

Catholic Church of Our Lady and St. Walstan

Townhouse Road, Costessey, Norwich, Norfolk, NR8 5AA
 Roman Catholic Diocese of East Anglia, Charity Registration No. 278742
 Website: <http://www.stwalstans.com>



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Repent and believe the Good News.

Christ calls us constantly to review our lives in the light of the Gospel. This is something we are to do throughout our daily lives, and we can ask the Lord to show us his ways so that we can choose the right path. The world as we know it is passing away, and it is important not to allow worldly cares to distract us from the Lord's calling.

Readings *Sundays Year B ~ Weekdays of the Year ~ Psalms Week 3*
3rd Sunday in Ordinary Time
21st January 2018

Entrance Antiphon *O sing a new song to the Lord; sing to the Lord, all the earth. In his presence are majesty and splendour, strength and honour in his holy place.*

First Reading *The people of Ninevah renounce their evil behaviour.* *Jonah 3:1-5.10*

Responsorial Psalm *Lord make me know your ways.* *Psalm 24*

Second Reading *The world as we know it is passing away.* *1 Corinthians 7:29-31*

Gospel Acclamation *Alleluia, alleluia!
 The kingdom of God is close at hand;
 believe the Good News.
 Alleluia!*

Gospel *Repent and believe the Good News.* *Mark 1:14-20*

Mass Times and Intentions

Saturday	20th January	3rd Sunday in Ordinary Time	6:00pm	Caesar Victor de Souza R.I.P.
Sunday	21st January		10.30am	Kieren McNamara R.I.P.
Monday	22nd January	<i>Feria</i>	9:15am	Tony Green R.I.P.
Tuesday	23rd January	<i>Feria</i>		No Mass
Wednesday	24th January	<i>S Francis de Sales</i>	7:00pm	James Grant
Thursday	25th January	<i>The Conversion of S.Paul</i>	9:15am	Doris Hipper R.I.P.
Friday	26th January	<i>SS Timothy & Titus</i>		No Mass
Saturday	27th January	<i>Feria</i>	10.00am	Thomas Abraham R.I.P.
			12:00noon	Wedding
Saturday	27th January		6.00pm	Mike Prada R.I.P.
Sunday	28th January	4th Sunday in Ordinary Time	10.30am	Parishioners

Morning or Evening Prayer will be said 15 minutes before all weekday Masses.

The Prayer Group meets every 'term time' Tuesday morning at 10am in the Garden Room
 Confessions are before Mass on Wednesday 6.00-6.30 pm and Saturday at 10.30-11.00am

Sick and Housebound – Please pray for Therese Anne Finnie, Fr. Michael Hood, John Wright, Sery Mao, Anne Stanway, Christina Thomas, Geoffrey Croasdale, Katie Hawketts, Juana Pagaoa, Peter Brown, Michael Coster, Marlene Coster, Regina Mukontiene, Peter Derricourt, Mark Taylor, Eila Barnett, Teresa Barron, Michele Bendall, Anthony Potter, Sybil Chamberlin, Joan De Manby, Veronika Cook, Alice King, Robert Pitts, Oliver Rogers, Ella-Grace Honeyman, Darren Platts, Vivienne Mallet, Claire Edmeades, Richard O'Brien, Jose Monzon, Nancy Daley, Marguerite Ross, Ken Jenkin, Darren Grey, Susan Redford, Penny Bartlett, Banny Kibblewhite, Lory Brooks, Helen Freeston, Ann Bethany and Antoni Gadzicki.

Faithful Departed – please pray for Diana Squibb, Eileen Tilbrook, Nora Sayer, Letitia Fitzgerald, Claude Gunton, Kieran McNamara, Maria Fairweather, Agnes Purser, Frances Chatfield, Charles Rhatigan, Winifred Ramsbottom, Constance Cushion, Betty Bates, Stephen Flingo, Eileen McWeeney, Donald Peck, and all whose anniversaries occur around this time.

40 Days for Life: Can you spare an hour a week over Lent to participate in prayer and silent witness as part of a 40 Days for Life campaign in Norwich?

This international initiative, which began twenty years ago as a means of peacefully calling for an end to abortion and offering a presence for mothers who feel they have no other option, is now being hosted for the first time in our diocese of East Anglia, with Bishop Alan's blessing and support. The Lenten vigil will be held outside the BPAS clinic on Bowthorpe Road during the clinic's opening hours from Feb 14th to March 25th. Contact Katy Griffin at katymariegriffin@gmail.com if you would like to help out and sign up on the rota, either for a weekly slot or as a one-off (there will never be less than two people there at a time). To find out more about this worldwide campaign, visit www.40daysforlife.com.

LENT LUNCHEs: Churches Together in Costessey will again be holding lent lunches with all proceeds being forwarded to Christian Aid as a gift from the Christians in Costessey. The lunches will be from 12.00 noon to 2.00pm each Saturday on February 24th at Costessey Methodist Church, March 3rd at St Helen's, March 10th at Costessey Baptist Church & March 17th at St Walstan's. As there is still no firm date for the re-opening of St Edmund's, no lunch has been planned there. Please support as many of the lunches as you can.

Costessey Hall 2 DVD: There will be two showings of this new DVD at the Costessey Centre on Friday February 16th - 10.00am and 12 noon. Admission free but donations welcome.

Diocesan Website: Please note that the correct address for this is www.rcdea.org.uk

Mass for the Sick: St John the Baptist Cathedral, Saturday February 17th at 11.30am, including a celebration of the Sacrament of the Anointing of the Sick.

Monday coffee morning will start again on Monday 15th January 2018 9.30am - 11am. Thank you for your support.

The Marriage Tribunal is available to try to help people who may need to "regularise" or simply talk through their marital situations, following a marriage breakdown or divorce. The Tribunal can be contacted, in confidence, direct by telephone 01508 495168, by email to tribunal@rcdea.org.uk or through the website at www.rcdea.org.uk/marriage-tribunal/.

School Masses – Spring Term 2018
2nd February – 23rd February
9th March – 23rd March

Collections: 6th /7th January £841.38
13th /14th January £817.11

Many thanks

A meeting of the Parish Pastoral Council will be held in the Garden Room at 7.30 pm on Wednesday 24th January. All members of the congregation are invited to attend.

DVD/Discussion Evenings: These will take place again this year on Thursday evenings in June/July. More details nearer the time.

A talk by Susan Carne, a Norfolk Community Chaplain, will be given on Thursday. 1st Feb at 7.30pm in the Narthex at St John's Cathedral. Susan will speak about how chaplains identify and work with prisoners who want to turn their lives around and stop reoffending and how mentors are trained to support these prisoners longer term. Further information from Sarah Ebelewicz scmebelewicz@hotmail.com.

SALVATION ARMY SOUP RUN

As you are aware our parish belongs to the Salvation Army Soup rota in Norwich where we help distribute sandwiches and drinks to the homeless community. Our commitment is to cover the last Saturday evening in each month.

This is a good time to see if anyone would like to join our band of volunteers. If you would like to come along to the January 27th date and watch what we do you would be really welcome. Equally, if you would like to join us just let me know. There are several parishioners so the rota is well spread out.

My email is marion_mctigue@yahoo.com. Telephone 01603 747850.

To the existing volunteers - would you kindly send me your email address as I plan to send out notices and Rotas on line. January and February are covered and I plan to send out new rotas mid February. Thanks in advance.

MEDJUGORJE IRISH CENTRE PILGRIMAGES 2018: 7 nights B&B and Airport Shuttle service from €279 per person. Book any flight - any time and we provide guaranteed airport shuttle service. Call us for further info and book the dates that suit you. Tel. 01 4434510 or email reservations@med-irishcentre.com.

If anyone is interested in supporting prisoners or ex-offenders through prayer, fundraising or volunteering in various ways please contact Ursula at the prison chaplaincy for further information: Ursula.edwards@hmpr.gsi.gov.uk

All items for the newsletter may be left at the presbytery (marked clearly "for newsletter" along with the date, and your name), or email newsletter@stwalstans.com. For all forms of communication, please provide a telephone number on which you can be contacted. The deadline for items to be included in the newsletter is Wednesday 6pm.