CATHOLIC PARISH OF OUR LADY & ST JOSEPH

Sheringham & Cromer

Week 25 of Ordinary Time

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

St Joseph Church & Priest's Office
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Sunday 20 September			**25 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	21 September		**S MATTHEW**
	No Mass today		
Tuesday	22 September		**Feria**
	6pm Mass	Warner Family (F)	*at Sheringham*
	followed by Adoration with Confessions & then Benediction at 7.20pm		
Wednesday	23 September		**S Pius of Pietrelcina**
	9.30am Mass	Private intention (†)	*at Cromer*
	followed by Adoration & Benediction by 10.30am, and tea & coffee in the Hall after		
Thursday	24 September		**BLESSED VIRGIN MARY OF WALSINGHAM**
	10am Sung Mass	Bernard Mann +	*at Cromer*
	followed by party in the Hall		
Friday	25 September		**Feria**
	9.30am Mass	Holy Souls	*at Cromer*
	6.30pm Men's Group		*at Cromer*
Saturday	26 September		**Ss Cosmas & Damian**
	9.30am Mass	Lucja Szokalska +	*at Sheringham*
	followed by Confessions until 10.30am & at the same time, the Rosary		
	5.30pm Confessions until 5.50pm		*at Cromer*

There is a **second collection** this weekend for the "home mission" department of the Bishops' Conference of England & Wales

Fr Simon is on leave and will be back by Tuesday this week

FROM THE PARISH PRIEST

St Teresa's approach to prayer was: **pray as you can, not as you can't**. Last week, we looked at her suggestion that we concentrate on an image or story from the life of Jesus: reflecting on it, loving him in it, and being thankful for him. We try to keep this simple pattern for a short time each day. But occasionally, for one reason or another, this may simply feel impossible. Some people may also find it difficult to focus in this way. What then? St Teresa suggests that we do not simply give up, but use another way of turning towards God. One possibility is (1) **slow, repetitive vocal prayer**. St Thérèse of Lisieux explained this very simply: "*Sometimes when I am in such a state of spiritual dryness that not a single good thought occurs to me, I say very slowly the Our Father or the Hail Mary*". We might say the Our Father slowly four or five times during our prayer time. Or we might slowly repeat the Jesus Prayer: *Lord Jesus, Son of God, have mercy on me, a sinner.* Another possibility is (2) **slow reading**. This is different from the ordinary spiritual reading we might do at other times, which gives us knowledge and images that can feed our prayer time. St Francis de Sales described it like this: "*read a little, then meditate, then read again a little, then meditate*". The important thing is to pause frequently and reflect. Do not rush. Read a little, stop, and rest with what you have read. Plain and simple books are often best for this: the Gospels, of course, but also maybe *The Life of Christ* (Fulton Sheen), *The Sayings of the Desert Fathers*, *The Practice of the Presence of God* (Brother Lawrence), or *The Reed of God* (Caryll Houselander). Perhaps we can explore some simple classics soon!

PARISH ANNOUNCEMENTS

Thursday this week is the solemnity of Our Lady of Walsingham – a.k.a. *Our Lady of Refuge!* – which is our parish feast. Mass will be celebrated at **Our Lady of Refuge** at **10am**, followed by a **party in the hall**… with a little picture tour from Fr Simon!

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

On **Friday 9 October at 12noon** at St Joseph Church, the local Ordinariate group will be celebrating Mass according to the Ordinariate Use of the Roman Rite. This will be the parish Mass on that day; you are encouraged to attend if you can.

On **Sunday 18 October at 5pm**, we will be having a choral and poetic celebration of St John Henry Newman at St Joseph Church: ***A Musical Oratory***. This will be followed by a celebration in the Hall. We are inviting members of other Christian communities in our parish as well.

COLLECTION

Last week's collection figures will be available next week • **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

Theresa Dumbrell 1983, Margaret Neate 2018, John Emery 1981, Bernard Perry 1983, Sr Winefride O'Neill 1974, Laurence Travers1984, Winifred Drury 1986, Bernard Mann 2003, Betty Mangan 2020, Yvonne Worthington 2021, Eileen Roach 1997, Lawrence Clocherty 2006.

ETERNAL REST
GRANT UNTO THEM
O LORD