CATHOLIC PARISH OF OUR LADY & ST JOSEPH

Sheringham & Cromer

Week 23 of Ordinary Time

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

St Joseph Church & Priest's Office
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Safeguarding Lead
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Sunday 6 September			**23 SUNDAY OF ORDINARY TIME**
Saturday	5.30pm Confessions until 5.50pm		*at Cromer*
	6pm Anticipatory Mass	John Merriman +	*at Cromer*
Sunday	9am Sung Mass	For the people	*at Cromer*
	11am Sung Mass	Rosaleen & John O'Grady +	*at Sheringham*
Monday	7 September		**Feria**
	No Mass today		
Tuesday	8 September		**NATIVITY OF THE BLESSED VIRGIN MARY**
	7pm Pontifical Mass with conferrals of Confirmation		*at Sheringham*
Wednesday	9 September		**S Peter Claver**
	9.30am Mass	Bernie Walsh +	*at Cromer*
	followed by Adoration & Benediction by 10.30am, and tea & coffee in the Hall after		
Thursday	10 September		**Feria** *(Votive Mass of the Mercy of God)*
	9.30am Mass	Lawrence Dvelys	
	at St Andrew's Anglican Church, Holt, NR25 6BB		
	12 noon Requiem Mass for Bronislawa Odrowaz-Pieniazek in St Joseph Chapel		
Friday	11 September		**Feria** *(Votive Mass of the Holy Cross)*
	9.30am Mass	Holy Souls	*at Cromer*
Saturday	12 September		**Holy Name of Mary**
	9.30am Mass	Mike Richmond +	*at Sheringham*
	followed by Confessions until 10.30am & at the same time, the Rosary		
	10.30 – 4pm **Heritage Open Day** at St Joseph		
	5.30pm Confessions until 5.50pm		*at Cromer*

Next weekend, we will have an **appeal** from **AID TO THE CHURCH IN NEED**, and the money raised will go towards our supported project this year: Christian Education of Children in Lebanon • The ACN representative will be extra **CHRISTMAS CARDS** and other objects for sale after the Masses next weekend: ***so bring extra cash next weekend and get those Christmas Cards in early***!

FROM THE PARISH PRIEST

I was conscious that quite a lot of parishioners came to our retreat day on **prayer** last weekend: it's a topic that people sit up to hear about, which is heartening to any pastor. To that end, I thought over these weeks in our newsletter catechesis, we could explore "prayer", perhaps taking inspiration from St Teresa of Avila. She wrote in her autobiography, that "**mental prayer is nothing else than an intimate friendship, a frequent heart-to-heart conversation with him by whom we know ourselves to be loved**". By her own admission, she only really discovered prayer later in life, so there is hope for us all! The sort of prayer she means by "**mental prayer**" is *conversation with God* and spending time with him. It is distinct from **liturgical prayer** (e.g. going to Mass), **private vocal prayers** (e.g. praying the Rosary or the Jesus Prayer), **spiritual reading**, or **examining the conscience**. All those activities are important, and even lay foundations for mental prayer. This year, we have spent a lot of time looking at liturgical prayer and examination of conscience in our catechesis. Eventually we can look at vocal prayer and spiritual reading. But over these autumn weeks, we will explore St Teresa's mental prayer: ***our conversation with Christ***.

Our August **Sunday Mass attendance** average was **228**. The 11am Mass was the most attended, followed by the 6pm, 3pm, and 9am. As the summer holidays begin to wind down, we will dip a little over the winter!

PARISH ANNOUNCEMENTS

Please pray for parishioners **Bronislawa Odrowaz-Pieniazek** and **Luis Alonso** who have both died recently, and for their families who mourn them. **Bronislawa's funeral** is taking place elsewhere, but there will be a Requiem Mass for her at St Joseph (chapel) this week at 12 noon. **Luis's funeral** will take place at St Joseph on Monday 14 September at 12 noon. May they rest in peace.

Please keep in your diary **Thursday 24 September**, our **parish feast**! Mass will be celebrated at **10am at Our Lady of Refuge**, followed by a party in the hall.

This Tuesday, Bishop Peter will be celebrating Mass at **7pm at St Joseph**, and conferring confirmation on our three young *confirmandi.* There will be a celebration in the hall afterwards. **Please find time to come to the Mass on Tuesday**, not least to support our young people, but also, importantly, to be present as a parish community with our bishop.

This Saturday is **Heritage Open Day** at St Joseph, and the Norfolk Churches Trust Bike ride in both churches. If you can spare some time, please volunteer to welcome visitors in either or both churches: sign up on the list at the back.

COLLECTION

Last week: **£1,256.77** *(plate: £479.57 + £619.20 standing order average + £158 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

John Assirati 1989, Gilda Garofalo 1998, Pat Pinsent 2023, Iris Stannard 2008, Bernard Walsh 2025, Nellie Knight 1987, Mike Richmond 2020.

ETERNAL REST
GRANT UNTO THEM
O LORD