CATHOLIC PARISH OF OUR LADY & ST JOSEPH

Sheringham & Cromer

8th Week of Ordinary Time

Psalter IV · Sunday Readings C · Weekday Readings I

St Joseph' Church & Priest's Office
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Our Lady of Refuge Church
147 Overstrand Road, Cromer,
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Registered charity № 278742

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Sunday 2 March			**8th Sunday in Ordinary Time**
Saturday	6pm Mass (Anticipatory)	For the people	*at Cromer*
Sunday	9am Sung Mass	John Mathai +	*at Cromer*
	11am Sung Mass	Michael O'Connor +	*at Sheringham*
Monday	3 March		**Feria**
	No Mass today		
Tuesday	4 March		**Shrove ("Confession") Tuesday**
	5.30pm Adoration & **Confessions** until benediction at 6.20pm		*at Sheringham*
	6.30pm Mass	Bill Horner +	*at Sheringham*
Wednesday	5 March		**Ash Wednesday**
Start of the	**10am** Sung Mass	Barbara Griffiths +	*at Cromer*
Lenten fast	**6pm Confessions until 6.50pm**		*at Sheringham*
	7pm Sung Mass	For the grace of repentance	*at Sheringham*
Thursday	6 March		**Lent Feria (S Kyneburgha)**
	11.30am Funeral Mass	Michael O'Connor +	*at Sheringham*
Friday	7 March		**Lent Feria (Ss Perpetua & Felicity)**
First Friday	9am Mass	Kevin Hand +	*at Cromer*
	9.30am Adoration & Benediction (**Confessions** in the Hall) until 10am		*at Cromer*
	12 noon Funeral Mass	Angela Sandell +	*at Sheringham*
	6pm Stations of the Cross		*at Sheringham*
Saturday	8 March		**St Felix**
	9.30am Mass	Bishop Peter	*at Sheringham*
	10am Rosary		*at Sheringham*
	5.30pm Confessions		*at Cromer*

Please send any newsletter items to Fr Simon by Thursday afternoon for inclusion at the weekend

FROM THE PARISH PRIEST

The **Lenten fast** begins on **Ash Wednesday**. There will be sung Masses in both churches (and also Mass for the pupils at Beeston Hall at lunchtime), and confessions in St Joseph's.

Ash Wednesday is a day of **fasting and abstinence**. That means if we're between the ages of 18 and 59 (inclusive), we may only eat 1 meal and 2 snacks, and we abstain from meat once we are 14 years old. We can make our own intelligent decisions about what is appropriate for us that fit into those brackets. We do this because we are sad for our sins, knowing that penances are an act of spiritual solidarity with the Church, and they contribute to our own growth in holiness. It's a sign that we desire the grace of change.

Confession is the main way to open ourselves up to God's mercy. There will be confession opportunities throughout Lent. The Church asks that we all go to confession *at least once a year*… so lots of opportunity! There will be **Stations of the Cross** at **Our Lady of Refuge on Wednesday mornings after Mass** (from ***next week***), and at **St Joseph on Friday evenings** (from ***this week***), and on the **5 Sunday of Lent**.

PARISH ANNOUNCEMENTS

Shrove Tuesday pancakes at St Joseph's **this Tuesday from 7pm** (Mass will be at 6.30pm). Pancake tickets are available after all Sunday Masses: **£6 each**; under 12s free. There will also be a **raffle** of prizes at the pancake celebration. Please bring any **donations for the raffle** to either church before Shrove Tuesday.

CAFOD's Family Fast Day is on **Friday 14 March**. Gift-aid envelopes are available in both churches. This is a way of showing love solidarity with the poor across our world. Contact CAFOD rep. David Burns for more info: 07831 394 346.

No Mass in Holt this Thursday due to the funeral.

A **World Day of Prayer** event will be held at **Cromer Methodist Church** this **Friday 7 March** at **2pm**. The theme is *"I made you wonderful"*, prepared by women from the Cook Islands. The prayer service begins in Samoa, and is replicated in turn in over 120 countries as the world turns, and finishes 38 hours later in American Samoa. Everybody is welcome.

Big Brew 2025 Coffee Morning: this **Friday 7 March 10.45am-12.30pm** at **St Andrew's Methodist Church** Sheringham there will be a Fairtrade event to support *Transform Trade*. Fairtrade, cake stalls and much more!

COLLECTION

Last week's collection: **£1,078.07** (£435.06 plate + £643.01 standing orders) • Thank you!

Bank details for **donations** or **standing orders:**

Name: **Our Lady and St. Joseph Parish**
Sort code: **20-03-26**
Account number: **30783412**

Gift-aid envelopes are available for **visitors** who are UK tax-payers. Please complete in pen and place in the collection.

Donations by **credit/debit card** can be made using the **card readers** at the **back of church**.

ANNIVERSARIES

Catherine Turvey 2018, William Grier 2024, Arthur Heath 1994, Joan Ashby 2000, Adrian Copier 1947, Jenifer Polidorou 2009, Vincent Clifford 2013, Vincent Smith, Monica Juby 2021, Jim Grant 2008, Walter Mitchell 1990, Margaret Holland 2002, Thomas D'Arcy 2007.

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