisted suicide Bill progresses through the Lords, Peers have made it clear that receiving physical letters will have the most influence at this stage of the process. Right To Life UK has launched a new *EasyAction* tool that creates a personalised letter to be sent in the post to a Peer highlighting a key concern with the Bill, selects a Peer to receive it, and customises the letter so that it is addressed from you.

Please take action now and visit www.righttolife.org.uk/aspeersletter to send a letter to Peers asking them to oppose assisted suicide.

Marriage Support: Retrouvaille

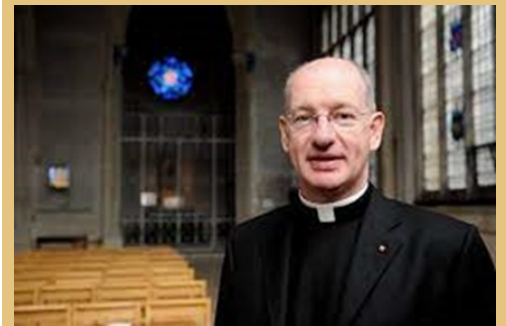
Holidays periods can be very stressful for marriages and couples often suffer in silence. Marriage support - Does your relationship need some TLC? Need help with deeper issues?

Our next programme starts 17th October www.retrouvaille.org.uk

Tel: [+44 7887 296 983](tel:+447887296983)

**2025 First Holy Communion Parents**

Please remember to come and collect your child's decorated cross from the noticeboard in St Peter's. Thank you.

**From Bishop Richard**

Dear brothers and sisters,

In the Prayer of the Church, the ancient hymn for today's feast, the *Vexilla Regis*, speaks of the Cross going before us as a "Royal Banner". This hymn was first sung in 569, for a procession of a relic of the True Cross. We are well used to seeing the crucifix carried in procession in church – going before us as we gather for the celebration of the Eucharist.

In the readings for this Sunday, Jesus tells us that He must be lifted up, seen by all who gather around Him, that all may believe in Him. This had been foreshadowed in the Old Testament when God tells Moses to raise up the bronze serpent as a cure for those who look upon it.

Jesus is our life, our healing and, as we gaze upon the Cross, we see his self-emptying that is our forgiveness; His death that leads to Resurrection and to our share in the gift of eternal life.

In this Jubilee Year, when we are called to reflect on our lives as Pilgrims of Hope, we recognise the hope that is the Cross of Christ. It is the Cross, bearing the image of the crucified Lord, that is our banner, going before us on our pilgrim way. Our pilgrimage must entail the carrying of the cross, following in the way of the crucified One, as we journey, witnessing each and every day to the One who died and rose from the dead for the salvation of the world.

With every blessing,

+ Richard

