

# 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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*Christ teaches with authority.*

*Jesus Christ is the great prophet for all times. He speaks to us today with the same authority as he did in his own home town at Capernaum. When we are set free from worrying about unnecessary things, we can more fully serve the Lord. If we allow the Lord to speak through our lives, we can become his prophets.*

Readings *Sundays Year B ~ Weekdays of the Year ~ Psalms Week 4*  
**4<sup>th</sup> Sunday in Ordinary Time**  
**28<sup>th</sup> January 2018**

**Entrance Antiphon** *Save us, O Lord our God!  
 And gather us from the nations to give thanks to your holy name,  
 and make it our glory to praise you.*

**First Reading** *I will raise up a prophet and I will put my words into his mouth.* *Deuteronomy 18:15-20*

**Responsorial Psalm** *O that today you would listen to his voice!  
 Harden not your hearts.* **Psalm 94**

**Second Reading** *As unmarried woman can devote herself to the Lord's affairs; all she needs worry about is being holy.*  
*1 Corinthians 7:32-35*

**Gospel Acclamation** *Alleluia, alleluia!  
 Blessed are you, Father, Lord of heaven and earth,  
 for revealing the mysteries of the kingdom to mere children.  
 Alleluia!*

**Gospel** *He taught them with authority.* *Mark 1:21-28*

## Mass Times and Intentions

<b>Saturday</b>	<b>27<sup>th</sup> January</b>	<b>4<sup>th</sup> Sunday in Ordinary Time</b>	<b>6:00pm</b>	<b>Mike Prada R.I.P.</b>
<b>Sunday</b>	<b>28<sup>th</sup> January</b>		<b>10.30am</b>	<b>Parishioners</b>
<b>Monday</b>	<b>29<sup>th</sup> January</b>	<b>Feria</b>	<b>9:15am</b>	<b>Doris Hipper R.I.P.</b>
<b>Tuesday</b>	<b>30<sup>th</sup> January</b>	<b>Feria</b>		<b>No Mass</b>
<b>Wednesday</b>	<b>31<sup>st</sup> January</b>	<b>S John Bosco</b>	<b>7:00pm</b>	<b>Dominique Gaudefroy</b>
<b>Thursday</b>	<b>1<sup>st</sup> February</b>	<b>Feria</b>	<b>9:15am</b>	<b>Rosemary Sheen R.I.P.</b>
<b>Friday</b>	<b>2<sup>nd</sup> February</b>	<b>The Presentation of the Lord</b>	<b>9:15am</b>	<b>Mass in School</b>
<b>Saturday</b>	<b>3<sup>rd</sup> February</b>	<b>Feria</b>	<b>10.00am</b>	<b>Parishioners</b>
<b>Saturday</b>	<b>3<sup>rd</sup> February</b>		<b>6.00pm</b>	<b>Mr &amp; Mrs Rosaura Hermoso</b>
<b>Sunday</b>	<b>4<sup>th</sup> February</b>	<b>5<sup>th</sup> Sunday in Ordinary Time</b>	<b>10.30am</b>	<b>Dominic Conway</b>

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 Stephen Flingo, Eileen McWeeney, Donald Peck, Vincent Ellwood, Murial Hook, Bernice Melock, Raymond Hammond, Derecie A'Lee Dicks, Stuart Vickers, Eileen Lansdell, Len Culling, Anton Bodyk, Charles Phelan, Margaret Mann, George, Garringan, Rita Elders, Michael (Alan) Pterie, Adrian Frame and all whose anniversaries occur around this time.

**Monthly Day of Prayer for Vocations:** Monday February 5th. Mass at 09.15, followed by Exposition, ending with simple Benediction at 10.30.

**Mass Intentions:** If you want a Mass offered on a certain day, particularly a weekend, please give plenty of notice as they do get booked well in advance. The suggested offering to have a Mass said is £5.

**Exposition:** Every parish has been asked to have an extended period of Exposition to pray for Vocations during their allocated week during the year. Our week is the 4th week of Lent so there will be Exposition from 10.00 until 17.30 on Wednesday March 14th. Please sign up for a half-hour (or longer) on the rota in the porch. Thank you.

**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](mailto: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](http://www.40daysforlife.com).

**LENT LUNCHESES:** 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.

**Diocesan Website:** Please note that the correct address for this is [www.rcdea.org.uk](http://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.

**Collections:** 20<sup>th</sup> / 21<sup>st</sup> January

£813.69  
Many thanks

**World Youth Day 2019 in Panama** - Booking Deadline: Join with thousands of other young Catholics from across the world, for a week of pilgrimage culminating in Mass with Pope Francis. Booking closes at the end of February 2018. Please see [www.rcdea.org.uk/youth](http://www.rcdea.org.uk/youth) for more information.

**Day of Recollection:** Saturday March 10th, 10.30am-4.00pm, at Our Lady of Good Counsel and St Peter Catholic Church in March, led by David Payne, director of Café. Bring a shared lunch. More details on the poster in the porch and the Garden Room.

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

**The next Cake, Jam and Bring & Buy** stall is on Sunday 4<sup>th</sup> February in the Garden Room after Mass. All proceeds to Mary's Meals and Blood Bikes.

**The next UCM meeting** is on Tuesday 6<sup>th</sup> February in the Garden room at 10:45. The theme is Surinam, all to do with Women's World Day of Prayer.

**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](mailto:scmebelewicz@hotmail.com).

**SALVATION ARMY SOUP RUN** - if you would like to join us please contact Marion on [marion\\_mctigue@yahoo.com](mailto:marion_mctigue@yahoo.com) or call 01603 747850.

**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.

**School Masses – Spring Term 2018**  
**2<sup>nd</sup> February – 23<sup>rd</sup> February**  
**9<sup>th</sup> March – 23<sup>rd</sup> March**

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](mailto: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.