CATHOLIC PARISH OF OUR LADY & ST JOSEPH

Sheringham & Cromer

Week 24 of Ordinary Time

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

St Joseph Church & Priest's Office
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Safeguarding Lead
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Sunday 13 September			**24 SUNDAY OF ORDINARY TIME**
Saturday	5.30pm Confessions until 5.50pm		*at Cromer*
	6pm Vigil Mass	Peter Merriman +	*at Cromer*
Sunday	9am Sung Mass	For the people	*at Cromer*
	11am Sung Mass	Bernardina Forde +	*at Sheringham*
Monday	14 September		**EXALTATION OF THE HOLY CROSS**
	12 noon Funeral Mass of Luis Alonso		*at Sheringham*
Tuesday	15 September		**The Blessed Virgin Mary in her Sorrows**
	6pm Mass	D.G. Wright (F)	*at Sheringham*
	followed by Adoration with Confessions & then Benediction at 7.20pm		
Wednesday	16 September		**Ss Cornelius & Cyprian**
	9.30am Mass	Holy Souls	*at Cromer*
	followed by Adoration & Benediction by 10.30am, and tea & coffee in the Hall after		
Thursday	17 September		**Feria**
	9.30am Mass	James Golding +	
	at St Andrew's Anglican Church, Holt, NR25 6BB		
Friday	18 September		**Feria**
	9.30am Mass	Holy Souls	*at Cromer*
Saturday	19 September		**S Theodore of Canterbury**
	9.30am Mass	Charlie West +	*at Sheringham*
	followed by Confessions until 10.30am & at the same time, the Rosary		
	5.30pm Confessions until 5.50pm		*at Cromer*

There is an appeal **second collection** today for **Aid to the Church in Need** • *ACN*

Christmas Cards and other items will also be for sale after the Sunday Masses

Fr Simon will be on leave 14 – 21 September inclusive

FROM THE PARISH PRIEST

St Teresa's rule of prayer was: "**prayer consists not in thinking much, but in loving much**". In mental prayer we are not working out a problem, but using our minds to turn towards Christ and be with him. Our minds are always full of things already: breakfast, work, laundry, family, world news, bills. The point of mental prayer is not to manufacture holy thoughts, but to give the mind something holy on which to rest, slowly teaching the mind *how* to look at Jesus. St Teresa suggests that we think about a moment in the life of Jesus; she gives the example of the scourging at the pillar on Good Friday. We think about what Jesus is undergoing, the reasons for it, and what it teaches us. Sometimes we might just want to remain with Jesus in a given moment, quietly watching. **Mental prayer takes preparation**. We need to set aside and commit to a daily time – even just 10 minutes a day, perhaps the first thing we do in the morning. Mental prayer is not a time to read and learn: that is the legwork we need to do *for* mental prayer. We need to make sure we know about the stories of Jesus and what they mean, so that we have something on which to reflect: maybe read a short Gospel story in the evening, then wake up to it in the morning and look at it in your mind before the day begins. Distractions are no big deal: when you get distracted, just say no to it, and start to look at him again. Over time, work through the scenes of the life of Jesus. And do this every day.

Please pray for Madeline, who was welcomed this past week into the Body of Christ through Holy Baptism

PARISH ANNOUNCEMENTS

Thank you to all those who prepared the liturgy and social celebration for last week's Mass with Confirmations. **Thank you** also to those who volunteered their time for **Heritage Open Day** and for the **Norfolk Churches Trust Bike Ride**.

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

Friday 25 September will be a next **men's group** meeting at **Our Lady of Refuge** from **6.30pm**, starting with vespers in the church.

In St Joseph Church, the choir has moved around the church from time to time as many parishioners know. This is because the past re-orderings of the church and side chapel did not lend themselves very well to a choir (nor altar servers, in fact). This weekend, we will try a new position for the choir, with which we have already been experimenting, in the nave itself, in "choir stalls". After a little while, if this arrangement works, we will arrange the benches and kneelers more fittingly and elegantly, making a better use of space for everybody, while also facilitating participation. Over these weeks, your constructive feedback would be welcome.

COLLECTION

Last week: **£1,213.79** *(plate: £509.50 + £619.20 standing order average + £85 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

Audrey Kiss 2001, George Branford 2003, Roger Wheelan 2003, George Scudamore 2003, Hugh Willins 1994, Ann Day 2014 Patricia Kelly 2024, Josephine Percey 2003, Gertrude Webster 1989, Vera Barclay 1989, Charles West 2025.

ETERNAL REST
GRANT UNTO THEM
O LORD