



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

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St Teilo's Catholic Primary School

Greenhill Road, Tenby, SA70 7LI

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Head teacher: Mr M Scale

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

Email: 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
Fourth Sunday of Lent (Laetare Sunday) 15th March	St Teilo's 5:30pm (Sunday Vigil) St Bride's, 9:30am St Teilo's, 11am	Tony Hopkins, RIP
Monday, 16 th March	No Mass	Fr's Day off
Tuesday 17 th March: St Patrick, Feast	6pm Exposition, 7pm Mass	
Wednesday 18 th March	10am Mass	
Thursday, 19 th : St Joseph, Solemnity	10am Mass	
Friday 20 th Stations of the Cross	6pm: Stations of the Cross 7pm Mass	
Saturday, 21 st March	9:30am, Rosary Devotion. 10am Mass	
Fifth Sunday of Lent 22nd March 2026	St Teilo's 5:30pm (Sunday Vigil) St Bride's 9:30am St Teilo's 11am	

PARISH NOTICE

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: CAFOD Parish Big Lent Walk is on Sunday 22nd 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 18 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.

ECUMENISM: There will be an ecumenical World Day of Prayer gathering at Deer Park Baptist Church on Tuesday, 17 March at 2:00 pm. Everyone is welcome.

STATIONS OF THE CROSS: Every Friday at 6.00pm

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 31st 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 20th of March, 2026.

Collect

O God, who through your Word reconciles the human race to yourself in a wonderful way, grant, we pray, that with prompt devotion and eager faith the Christian people may hasten toward the solemn celebrations to come. 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

1 Samuel 16:1b.6-7.10- 13a

In those days: The Lord said to Samuel, "Fill your horn with oil, and go; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons." When they came, he looked on Eliab and thought, "Surely the Lord's anointed is before him." But the Lord said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him; for the Lord sees not as man sees; man looks on the outward appearance, but the Lord looks on the heart." And Jesse made seven of his sons pass before Samuel. And Samuel said to Jesse, "The Lord has not chosen these." And Samuel said to Jesse, "Are all your sons here?" And he said, "There remains yet the youngest, but behold, he is keeping the sheep." And Samuel said to Jesse, "Send and fetch him; for we will not sit down till he comes here." And he sent, and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome. And the Lord said, "Arise, anoint him; for this is he." Then Samuel took the horn of oil, and anointed him in the midst of his brothers; and the Spirit of the LORD rushed upon David from that day forward.

The word of the Lord

Responsorial psalm: Ps 23:1-3a.3b-4.5.6 (R. 1)

R/. The Lord is my shepherd; there is nothing I shall want.

The Lord is my shepherd; there is nothing I shall want. Fresh and green are the pastures
Where he gives me repose. Near restful waters he leads me;
he revives my soul. R/

He guides me along the right path, For the sake of his name.
Though I should walk in the valley
Of the shadow of death, No evil would I fear, for you are
with me. Your crook and your staff will give me comfort. R/

You have prepared a table before me
In the sight of my foes.
My head you have anointed with oil;
My cup is overflowing. R/

Surely goodness and mercy shall follow me
All the days of my life.
In the Lord's own house shall I dwell
For length of days unending. R/

Second Reading:

Ephesians 5.8-14

Brothers and sisters: At one time you were darkness, but now you are light in the Lord; walk as children of light for the fruit of light is found in all that is good and right and true, and try to discern what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to speak of the things that they do in secret; but when anything is exposed by the light, it becomes visible, for anything that becomes visible is light. Therefore it says, "Awake, O sleeper, and arise from the dead, and Christ will shine on you."

The word of the Lord

Praise and honour to you, Lord Jesus

I am the light of the world, says the Lord; he who follows me will have the light of life

Praise and honour to you, Lord Jesus

Gospel: John 9:1-41

Prayer over the offering

We place before you with joy these offerings, which bring eternal remedy, O Lord, praying that we may both faithfully revere them and present them to you, as is fitting, for the salvation of all the world. Through Christ our Lord. Amen

Prayer after communion

O God, who enlighten everyone who comes into this world, illumine our hearts we pray, with the splendor of your grace, that we may always ponder what is worthy and pleasing to your majesty and love in all sincerity. 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