

# 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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## *The cost of following Christ.*

*God has created us free. Nothing must come between us and God. Yet we are often distracted by worldly things and possessions. Jesus teaches us that we will need commitment and dedication if we are to follow him. In this we will discover the true freedom for which God made us.*

*Sundays Year C ~ Ordinary Time ~ Psalms Week 3*

**23<sup>rd</sup> Sunday in Ordinary Time**

**8<sup>th</sup> September 2019**

<b>Entrance Antiphon</b>	<i>You are just, O Lord, and your judgement is right; treat your servant in accord with your merciful love.</i>	
<b>First Reading</b>	<i>Who can divine the will of the Lord?</i>	<i>Wisdom 9:13-18</i>
<b>Responsorial Psalm</b>	<i>O Lord, you have been our refuge from one generation to the next.</i>	<i>Psalms 89</i>
<b>Second Reading</b>	<i>Have him back, not as slave anymore, but as dear brother.</i>	<i>Philemon 9-10. 12-17</i>
<b>Gospel Acclamation</b>	<i>Alleluia, alleluia! I call you friends, says the Lord, because I have made known to you everything I have learnt from my Father. Alleluia!</i>	
<b>Gospel</b>	<i>None of you can be my disciple unless he gives up all his possessions.</i>	<i>Luke 14:25-33</i>

## **Mass Times and Intentions**

<b>Saturday</b>	<b>7<sup>th</sup> September</b>	<b>23<sup>rd</sup> Sunday in Ordinary Time</b>	<b>6:00pm</b>	<b>Parishioners</b>
<b>Sunday</b>	<b>8<sup>th</sup> September</b>		<b>10.30am</b>	<b>Deceased members of the Southwood Family</b>
<b>Monday</b>	<b>9<sup>th</sup> September</b>	<b>Feria</b>	<b>9.15am</b>	<b>Emanuel Caruana R.I.P.</b>
<b>Tuesday</b>	<b>10<sup>th</sup> September</b>	<b>Feria</b>		<b>No Mass</b>
<b>Wednesday</b>	<b>11<sup>th</sup> September</b>	<b>Feria</b>	<b>7:00pm</b>	<b>Angela Power R.I.P.</b>
<b>Thursday</b>	<b>12<sup>th</sup> September</b>	<b>Feria</b>	<b>9.15am</b>	<b>Eileen Hogg R.I.P.</b>
<b>Friday</b>	<b>13<sup>th</sup> September</b>	<b>St. John Chrysostom</b>		<b>No Mass</b>
<b>Saturday</b>	<b>14<sup>th</sup> September</b>	<b>Exaltation of the Holy Cross</b>	<b>10.00am</b>	<b>Maureen Coleman R.I.P.</b>
<b>Saturday</b>	<b>14<sup>th</sup> September</b>		<b>6:00pm</b>	<b>Parishioners</b>
<b>Sunday</b>	<b>15<sup>th</sup> September</b>	<b>24<sup>th</sup> Sunday in Ordinary Time</b>	<b>10.30am</b>	<b>Private Intention (Stowers)</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 Kathleen Gilby, Vera Hedge, Gabor Peley, Evelyn Mitchell, Reginald Watson, Edward Moore, John Lowe, Agnes Delaney, Derek Wayling, David Walden, Ellen Wilson, Thomas Kozersky, Peter Paston, Betty Crane, Margaret Preston, Geoffrey Carway and all whose anniversaries occur around this time.

*When people are free to do as they please, they usually imitate each other.*

*Eric Hoffer*

**CONGRATULATIONS to Mia Arcila Miller who was baptised here last week-end.**

**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**

**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.

**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.

**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.

**Collections** 31<sup>st</sup> / 1<sup>st</sup> September £695.20  
Many thanks

**Benedictine Meeting** Thursday 12<sup>th</sup> September from 11:00 to 3:00 in the Garden Room. All welcome

**The Cake & Jam stall** raised £58.86. Many thanks for your support.

**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

**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.

**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.

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