

# Catholic Church of Our Lady and St. Walstan

Townhouse Road, Costessey, Norwich, Norfolk, NR8 5AA  
 Roman Catholic Diocese of East Anglia, Charity Registration No. 278742  
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## *Being humble.*

*God's blessing comes to those who behave humbly. Jesus teaches us not to seek status and honours from other people. It is in being humble like him that we will find favour with God. Christ will lead us to the heavenly Jerusalem, the city of the living God, if we will only follow him in humility.*

*Sundays Year C ~ Ordinary Time ~ Psalms Week 2*

**22<sup>nd</sup> Sunday in Ordinary Time**

**1<sup>st</sup> September 2019**

<b>Entrance Antiphon</b>	<i>Have mercy on me, O Lord, for I cry to you all the day long. O Lord, you are good and forgiving, Full of mercy to all who call you.</i>	
<b>First Reading</b>	<i>Behave humbly, and then you will find favour with the Lord.</i>	<i>Ecclesiasticus 3:17-20. 28-29</i>
<b>Responsorial Psalm</b>	<i>In your goodness, O God, you prepared a home for the poor.</i>	<i>Psalm 67</i>
<b>Second Reading</b>	<i>You have to come to Mount Zion and to the city of the living God.</i>	<i>Hebrews 12:18-19. 22-24</i>
<b>Gospel Acclamation</b>	<i>Alleluia, alleluia! Shoulder my yoke and learn from me, For I am gentle and humble in heart. Alleluia!</i>	
<b>Gospel</b>	<i>Everyone who exalts himself will be humbled, and the man who humbles himself will be exalted.</i>	<i>Luke 14:1.7-14</i>

## **Mass Times and Intentions**

<b>Saturday</b>	<b>31<sup>st</sup> August</b>		<b>6:00pm</b>	<b>Parishioners</b>
<b>Sunday</b>	<b>1<sup>st</sup> September</b>	<b>22<sup>nd</sup> Sunday in Ordinary Time</b>	<b>10.30am</b>	<b>Christopher Lambe R.I.P.</b>
<b>Monday</b>	<b>2<sup>nd</sup> September</b>	<b>Feria</b>	<b>9.15am</b>	<b>Tony Green R.I.P.</b>
<b>Tuesday</b>	<b>3<sup>rd</sup> September</b>	<b>St. Gregory the Great</b>		<b>No Mass</b>
<b>Wednesday</b>	<b>4<sup>th</sup> September</b>	<b>Feria</b>	<b>7:00pm</b>	<b>Holy Souls</b>
<b>Thursday</b>	<b>5<sup>th</sup> September</b>	<b>Feria</b>	<b>9.15am</b>	<b>Vocations</b>
<b>Friday</b>	<b>6<sup>th</sup> September</b>	<b>Feria</b>	<b>9:15am</b>	<b>Mass in School</b>
<b>Saturday</b>	<b>7<sup>th</sup> September</b>	<b>Feria</b>	<b>10.00am</b>	<b>Alain Bousquet R.I.P.</b>
<b>Saturday</b>	<b>7<sup>th</sup> September</b>		<b>6:00pm</b>	<b>Parishioners</b>
<b>Sunday</b>	<b>8<sup>th</sup> September</b>	<b>23<sup>rd</sup> Sunday in Ordinary Time</b>	<b>10.30am</b>	<b>Deceased members of the Southwood Family</b>

Morning or Evening Prayer will be said 15 minutes before all weekday Masses.  
 The Prayer Group meets every 'term time' Tuesday morning at 10am in the Garden Room  
 Confessions are before Mass on Wednesday 6.00-6.30 pm and Saturday at 10.30-11.00am

**Sick and Housebound** – Please pray for Yustyna Adamska, Una McWeeny, Michele Bendall, Kenneth Jenkin, Christina Thomas, Sybil Chamberlin, Ann Bettany, Vivienne Anne Mallett, Therese Ann Finnie, Banny Kibblewhite and Marcia Jenkin.

**Faithful Departed** – please pray for Agnes Grogan, Kitty Weigate, Maureen Dickman, Danny Bartram, Elizabeth O'Donoghue, Jean-Tracey Wright, Grace Field, Robert Croll, Beatrice Pratt, Honora Beales, Francis Bates, Rufus Dimelow, Michael Stuart, Wendy Wood, Laurence Anderson, James Brown, Kathleen Gilby, Vera Hedge and all whose anniversaries occur around this time.

**Is your marriage struggling under the burden of arguments, resentments, or outright conflict?** Or would you simply like a chance to enrich the way you communicate as a couple? The diocese is offering a half-day session on the Smart Loving Breakthrough program, which helps couples improve the way they communicate with each other. The program draws on relationship psychology and the Theology of the Body. It is both scientific and fully Catholic. The program will benefit couples even if just one spouse attends. 10am — 1pm on Saturday 14th September at Our Lady Immaculate and Saint Etheldreda in Newmarket. Tea, coffee and all materials will be provided. Please bring a packed lunch. To register as an individual or couple, please email: [mflc.eastanglia@rcdea.org.uk](mailto:mflc.eastanglia@rcdea.org.uk).

**Readers & Ministers of the Eucharist:** Please remember to arrange a substitute if you are unable to exercise your ministry at any time. It is unfair to expect someone to step in at the last moment. Thank you.

**During the weekend of the 25th-27th October 2019, Young Catholic Adults** will be running a retreat at Douai Abbey. The weekend will be full-board. Please note to guarantee your place this year Douai Abbey have requested that everyone book in 3 weeks before the start of the weekend (4th October 2019). More information on <http://www.youngcatholicadults.co.uk>. To book go to <https://bookwhen.com/youngcatholicadults-douai2019>

**The Annual Bike Ride for the Norfolk Churches Trust** is taking place on Saturday 14th September. There are over 600 churches, which can be visited, and our church will receive a proportion of any money, which you raise from sponsorship. You may walk, ride or drive on any route which you wish. Sponsorship forms will be available soon so in the meantime start planning your route.

**Michael and Paula Hughes will again be riding for St. Walstans. They will be collecting sponsorship after Mass and ask for your support. Thanks**

**Catholic Voices:** A training day for those interested in learning how to share their faith will take place at Our Lady & St Thomas of Canterbury, 1 Norwich Road, Wymondham NR18 0QE on Saturday September 7th. Places are free but limited so if you are interested please contact [evangelisation@rcdea.org.uk](mailto:evangelisation@rcdea.org.uk) Drinks will be provided but you are asked to bring your own lunch.

**Pilgrimage to Holy Land:** 10th November - 17th November. Includes return flights from London, 7 nights in 4\* Hotels, breakfast & dinner daily, full religious programme, local guide, private couch, spiritual director. Price from £ 1195.00. Book online@ [aglowpilgrimages.com](http://aglowpilgrimages.com) or call Jonathan on 0800 6894792 for more info.

#### **School Masses – Autumn Term 2019**

6<sup>th</sup> September, 20<sup>th</sup> September,  
4<sup>th</sup> October,  
1<sup>st</sup> November, 8<sup>th</sup> November, 22<sup>nd</sup> November,  
13<sup>th</sup> December, 19<sup>th</sup> December.

Items for the newsletter may be left at the presbytery (marked clearly "for newsletter" along with the date, and your name), or email [newsletter@stwalstans.com](mailto:newsletter@stwalstans.com). For all forms of communication, please provide a telephone number on which you can be contacted. The deadline for items to be included in the newsletter is Wednesday 6pm

**Collections**      24<sup>th</sup> /25<sup>th</sup> August      £669.00  
Many thanks

**Quiz & Mash Night:** Thursday 12th September, 6.30 for 7.00pm, in the Garden Room. Teams of 6, £8 per person including quiz and supper (veggie choice available). Tickets available in the porch after weekend Masses.

**Vocations:** Thursday September 5th is our monthly day of prayer for vocations. Mass will be for that intention at 09.15, followed by Exposition, ending with simple Benediction at 10.00.

**The Annual General Meeting** of the Parish Pastoral Council will be held in the Garden Room at 7.30 p.m. on Wednesday 25th September. All members of the congregation are invited to attend and to hear what has been happening over the past year.

**Could Red Missio** box holders please bring their boxes to church on the weekends of Sunday 15<sup>th</sup> & 22<sup>nd</sup> September, for paying monies to the charity. Thanks

**Monday coffee** morning starts again on Monday 2nd September. Coffee, tea, biscuits & sometimes cake will be served after morning mass. Thank you for your support.

**Candles:** If the rack is full of burning candles, please light yours, blow it out, and leave it on the silver-foil covered tray. It will be re-lit when there is a space. Please DO NOT stand burning candles on the supports between the candle holders as this is extremely dangerous. Thank you.

**Mass Cards Amnesty!** Well over half of the cards with the words for the Order of Mass have disappeared from the basket at the back of church. If you have taken one home inadvertently, please return it as soon as possible. Thank you.

**The next Cake & Jam** stall is on Sunday 1<sup>st</sup> September in the Garden room after Mass.

**The Next UCM meeting** is on Tuesday 3<sup>rd</sup> September in the Garden Room at 10:45. It will be a General Meeting and a DVD. All are welcome.

**Harvest Supper** on October 10<sup>th</sup> in the Garden Room at 7:00pm. Entertainment by Fr. David. Tickets on sale from Saturday 14<sup>th</sup> September after Mass. Cost £8, all proceeds for charity.

**Sunday Teas after Mass:** There are still a number of spaces to be filled on the rota in the church porch.

**First Holy Communion 2020:** Application forms are available in the porch as from this weekend. The closing date is Sunday 29 September after the 10.30 am Mass. Please return the completed form with your child's baptism certificate to either Fr David, Deacon Bill or Christine Conrad. Thank you.