CATHOLIC PARISH OF OUR LADY & ST JOSEPH

Sheringham & Cromer

6 Week of Ordinary Time

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

St Joseph Church & Priest's Office
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Safeguarding Lead
Simon Mustoe-Arthur
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Sunday 15 February			**6 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	Irene Hynes +	*at Cromer*
	11am Sung Mass	Edna White +	*at Sheringham*
Monday	16 February		**Feria**
	No Mass today		
Tuesday	17 February		**Seven Holy Founders**
	5pm Confessions & Adoration *until* Benediction *at 5.50pm*		*at Sheringham*
	6pm Mass *followed by pancakes!*	Edna White +	*at Sheringham*
Wednesday	18 February		**Ash Wednesday**
Fasting &	10am Sung Mass	Holy Souls	*at Cromer*
Abstinence	**6pm** Sung Mass	Christopher Swan	*at Sheringham*
Thursday	19 February		**Lent feria**
	9.30am Mass	John Carter +	
	at St Andew's Anglican Church, Church Street, Holt, NR25 6BB		
	4pm Reception of the Body of Mavis Sturgess		*at Sheringham*
Friday	20 February		**Lent feria**
	10.30am Funeral Mass of Mavis Sturgess		*at Sheringham*
	6pm Stations of the Cross		*at Sheringham*
Saturday	21 February		**Lent feria**
	9.30am Mass	Mary Jensen +	*at Sheringham*
	10am Confessions		*at Sheringham*
	10am Rosary		*at Sheringham*
	10.30am – 2pm Retreat Day in St Joseph Hall (bring your own lunch)		
	5.30pm Confessions until 5.50pm		*at Cromer*

Next Sunday is the last Sunday of the month • **Old Rite Mass** at St Joseph at **3pm** • Tea/Coffee after

FROM THE PARISH PRIEST

For our last look at parts of the Mass, we turn to the **Sign of Peace**. It's the moment that makes introverts nervous and extroverts light up. Yet it's worth rediscovering its meaning and its proper sobriety. It can feel almost out of place. We are focused on the Lord's Presence on the altar, preparing to receive him, and then we are invited to exchange a gesture with those around us! Yet the Sign of Peace has long belonged here in the Mass, even if it has taken some very different forms over the centuries. Its purpose is simple: **to express, in a brief outward gesture, the communion we share in Christ, whom we are about to receive**. We are not greeting one another; we are enacting the truth that we belong to one Body. Understood this way, the Sign of Peace does not distract from Holy Communion but directs us toward it. Liturgically, it is optional. When exchanged, it is **offered only to those immediately around us**, and **no words** are required. In England & Wales, the form is a **handshake or hand-clasp or the arm-clasp** you may see priests doing. A distant nod misses the point: our tradition is a real, though restrained, sign of **embodied communion** (while respecting the need of those who need to keep a step back). During Passiontide at the end of Lent, the Sign of Peace will be omitted as part of the Church's liturgical "stripping back" in preparation for Easter. When it returns on Easter Day, it carries renewed force, when the Risen Christ says: "*Peace be with you*".

PARISH ANNOUNCEMENTS

On **Saturday this week**, there will be a simple retreat day in St Joseph Hall (after the morning Mass) all about ***confession: why it is essential and how to do it!*** Please see the noticeboard.

During **Lent**, **Stations of the Cross** will take place on **Fridays at 6pm** at St Joseph (heating will be on!). On **Wednesdays** at adoration at **Our Lady of Refuge**, there will be simple **meditations on the Lord's Passion** (followed by Warm Wednesday as usual!). On **Sunday 8 March** at **2pm** at **Our Lady of Refuge**, there will be **Solemn Stations of the Cross**. On **Sunday 22 March after the 11am Mass**, we will have our **Lent Soup Lunch** at St Joseph Hall.

Our **Shrove Tuesday pancake party** will follow Mass at 6pm at St Joseph (pancakes from 6.30pm in the Hall). All are welcome. Donations taken.

Free online Lent bible study run by Maro Iannicelli starts this Shrove Tuesday: comeandsee.org/lent26 for more information and to register.

On **Friday this week**, Sheringham Beach Life will be running its **Indoor Beach Party** at the Lighthouse (primary school age 3-5pm; secondary school age 7.30-9pm).

Patricia Sibellas would like to thank everybody who sent cards and love following Christopher's death, and for attending his funeral last week.

COLLECTION

Last week's collection: **£1,152.24** (£406.24 plate + £676 standing order average + £70 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

Teresa Kennedy 2001, Francis Jarvis 1977, Charles Cullen 2014, Lesley Cahill 2025, Mariana Mitchell, Lillie Briggs 1988, Basil Stevens 1999, David Thornton 2020, Charles Gilhooly 2001, Fred Fisher 2019, John Duggan 1978, Reynold Fonseca 2020, Bill Hogan 2021, Shaun Byrne 2023, Marie Therese Lanham 2010.

ETERNAL REST GRANT UNTO THEM O LORD