



## CATHOLIC PARISH OF TENBY



### NORMAL WEEKLY ACTIVITIES UNLESS OTHERWISE ANNOUNCED

**CONFESSIONS:** Tuesday evening during the adoration by 6pm and Saturday after the 10am Mass  
**EXPOSITION AND ADORATION:** Tuesday 6pm  
**BENEDICTION:** Saturday 10:30am  
**DIVINE MERCY PRAYER:** Friday 3pm  
**SATURDAY DEVOTION TO MARY:** 9:30am, every Saturday

### Holyrood & St Teilo's Church – Tenby St Bride's Church – Saundersfoot

The Presbytery, St Florence Parade, SA70 7DT

**Rev Fr Anthony Nwosu, MDM:** Tel 01834 842692

**Parish Safeguarding Rep:** Mrs Bernedette Kilby

**Website:** [www.stteilstenby.co.uk](http://www.stteilstenby.co.uk)

**Email:** [tenby@menevia.org](mailto:tenby@menevia.org)

### St Teilo's Catholic Primary School

Greenhill Road, Tenby, SA70 7LI

**Tel:** 01834 843995

**Head teacher:** Mr M Scale

**Website:** <https://stteilos.wales/http://saint-teilo.co.uk/wpress/>

**Email:** [admin.stteilos@pembrokeshire.gov.uk](mailto:admin.stteilos@pembrokeshire.gov.uk)

“Learning to follow the right path through care, love and respect in the light of the Risen Christ”

Date & Liturgical Celebrations	Mass Time	Mass Intentions
<b>Third Sunday of Lent</b> 8 <sup>th</sup> March 2026:	St Teilo's 5:30pm (Sunday Vigil) St Bride's, 9:30am St Teilo's, 11am	Joseph & Bertha Crimmins Fred Philips, Anniversary
Monday, 9 <sup>th</sup> March	<b>No Mass</b>	<b>Fr's Day off</b>
Tuesday 10 <sup>th</sup> March	<b>6pm Exposition, 7pm Mass</b>	
Wednesday 11 <sup>th</sup> March	10am Mass	Author Kilby, RIP
Thursday, 12 <sup>th</sup> March	10am Mass	Stephen Lindsell, RIP
Friday 13 <sup>th</sup> : <b>Stations of the Cross</b>	6pm: Stations of the Cross 7pm Mass	
Saturday, 14 <sup>th</sup> March	<b>10am Deanery Lenten Day of Recollection</b>	
<b>Fourth Sunday of Lent</b> 15 <sup>th</sup> March 2026	St Teilo's 5:30pm (Sunday Vigil) St Bride's 9:30am St Teilo's, 11am	Tony Hopkins, RIP

### PARISH NOTICES

**Pray for the sick and housebound:** Finbar Fitzgerald

**LADIES GUILD:** The parish is looking for more volunteers to help with refreshments after Mass. If you like to bake a cake or do washing up, that would be great. It's a lovely way to get to know people better and make a contribution to our parish life. If you can help, kindly speak to Laura.

**CAFOD:** There will be a soup lunch today after Mass in the hall in aid of CAFOD. Secondly, CAFOD Parish Big Lent Walk is on Sunday 22<sup>nd</sup> March at 1.30pm

**BYOB (Bring Your Own Board Game):** Due to the big success of the first BYOB evening, we will have another one on Friday, 20 March after 7:00pm Mass. Adults 18 to 118 years are invited to bring a board game and some snacks and drinks to the hall. Tea and Coffee supplies will be available to use.

**STATIONS OF THE CROSS:** Every Friday at 6.00pm

**DEANERY LENTEN DAY OF RECOLLECTION:** Our Parish will be hosting the Deanery Lenten Day of Recollection on the 14<sup>th</sup> March, 2026. Time 10am. We are all expected to be present to this utmost spiritual activity.

**FOODBANK:** Thanks so much for supporting our local Foodbank. During this season of Lent, let us be extra generous with our donations. Easter treats, along with our usual donations, would be appreciated.

**CHRISM MASS:** Chrism Mass is on 31<sup>st</sup> March at Cardiff by 11.00am. The Deanery has arranged for a coach to take all those interested to go from Narberth. Time of departure is 8am, Transport fare is between £25 and £30. Kindly indicate before the 20<sup>th</sup> of March, 2026.

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### Collect

O God, author of every mercy and of all goodness, who in fasting, prayer and almsgiving have shown us a remedy for sin, look graciously on this confession of our lowliness, that we, who are bowed down by our conscience, may always be lifted up by your mercy. Through our Lord Jesus Christ your Son who lives and reigns with you in the unity of the Holy Spirit, God forever and ever. Amen

### First Reading

**Ex 17:3-7**

In those days: The people thirsted for water, and the people grumbled against Moses, and said, "Why did you bring us up out of Egypt, to kill us and our children and our livestock with thirst?" So Moses cried to the Lord, "What shall I do with this people? They are almost ready to stone me." And the Lord said to Moses, "Pass on before the people, taking with you some of the elders of Israel; and take in your hand the staff with which you struck the Nile, and go. Behold, I will stand before you there on the rock at Horeb; and you shall strike the rock, and water shall come out of it, and the people will drink." And Moses did so, in the sight of the elders of Israel. And he called the name of the place Massah and Meribah, because of the quarrelling of the people of Israel, and because they tested the Lord by saying, "Is the Lord among us or not?"

### The word of the Lord

### Responsorial psalm: Ps 95:1-2.6-7abc.7d—9 (R. 7d, 8a)

*R/. O that today you would listen to his voice! Harden not your hearts.*

Come, let us ring out our joy to the Lord;  
Hail the rock who saves us.  
Let us come into his presence, giving thanks; Let us hail him with a song of praise.

O come; let us bow and bend low.  
Let us kneel before the Lord who made us,  
For he is our God and we the people,  
The people of his pasture, the flock of his hand R/.

O that today you would listen to his voice!  
"Harden not your hearts as at Meribah,  
As on that day at Massah in the desert  
When your forebears put me to the test;  
When they tried me, though they saw my work." R/.

### Second Reading

**Romans 5:1 -2.5-8**

Brothers and sisters: Since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have obtained access by into this grace in which we stand, and we rejoice in our hope of the glory of

God, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us. For while we were still weak, at the right time Christ died for the ungodly. For one will scarcely die for a righteous person — though perhaps for a good person one would dare even to die. But God shows his love for us in that while we were yet sinners, Christ died for us.

### The word of the Lord

### Gospel acclamation

**Glory to you O Christ, you are the Word of God**

Lord, you are indeed the savior of the world; give me living water, so that I will not be thirsty.

**Glory to you O Christ, you are the Word of God**

## GOSPEL

**John 4:5-42**

### Prayer over the Gift

Be pleased, O Lord, with these sacrificial offerings, and grant that we who beseech pardon for our own sins, may take care to forgive our neighbor. Through Christ our Lord. Amen

### Prayer after Communion

As we receive the pledge of things yet hidden in heaven and are nourished while still on earth with the Bread that comes from on high, we humbly entreat you, O Lord that what is being brought about in us in mystery may come to true completion. Through Christ our Lord. Amen

### Prayer for our parish

O God, the Creator and Giver of all things, bless our Parish of St Teilo's in our united endeavours. Strengthen our faith; grant us the spirit of sacrifice so that, with thy Grace, we may provide for the needs of our Parish, glorify thee and sanctify ourselves. Through Christ our Lord. Amen.

### The Memorare

Remember O Most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee do I come, before thee I stand sinful and sorrowful. O mother of the Word Incarnate, despise not my petitions, but in thy mercy, hear and answer me. Amen.

### Prayer to St Michael

St Michael the Archangel defend us in battle, be our safeguard against the wickedness snares of the devil, may God rebuke him we humbly pray and do thou O Prince of heavenly hosts by the power of God, cast into hell satan and all evil spirits who prowl through the world seeking the ruin of souls. Amen

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