CATHOLIC PARISH OF OUR LADY & ST JOSEPH

Sheringham & Cromer

17th Week of Ordinary Time

Psalter Week I · **Readings**: Sundays: C · Weekdays: I

St Joseph Church & Priest's Office
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Sunday 27 July			**17th Sunday of Ordinary Time**
Saturday	5.30pm Confessions until 5.50pm		*at Cromer*
	6pm Anticipatory Mass	Breeda Godfrey	*at Cromer*
Sunday	9am Sung Mass	For grandparents	*at Cromer*
	11am Sung Mass	For sick & housebound elders	*at Sheringham*
	3pm Old Rite Mass	For the people	*at Sheringham*
Monday	28 July		**Feria**
	No Mass today		
Tuesday	29 July		**Ss Mary, Martha and Lazarus**
	6pm Adoration & Confessions until Benediction at 6.50pm		*at Sheringham*
	7pm Mass	Private intention (R)	*at Sheringham*
Wednesday	30 July		**S Peter Chrysologus**
	9.30am Mass	KM Matthew +	*at Cromer*
	followed by Adoration until Benediction at 10.30am		*at Cromer*
Thursday	31 July		**S Ignatius of Loyola**
	9.30am Mass	Private intention (CD)	
	at St Andrew's Church, Church Street, Holt, NR25 6BB		
Friday	1 August		**Lammas Day • S Alphonsus Liguori**
First Friday	9.30am Mass	Thanksgiving for God's bounty	*at Cromer*
Saturday	2 August		**Blessed Virgin Mary on Saturday**
First Saturday	9.30am Mass	Annakutty Matthew +	*at Sheringham*
	10am Confessions until 10.30am		*at Sheringham*
	10am Rosary		*at Sheringham*
	5.30pm Confessions until 5.50pm		*at Cromer*

Today is the world day of prayer for grandparents & the elderly

FROM THE PARISH PRIEST

The Holy Spirit's **gift of the fear of the Lord** is the final of his sevenfold gifts. It is the foundation of all the gifts, because it shows us how to properly reverence God. It is not a fear like terror or anxiety (or a rabbit in headlights). It is like a fear of *losing* God, because we do not want to lose our relationship with our Father. We all know the feeling when we are afraid to lose something: that is a sign to us that we love the things we are afraid to lose. This gift helps us to cherish the things that keeps that relationship going. Humility and hope keep our relationship with God going, as they strengthen the certainty of his unfailing Fatherhood.

St Thomas Aquinas connects fear of the Lord with the **beatitude of** "**blessed are the poor in spirit**", because the gift liberates us from pride, and instils humility. Poverty in spirit means that we lack a craving for adulation, fame, and self-exultation in one way or another. We instead become eager for God.

The gift of fear of the Lord can be seen in the **Annunciation of the Lord to Mary**. When the Angel suddenly appeared to her, he said "do not be afraid"… do not have *anxiety*. This liberation from *distress* allows the fear of the Lord (the recognition of God's awesome plan and desire for us) to take the lead. Hope is strengthened by it, enabling us all to see beyond the things that constrain us (doubt and scepticism; things that make our eyes roll), to be open to God's help and plan for us. With Mary, this gift helps to say "yes" to God with humility, because "*the fear of the Lord is the beginning of wisdom*" (Psalm 111:10).

PARISH ANNOUNCEMENTS

Please pray for **Marianne Jones**, who has died. Her funeral will take place in Fakenham.

This week's recollection days are **open to all** (talk on Luke), starting after morning Mass on Wednesday (30) in Cromer and on Saturday (2) in Sheringham.

Our **parish barbeque** will take place on **Sunday 10 August** at **St Joseph**, after the 11am Mass. The BBQ is not ticketed; all are welcome. Donations accepted on the day. Pimms, Prosecco, Sausages, Salad and Sunshine… with vegan options! Put it in your diary!

If you missed out last week, **Volunteer Sheets** are available. Please take one, read it, pray about it, and see if you can offer even a small bit to the parish.

While the sun is out, we have 7 iron gates (6 in Sheringham, 1 in Cromer) that are flaking and tired. They need stripping, repainting, and refitting. If you think you can do this, please speak to Fr Simon.

We'll also soon be advertising for a treasurer and invoicing/booking/contract manager, so watch this space for more details if you have such skills!

COLLECTION

Last weekend: **£1,150.90** (£592.50 *standing order average* + £460.40 *plate* + £98 *DONA*) • **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 **card** can be made using the **payment stations** at the **back of church**.

ANNIVERSARIES

Teresa Lawrence 1979, Brian Dewhurst 2010, Winifred Ribbands 1986, Michael Dumbrell 1988, Henry Boylan 2014, Walter Davies 2015, Agnes Hemus 1981, Josef Henriksen 1991, Cecilia Frediiani 1999, Bridgit Holland 1999, Joseph Silburn 2003, Isabel Kavenagh 1996, David Spalton 2004, Paul Wilde 1977, Vera Nott 2001, Bruno Sillard 2010, Lily Dunn 1996, John Galpin 1999.

ETERNAL REST GRANT UNTO THEM

O LORD