CATHOLIC PARISH OF OUR LADY & ST JOSEPH

Sheringham & Cromer

Week 20 of Ordinary Time

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

St Joseph Church & Priest's Office
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Norfolk, NR26 8RT

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Our Lady of Refuge Church
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Safeguarding Lead
Simon Mustoe-Arthur
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Sunday 16 August			**Assumption of the Blessed Virgin** *(transferred)*
Saturday	5.30pm Confessions until 5.50pm		*at Cromer*
	6pm Vigil Mass	Fr Joseph Anthony +	*at Cromer*
Sunday	9am Sung Mass	Bonny Steffan +	*at Cromer*
	11am Sung Mass	For the parish	*at Sheringham*
	12noon Parish Barbeque in St Joseph Garden		
Monday	17 August		**Feria**
	No Mass today		
Tuesday	18 August		**Feria**
	6pm Mass	Rosaleen & John O'Grady +	*at Sheringham*
	followed by Adoration with Confessions & then Benediction at 7.20pm		
Wednesday	19 August		**S John Eudes**
	9.30am Mass	Theresia Mathai +	*at Cromer*
	followed by Adoration & Benediction by 10.30am, and tea & coffee in the Hall after		
Thursday	20 August		**S Bernard**
	9.30am Mass	Agnes Keyes +	
	at St Andrew's Anglican Church, Holt, NR25 6BB		
Friday	21 August		**S Pius X**
	9.30am Mass	Esme Wilkinson	*at Cromer*
Saturday	22 August		**Queenship of the Blessed Virgin Mary**
	9.30am Mass	Irene Hynes +	*at Sheringham*
	followed by Confessions until 10.30am & at the same time, the Rosary		
	5.30pm Confessions until 5.50pm		*at Cromer*

This Sunday, from **12noon** onwards, please join in our **parish barbeque** in St Joseph Garden • Donations for costs will be taken during the barbeque • Please also bring any last-minute donations for the raffle! • *Bring your own drink*

FROM THE PARISH PRIEST

The penultimate "**quiet prayer**" of the priest at Mass comes when the priest himself receives Holy Communion. Taking the Host, he prays: ***May the Body of Christ keep me safe for eternal life.*** Before drinking from the chalice, he says: ***May the Blood of Christ keep me safe for eternal life.***

The priest does not pray merely that Communion will nourish him right now. Neither is it a reward. He asks that Christ's Body and Blood will **keep him safe for eternal life**. Receiving Holy Communion – God's communication with us – is not something we "get" then walk off, as if receiving the Lord of Life were an individual refuelling. Holy Communion is our food for our common journey towards life with God. So, we can all say this prayer in our mind as we approach to receive him: ***Keep me safe for eternal life.***

This weekend, we welcomed Edmund into the Body of Christ through Holy Baptism. Pray for our new brother.

PARISH ANNOUNCEMENTS

21 – 23 August, **10am-4pm**, parishioner Julinhio Amic will be showcasing his artwork in his first exhibition before going to art college next month. On **Friday 21 August at 4pm**, there will be a private viewing to which Julinhio has invited us: at SS Peter & Paul, Church Lane, Oulton, NR11 6NU.

Sheringham Beach Life – ***"Life to the Full in Jesus"*** - will take place **24–27 August**: **activities for families and young people**. To support this, from **Monday 24 – Thursday 27 August**, there will be a time of **led prayer** each day in **St Joseph** from **12 noon for about 20/30 minutes**. Please join in.

Saturday 29 August will be our next **retreat half-day**, from **10/10.30am in St Joseph Hall**, following parish Mass and confessions, on "**How to Pray**". Bring a packed lunch; the day will end by 1.30pm.

Friday 4 September from **6pm** will be our **Parish Fish & Chips & Quiz** night at St Joseph Hall. £12.50 each (families with children please speak to Fr Simon for a deal). BYOB. Please sign up from this weekend onwards at the back of church.

On **Tuesday 8 September** at **7pm**, Bishop Peter will celebrate Mass in St Joseph. Please make sure you can come!

Saturday 12 September this year doubles up at **Heritage Open Day** at St Joseph and the **Norfolk Churches Trust Bike Ride** at both churches. If you would like to sign up for a stint as a heritage welcoming/bike ride welcomer at St Joseph, and a bike ride welcomer at Our Lady of Refuge, please sign up for a slot at the back of the church from this weekend onwards.

COLLECTION

Last week's collection figures will be available next weekend • **Thank you for supporting your parish!**

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

John Shotton 1987, Mary Jones 2009, David Langrish 2019, Anne Williamson 1984, Irene Marriner 1985, Vincent McCarthy, 20000, Catherine Hestin 2014, Paulina Abbot 2021, Harry Doran 2005, Bernard Roscoe 1994, Hilda Fairhurst 1988, Lionel McGinn 2020 Diana Kirby 2023, Angela Browne 2015, Phyllis Gibson 1947, Nanette Watts 1958, Giovanni Vanzino 2006, Irene Hynes 2025, Arthur Simmons 2002.

ETERNAL REST GRANT UNTO THEM O LORD