

## **SICK AND HOUSEBOUND:**

Please keep the sick and housebound in your prayers – simply with a general intention for them (this is because the requirements of Data Protection Regulations).

**ANNIVERSARIES:** Frederick Manning (1992), Olive Kent (2011), Francis Atkinson (1992), John McCarthy (2002), John Flanagan (2007), Zeline Harrison (2002), John Shanahan (1947), Evelyn Lilley (1996), George Royston (1999), R.I.P.

## **DIOCESAN AND PARISH INFORMATION**

**The Bishop: The Right Revd. Alan S. Hopes**(1991),

**The Parish Priest: The Revd. Denys Lloyd: 58 Cromer Road, Sheringham NR26 8RT Tel: 01263-822036**

**Priest-in-Residence: The Revd. Tim Bugby: Ordinariate of O.L.W.**

**Deacon: The Revd. Andrew Neate**

**Parish e-mail: [ourladyandstjoseph@btinternet.com](mailto:ourladyandstjoseph@btinternet.com)**

**Parish website: [www.ourladyandstjoseph.info](http://www.ourladyandstjoseph.info)**

## **Masses this weekend:**

**THE FIRST SUNDAY OF LENT (Year ‘C’)**

**Saturday 6pm (Cromer) R.I.P. Solomos and Eleni Djerkallis**

**Sunday: 9am (Cromer) People of the Parish**

**11am (Sheringham) R.I.P. Catherine Turvey**

**Monday: Lent Feria 9am (Sheringham) Holy Souls**

**Tuesday: Lent Feria 7pm (Sheringham) R.I.P. Margaret Mary Lomas**

**Wednesday: Lent Feria 9am (Cromer) (Anniversary of the Election of Pope Francis) R.I.P. Kevin Hand**

**Thursday: Lent Feria 9.30am (Holt) R.I.P. Departed members of the Jensen Family**

**Friday: Lent Feria (CAFOD Lent Fast Day) 6.45am (Cromer) Parish Lent Observance 9am (Cromer) Private Intention**

**Saturday: Lent Feria 9am (Sheringham) In Thanksgiving (Oakins)**

## **Masses next weekend:**

**THE SECOND SUNDAY OF LENT (Year ‘C’)**

**Saturday 6pm (Cromer) R.I.P. Mary Marfleet**

**Sunday 9am (Cromer) People of the Parish**

**11am (Sheringham) Bishop Alan Hopes (75<sup>th</sup> Birthday)**

**Confessions: Saturday 9.30am at Sheringham; Saturday 5pm at Cromer**

**Exposition of the Blessed Sacrament: Monday at St Joseph’s 9.30am – 10am;**

**Wednesday at Our Lady of Refuge 9.30am – 10am**

**Stations of the Cross and Benediction: Sundays at 3pm at both churches**

**Rosary: Monday at 7pm and Thursday at 7pm at Our Lady of Refuge**

# **THE CATHOLIC PARISH OF OUR LADY AND ST JOSEPH SHERINGHAM AND CROMER**

A Registered Charity (Charity Commission No. 278742)

News-sheet for the week beginning

Sunday, 10<sup>th</sup> March, 2019

**THE FIRST SUNDAY OF LENT (Year ‘C’)**

Weekday Readings: Lent Week 1

Psalms for Week 1

Eucharistic Prayer 3 at all weekend Masses

Eucharistic Acclamation 2 at all weekend Masses

## **JESUS IS TEMPTED BY THE DEVIL**

(St Luke, Chapter 4: today’s Gospel)

Dear Parishioners,

This Sunday we have a Pastoral Letter from Bishop Alan. Stations of the Cross and Benediction at both churches at 3pm on Sunday.

Lent Alms this year will be for two charities: 'Aid to the Church in Need' – for its work in Syria and Iraq; and 'The Cambridge Nazareth Trust'. This charity was founded in 1984. It exists to encourage the next generation of Christians in the Holy Land – in terms of both education and welfare. The Website is well worth having a look at: [www.cambridgenazarethtrust.co.uk](http://www.cambridgenazarethtrust.co.uk)

The Parish Lent Study Course began last week with the First Session on Thursday at Cromer – this week the First Session will be at St Joseph's on Tuesday (in the Presbytery or in the Hall, depending on numbers) at 2.30pm and at 7.30pm (after the 7pm Evening Mass). (No Thursday meeting this week)

This Lent we are continuing what we began last year – reflecting on the 'Theology of the Body', as taught by Pope St John Paul II during the years 1979 – 1984. Many consider his teaching on the 'Theology of the Body' as possibly his most important legacy. This year we shall be focussing on the particular relevance the 'Theology of the Body' has for those who are single and those who are widowed.

I have copies of a brief introduction to the Theology of the Body (by Dominic Baster) C.T.S. £2.50. If you would like one, please let me know.

On Friday we have the second of our 'Early Lent Masses' – as in previous years. This Friday it will be at Our Lady of Refuge at 6.45am. This Mass will be celebrated each Friday, but in alternate churches – so, next week (March 22<sup>nd</sup>) it will be at St Joseph's.

The Parish Programme for Lent, Holy Week and Easter was included as an Insert in last week's News-sheet. If you did not get a copy last weekend, please take one today.

## EVENTS THIS WEEK

### Monday:

**9am:** The Padre Pio Group attends Mass and Exposition and then meets for Padre Pio Devotions in the Presbytery.

**10.30am:** The Norwich Deanery Clergy meet in St Joseph's Hall – followed by lunch.

### Tuesday:

**12.30pm:** Lent Lunch (St Joseph's Hall) Quakers catering.

**2.30pm and 7.30pm:** Parish Lent Course on the Theology of the Body – meets at St Joseph's (in the Presbytery or in the Hall, depending on numbers)

**7.30pm:** Choir Practice at Cromer

### Wednesday:

**5.30pm:** Choir Practice at Sheringham

**6.15pm:** First Holy Communion Programme in the Presbytery at St Joseph's: First Confessions in church at 6.45pm.

**7.30pm:** Parish Pastoral Council meets at St Joseph's.

### Thursday:

**9.30am** Mass at Holt

### Friday:

#### **CAFOD Lent Fast Day**

**6.45am:** Lent early Mass at Our Lady of Refuge this week

**9am:** Mass at Cromer

**6.30pm:** Ordination of Deacon Sam Randall to the Priesthood at St John's Cathedral, Norwich.

**VISITORS TO OUR PARISH:** You are most welcome and we hope you enjoy your stay with us. We provide Gift Aid envelopes for those who normally use this method for their Church giving. Envelopes are to be found in the pews (or on the window sills at Cromer). Would you please complete in ink or biro with your full name, **HOME ADDRESS AND POST CODE (not your holiday address)**. Visitors are most welcome to join members of the Parish for Refreshments after both Sunday Masses.

## ADVANCE NOTICES

**Monday, 18<sup>th</sup> March at 2pm:** Burial of the cremated remains of the late Fred Fisher in the Garden of Remembrance at St Joseph's.

**Tuesday, 19<sup>th</sup> March at 7pm:** The Solemnity of St Joseph. Mass at the High Altar at St Joseph's (followed by the Lent Course)

**Thursday, 21<sup>st</sup> March:** Norwich Deanery Station Mass at St George's, Sprowston Road, Norwich:

**6pm** Adoration and Confessions; **7pm:** Solemn Mass, celebrated by Bishop Alan; **8pm:** Refreshments

**PARISH '100 CLUB':** The Draw for February took place after the 11am Mass at St Joseph's last Sunday. Winners:

**First Prize:** Pat Power (No. 114); **Second Prize:** Christine Wise (No 39); **Third Prize:** Nuala Matthews (No 9). ***Congratulations!***

**'CATHOLIC EAST ANGLIA'** – the March issue of our Diocesan Newspaper is now ready for you to collect. Free!

**'WALK WITH ME' Booklets for Lent:** these are now available at both churches: price £1.

**'LIVING FAITH' Booklets:** The issue for April, May and June is now available: price £1.

**BROADWOOD GRAND PIANO FOR SALE:** 5'0" No 54479 (c 1925) Excellent condition. £2,000 ono. 10% of sale price would be donated to our church funds. Can be viewed at Hindringham. Contact Jim Laird in the first instance on 01263-821987 or [j.laird195@btinternet.com](mailto:j.laird195@btinternet.com)

**FOOD BANK:** Once again the usual items will be gratefully received, *as well a financial donations*. Particular needs: tinned tomatoes, tinned potatoes, long-life milk, semi-skimmed or full fat; fruit juice, sponge puddings, washing powder/liquid. (*currently NOT needed: soup, baked beans, tinned spaghetti*)

## **NATIONAL NOVENA TO ST JOSEPH: 10<sup>th</sup> – 18<sup>th</sup> MARCH**

This annual Novena will take place at St Joseph's church, Maidenhead and at Herbert House, Freshfield, Liverpool. Each year the Mill Hill Missionaries prepare for the Feast of St Joseph, their patron, with a special Novena of Masses and prayers, to ask God's blessing on their Society and the missionary outreach of the Church, as well as for the intentions of all those who support their work.

You are invited to send in your petitions and/or to request a Novena Booklet to enable you to join in from home by praying the daily Novena Prayer.

Please write to Fr Brian Oswald MHM, St Joseph's Missionary Society, 58 Cookham Road, Maidenhead SL6 7HT or e-mail: [novenamhm@gmail.com](mailto:novenamhm@gmail.com)

*You will find, as in previous years, the paper slips on which to write your requests in both churches.*

**Cleaning Rota at Cromer:** P. & B. Godfrey  
**Church Cleaning Rota at Sheringham:** C. O' Grady  
**Counters:**

**SHERINGHAM This week:** K. Jones

**Next week:** P. Bowie & G. Brooks

**CROMER This week:** P & B Godfrey

**Next week:** R. & L. McNulty

**Collections last weekend: £1,494.56.**

## THE FAST THAT GOD WANTS

(An extract from 'The Spirit of Place' by 'A Carthusian')

Lent is a time of fasting....(but) the exterior practice is not enough, it is even of no value whatsoever, if it is not accompanied by an interior fasting directed towards a purification of the inner heart. It is the heart that counts. It is out of the heart that come evil thoughts, attitudes and acts (St Matthew, Chapter 15, verse 19)..... The fasting from thoughts may take the form of an interior vigilance over what thoughts we allow into our mind, rejecting thoughts of judgement, criticism, violence, and accepting those of understanding, patience, love.

It is in our power, usually, to fix our attention on the good qualities of a person or a situation, and not on the less good. Our thoughts will then be thoughts of peace and our acts will follow. We can choose to counteract any movements of aggression towards others by deliberately, in our minds, affirming the other who annoys us in what he is and can become in Christ. All this within our own heart. The acts will follow. This is a form of intimate self-denial, a fast that pleases God who is love. For all non-love flows from love of self.

The fast that God wants from us, then, is the abstaining from the thoughts and works which do not come from love, and the doing of those that flow from the source of love within our hearts, that we reach in prayer. Do this and Our Lord promises:

Then your light shall break forth like the dawn,  
and your wound shall be quickly healed....

Then shall you call, the Lord will answer,  
You shall cry for help, and he will say,  
Here I am!

(Isaiah 58, verses 8 & 9)

## PARISH PASTORAL COUNCIL MEETING

Wednesday, 13<sup>th</sup> March, 2019

at 7.30pm at St Joseph's, Sheringham

### AGENDA:

1. **Opening prayer and welcome.**
  2. **Apologies**
  3. **Minutes of the Meeting held on 6<sup>th</sup> December 2018**
  4. **Matters arising not included on this agenda**
  5. **Finance Committee: Report by Keith Holt**
  6. **Food Bank: Report by Caroline O' Grady**
  7. **Holway Road House: S.V.P.: progress report**
  8. **Parish '100 Club': Report (Peter Godfrey)**
  9. **The New Evangelisation: progress report – leafletting new housing developments**
  10. **Multi-media links (from December Meeting A.O.B.)**
  11. **Up-dating Parish Website (from December Meeting A.O.B.)**
  12. **'Newcomers' Pack'**
  13. **New Social Committee: progress report.**
  14. **Lent Programme**
  15. **Link with Holy Land: progress report**
- NB will PPC members please be sure to have read the hand-out re the project distributed after our last Meeting!**
16. **A.O.B.**
  17. **Dates and locations of next two meetings:  
13<sup>th</sup> June and ?**