CATHOLIC PARISH OF OUR LADY & ST JOSEPH

Sheringham & Cromer

5 Week of Ordinary Time

Psalter Week I · **Readings**: Sundays: A · Weekdays: II

St Joseph Church & Priest's Office
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Sunday 8 February			**5 Sunday of Ordinary Time**
Saturday	5.30pm Confessions until 5.50pm		*at Cromer*
	6pm Anticipatory Mass	For the people	*at Cromer*
Sunday	9am Sung Mass	Michael O'Connor +	*at Cromer*
	11am Sung Mass	Betty Grossfield +	*at Sheringham*
Monday	9 February		**Feria**
	No Mass today		
Tuesday	10 February		**S Scholastica**
	6pm Confessions & Adoration *until* Benediction *at 6.50pm*		*at Sheringham*
	7pm Mass	Bill Horner +	*at Sheringham*
Wednesday	11 February		**Apparition of the Blessed Virgin at Lourdes**
	12 noon Funeral Mass of Christopher Sibellas		*at Cromer*
Thursday	12 February		**Feria**
	9.30am Mass	Fr Cyriac +	
	at St Andew's Anglican Church, Church Street, Holt, NR25 6BB		
Friday	13 February		**Feria**
	9.30am Mass	Fr Peter Cansdale (F)	*at Cromer*
Saturday	14 February		**SS Cyril & Methodius**
	9.30am Mass	John Anthony +	*at Sheringham*
	10am Confessions		*at Sheringham*
	10am Rosary		*at Sheringham*
	5.30pm Confessions until 5.50pm		*at Cromer*

Thank you to all those who made our celebration of Vespers last week so beautiful and welcoming: musicians and singers, servers, decorators, and the hospitality network. 110 people attended, including 32 in the choir! Canon Stoker extends his own personal thanks to us for allowing him to address us during vespers

Today is a national day of prayer for **Victims of Human Trafficking & Slavery**. It is also a diocesan day of prayer for **Engaged Couples** (we have one couple who will marry in our parish later this year, so do pray!).

FROM THE PARISH PRIEST

The **Preface** at Mass is the prayer sung or spoken by the priest after the bread and wine have been prepared. It leads directly into the *Holy* (the *Sanctus*). The opening dialogue - *"Lift up your hearts… We lift them up to the Lord. Let us give thanks to the Lord our God… It is right and just"* - is one of the oldest parts of the Mass, reaching back to the Apostles. The priest invites the people to go with him, and the assembly agrees. It is a moment of decision: we are choosing to turn toward God, facing the same direction.

The Preface itself has a clear shape. First, it begins with **praise and thanksgiving** (except during Easter, when the tone shifts because thanksgiving has already burst into joy). Second, it names the particular mystery being celebrated: Christ's birth, death, resurrection, or the work of the Spirit in the saints, and "**explains**" it. Finally, it leads us to join our lifted hearts with the **angels** as we prepare to open the ***Sanctus***. According to Scripture, this song is always being sung in heaven. At Mass, we are stepping into something already underway, created not by us, but shared with us. Sometimes we can sing or say it; sometimes all we can do is listen! Both can be genuine ways of taking part. In this moment, the distance between heaven and earth is *thinned*. We remain exactly where we are - tired, distracted, human! - but we are given a glimpse of eternal life, and invited to lift our hearts towards what God is bending down to give to us: his love, himself.

PARISH ANNOUNCEMENTS

Pilgrimage to Rome: BOOK NOW! Monday 5 October – Friday 9 October 2026 (flying from Stansted). **Cost**: **£1,350** each based on 2 sharing, or **£1,450** for a single. **Accommodation**: Dinner, bed & breakfast. **Deposit: £350** required by **15 February**. Full payment required by 6 July. Visit https://pilgrimagepeople.org/book to book!

On **Saturday 21 February**, there will be a simple retreat day in St Joseph Hall (starting after the morning Mass) all about ***confession***. There will be no wagging fingers, and it will hopefully be an opportunity for us all to reconnect with this sacrament. Please check the noticeboards for details.

Please pray for **Edna White**, who has died, and for all those who mourn her. Her Funeral Mass will be on **Friday 27 February** at **2pm** at **St Joseph**.

Shrove Tuesday is on **17 February**... next week! We will be having our **parish pancake celebration** in St Joseph Hall after **Mass at 6pm**, and **pancakes from 6.30pm**. Since it is ***Shrove*** (= *confession*) Tuesday, confessions will also be heard from 5pm. Donations for pancakes will be taken at the event. All are welcome, and *Bring Your Own Wine/Beer*!

Ash Wednesday will be on **18 February**… also next week! Masses will be **10am Our Lady of Refuge** & **6pm at St Joseph**.

COLLECTION

Last week's collection: **£1,308.40** (£547.40 plate + £676 standing order average + £85 DONA) ***Thanks!***

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

Fr Robert Manley 1983, William Burke 1939, Margaret Connolly 2014, Diana Spalton 2023, Michael O'Connor 2025, Patrick Perry 1958, William Docherty 1984, John Shannon 1971, John Shanahan 1944, Bill Horner 2025, Jan Grant 1992, David Skelton 1983, Fr Peter Cansdale 2003, Annie Hambling 1998, Evelyn Shannon 2022.

ETERNAL REST GRANT UNTO THEM O LORD