CATHOLIC PARISH OF OUR LADY & ST JOSEPH

Sheringham & Cromer

Week 29 of Ordinary Time — Psalter Week I · **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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Registered charity № 278742

Safeguarding Lead
Simon Mustoe-Arthur
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Sunday 18 October			**29 SUNDAY OF ORDINARY TIME**
Saturday	5.30pm Confessions until 5.50pm		*at Cromer*
	6pm Anticipatory Mass	James Bamford	*at Cromer*
Sunday	9am Sung Mass	Leen Jacob (*thanksgiving*)	*at Cromer*
	11am Sung Mass	For the people	*at Sheringham*
	5pm A Musical Oratory: a celebration of Cardinal Newman		*at Sheringham*
Monday	19 October		**Canadian Martyrs**
	No Mass today		
Tuesday	20 October		**Feria** *(Votive Mass of the Holy Spirit)*
	6pm Mass	Rosaleen & John O'Grady +	*at Sheringham*
	followed by Adoration with Confessions & then Benediction at 7.20pm		
Wednesday	21 October		**Feria** *(Votive Mass for the Pope)*
	9.30am Mass	Pope Leo	*at Cromer*
	followed by Adoration & Benediction by 10.30am, and tea & coffee in the Hall after		
Thursday	22 October		**S John Paul II**
	9.30am Mass	Patricia Ward +	
	at St Andrew's Anglican Church, Holt, NR25 6BB		
Friday	23 October		**S John of Capistrano**
	9.30am Mass	Kevin Hand +	*at Cromer*
Saturday	24 October		**S Anthony Mary Claret**
	No Mass / confessions this morning		
	5.30pm Confessions until 5.50pm		*at Cromer*

This weekend, there is a **second collection** for ***Missio*** • *Red Boxes can also be emptied this weekend!*

Next Sunday is the last of month • **Old Rite Mass** at **St Joseph** at **3pm** followed by tea & coffee

Our Average Sunday Mass Count for this year (to be published in the diocesan ordo in 2028) is **198**
This continues a gradual upward trend • 2025: 185 • 2024: 178 • 2023: 168 • 2022: 160 • 2021: 150

FROM THE PARISH PRIEST

Claude de la Colombière said "*he prays very little who only prays on his knees*". He meant that, throughout the day, even when we are not before Christ in deliberate mental prayer, we should remain conscious of him. He isn't simply someone we visit for a chat before returning to the rest of our lives. Our whole life belongs to him. Do we remember this fact throughout the day?

In *Fiddler on the Roof*, the main character, Tevye, constantly throws up little phrases to God: statements, questions, requests, sometimes even complaints! St Teresa and many other saints did the same. We can help ourselves by continually offering little phrases to God under our breath: *My Lord and my God!*; *O God, come to my aid, O Lord, make haste to help me!*; *Our help is in the name of the Lord, who made heaven and earth!* These are good biblical prayers. Catholics once commonly used such short aspirations throughout the day.

We might also have little visual or tangible reminders in our home, car, around our neck, in our pocket, or pinned to our clothing: small reminders that turn our minds back towards God.

St Paul tells us to "***pray constantly***". We don't have to be thinking explicitly about God every second. Rather, we can learn to return to him throughout the day, in the middle of our ordinary activities (or inactivity!). These little acts of recollection help us return to him when we sit down with him for our mental prayer.

The eagle-eyed will have spotted a new little shrine to St Withburga is taking shape in St Joseph Church: we'll find out why in good time! • *Thank you for your good wishes, cards and gifts for my 39th birthday last week!*

PARISH ANNOUNCEMENTS

This Sunday, we have our celebration of **Cardinal Newman**, **A Musical Oratory** at **5pm** at **St Joseph**, followed by light refreshments in the Hall. This is a locally advertised event, so **please do attend**.

On **Saturday** this week, please note that there will be **no Mass/confessions in the morning** at St Joseph. *Saturday evening Mass is normal*!

Our **autumn craft fair** is on **Saturday 31 October** in **St Joseph Hall**. Please bring to Mass any tombola donations or books or puzzles to be sold.

Breeda Godfrey will be making 4-inch **Christmas Cakes** again this year; the price is now **£7 each**. Please let Breeda know if you want one or more cakes by email: godfrey.bag@gmail.com or text/WhatsApp: 07712618799

Dave Burns will be co-ordinating the local **Christmas Shoebox Appeal**, with material being distributed after Masses this weekend. Boxes need to be returned by the weekend 14/15 November. If you have any questions, call Dave 07831394346

COLLECTION

Recent collections: 3/4 October: **£1,271.45** • *10/11 October*: **£1,434.95** • *CAFOD*: **£560.19** • **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

Timothy O'Rourke 1994, Rosemary Whitwood 2019, Mary Hollister 2006, Cecilia Drury 2003, Agatha Dickson 1978, Marigold Thornton 2022, Peter Brogdale 2013, Queenie Vanzino 1998, Patricia Ward 2025, Daniel Breen 1993, Gordon Middleton 2013, John Francis 2018, Dorothy Silvester 1986, Jack Boulter 1999, Billy Whittaker 1995, Anthony de Grey Webster 2024.

ETERNAL REST
GRANT UNTO THEM O LORD