

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
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Looking for Christ.

Jesus Christ gives meaning to our lives. Without him, life can seem no better than hired drudgery, but with his Spirit in us, all our service of others is done for love. This is a service that brings perfect freedom. The world needs Christ, and it is our calling to bring him to everyone.

Readings

Sundays Year B ~ Weekdays of the Year ~ Psalms Week 1

5th Sunday in Ordinary Time

4th February 2018

Entrance Antiphon

*O come, let us worship God
 and bow low before the God who made us,
 for he is the Lord our God.*

First Reading

Restlessly I fret till twilight falls.

Job 7:1-4.6-7

Responsorial Psalm

Praise the Lord who heals the broken-hearted.

Psalms 146

Second Reading

I should be punished if I did not preach the Gospel.

1 Corinthians 9:16-19.22-23

Gospel Acclamation

*Alleluia, alleluia!
 I am the light of the world, says the Lord,
 anyone who follows me
 will have the light of life.
 Alleluia!*

Gospel

He cured many who suffered from diseases of one kind or another.

Mark 1:29-39

Mass Times and Intentions

Saturday	3rd February	5th Sunday in Ordinary Time	6:00pm	Mr & Mrs Rosaura Hermoso
Sunday	4th February		10.30am	Dominic Conway
Monday	5th February	S Agatha	9:15am	Vocations
Tuesday	6th February	S Paul Miki & Comps.		No Mass
Wednesday	7th February	Feria	7:00pm	Mary Newton
Thursday	8th February	Feria	9:15am	Tony Green R.I.P.
Friday	9th February	Feria		No Mass
		Feria	1:30pm	Funeral Service – Gerald Newsham
Saturday	10th February	S Scholastica	10.00am	Parishioners
Saturday	10th February		6.00pm	John Minturn R.I.P.
Sunday	11th February	6th Sunday in Ordinary Time	10.30am	Constance & George Petrie

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 Margaret Mann, George, Garrigan, Rita Elders, Michael (Alan) Petrie, Adrian Frame, Dominic Conway, Mary Newton, Mabel Dunham, William Joseph Barnes, Edward Savage, Edward Moulton, Gladys Green, Joan Sutherland, Joan Hibberd, Christina Beer, Bert Mills, Mary wood, Anthony Moll, David Mann, Patrick Davidson and all whose anniversaries occur around this time.

Congratulations to Joseph Hartley-Palmer and Jessica Atkinson who were married here last weekend.

HOLY WEEK READERS & MINISTERS: if you are able to minister at any or all of the Services during Holy Week & the Easter week-end, please put your name on the list in the porch so that the ministries can be shared out. The list will stay up until Sunday, February 25th.

Lent: Early morning Masses, Mondays at 7.00am followed by breakfast in The Garden Room
Stations of the Cross, Fridays, usually at 7.00pm.

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.

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 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.

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.

Collections: 27th / 28th January

£764.58
Many thanks

Diocesan Charismatic Renewal Day: Saturday February 24th at the Church Centre, Bowthorpe, NR5 9AA. Drinks provided, bring a packed lunch. Further details on poster in porch.

Benedictine Meeting Thursday 8th February from 11:00 – 15:00 in the Garden Room.

SOUP RUN ROTA: The new soup Run Rota for the remainder of the year has been emailed to those volunteers who have email addresses. A copy of the rota is on the notice board in the porch and I have left hard copies for those who don't currently have an email address.
The Council's threat of removing the serving stall has been removed at the moment so normal service will continue!!!

Help required: The Community of Our Lady of Walsingham has recently acquired its first convent in Dereham. The sisters are looking for help with both secretarial and bookkeeping work. If you think you might be able to assist in one or both areas, please contact Sr Camilla on 07931 795769 or email admin@walsinghamcommunity.org to discuss terms and conditions.

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 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 4th February in the Garden Room after Mass. All proceeds to Mary's Meals and Blood Bikes.

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

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
23rd February
9th March – 23rd 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. 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.