

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
 Website: <http://www.stwalstans.com>



Parish Priest
Fr. David Ward
 The Presbytery, Townhouse Road
 Costessey
 Norwich NR8 5AA
 Tel. 01603 742812
davidward@stwalstans.com

Deacon
Rev. Bill Dimelow
 Crofthaven, The Croft
 Costessey
 Norwich NR8 5DT
 Tel: 01603 743476
postmaster@billdimelow.plus.com

School
Head Teacher: Rachel Swindell
 St Augustine's Catholic Primary School
 19 West End, Costessey
 Norwich NR8 5AG
 Tel: 01603 743317
office@st-augustines.norfolk.sch.uk

Christ conquers sin and temptation.

God created the human race free from sin, but our first parents yielded to the temptation of evil. In them each one of us has sinned; but in Christ we are given the power to overcome the temptations of the world just as he did.

Sundays Year A ~ Lent Season ~ Psalms Week 1

First Sunday of Lent

1st March 2020

Entrance Antiphon	<i>When he calls on me, I will answer him. I will deliver him and give him glory, I will grant him length of days.</i>	
First Reading	<i>The creation and sin of our first parents.</i>	<i>Genesis 2:7-9; 3:1-7</i>
Responsorial Psalm	<i>Have mercy on us, O Lord, for we have sinned.</i>	<i>Psalm 50</i>
Second Reading	<i>However great the number of sins committed grace was even bigger.</i>	<i>Romans 5:12-19</i>
Gospel Acclamation	<i>Praise to you, O Christ, king of eternal glory! Man does not live on bread alone, but on every word that comes from the mouth of God. Praise to you, O Christ, king of eternal glory!</i>	
Gospel	<i>Jesus fasts for forty days and is tempted.</i>	<i>Matthew 4:1-11</i>

Mass Times and Intentions

Saturday	29th February		6:00pm	Mary Ferguson R.I.P.
		1st Sunday of Lent	10.30am	David Armstrong R.I.P.
Sunday	1st March		3.00pm	Joint Service
			5.30pm	Syro-Malabar Mass
Monday	2nd March	Lent Feria	9.15am	Louis Borg R.I.P.
Tuesday	3rd March	Lent Feria		No Mass
Wednesday	4th March	Lent Feria	7:00pm	Personal Intention.
Thursday	5th March	Lent Feria	9.15am	Vocations
Friday	6th March	Lent Feria	9.15am	Mass in School
			7:00pm	Stations of the Cross
Saturday	7th March	Lent Feria	10.00am	Parishioners
Saturday	7th March	2nd Sunday of Lent	6:00pm	Breda Keane.
Sunday	8th March		10.30am	David McWeeny R.I.P.

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
 Exposition every Thursday morning after Mass until 10:00am

Sick and Housebound – Please pray for Geoffrey Smith, Yustyna Adamska, Una McWeeny, Michele Bendall, Christina Thomas, Ann Bettany, Vivienne Anne Mallett and Marcia Jenkin.

Faithful Departed – please pray for John Baker, Florence Tallent, Charles Cassar, Tom Bachell, Hilda Burrows, Eileen Lynskey, Mary Bennett, Armando Mammone, Joseph Mullarkey, Millicent Symes, Eugene Gaffney, Maria Gedge, Eileen Johnson, Helen Younger, Jean Riley-Budds, Nena Cassar, Lexie Moon, Beryl Hunter, David Mcweeny and all whose anniversaries occur around this time.

HOLY WEEK READERS & MINISTERS: If you able to minister at any or all of the Services during Holy Week & the Easter weekend, please put your name on the list in the porch so that the ministries can be shared out. The list will stay up until Sunday 15th March. Thanks

A Beetle Drive is being held in the Garden Room on Thursday 5th March at 6.30 p.m. This will be a fun evening for families and friends and the more who come the more fun we will have. Light refreshments will be available in the interval. Admission is £1 for adults, children 16 and under are free. Get your tickets in advance as numbers are limited.

Parish Dates for 2020: The list that was issued late last year has now been updated with some of the events being confirmed and a couple being added. The updated list is on the noticeboard in the porch. If you would like a copy, please ask Fr David.

Stations of the Cross will be held every Friday evening during Lent, usually at 7.00pm. If you would like to lead one of these services, please come and see me or Fr. David. Thank you, Pauline.

Are you planning a party or family gathering...

We have several things which are available for you to borrow including a large Party Tent; crockery, cutlery and glassware; a large folding table. The Garden room is also available for private functions. For more information please talk to Fr David or Pauline Stephenson

Eucharistic Ministers and Readers Rota: The new rota is now available in the porch.

The next cake stall is on Sunday, March 1st in the Garden Room after Mass. All proceeds to charity.

The next UCM meeting is on Tuesday, March 3rd in the Garden Room at 10:45. Our speaker is David Morton on St. James Palace and Clarence House. All are welcome.

Missio Red Boxes: Please bring your boxes for the half yearly submissions on the weekends of 7/8th and 14/15th March. Please also see the poster in the porch detailing the Novena Masses in March.

Marcia would be grateful if anyone is able to offer her a lift to church on Sunday mornings from 21 Cleves Way Old Costessey NR8 5EN. Tel No 01603 740393

Joint Service: St Walstan's will be hosting the next ecumenical service on Sunday March 1st (the first Sunday of Lent) at 3.00pm. Please come along to join us for Evening Prayer of the Church, and refreshments afterwards in the Garden Room.

LENT LUNCHESES: Churches Together in Costessey will again be holding Lent Lunches with all proceeds being forwarded to Christian Aid as a gift from the Christians in Costessey. The lunches will be on March 7th at Costessey Methodist Church, March 14th at Costessey Baptist Church and March 21st at St Helen's from noon to 2pm. Please support as many of the lunches as you can.

Collections 22nd / 23rd February £773.25
Many thanks

Missionaries of the Poor: Upon my return from Jamaica, it needs to be said that this Parish contributed over 23 kg of practical aid for the residents of the ghetto and the M.O.P brothers. Your generosity was most humbling. Thanks to you all for this as well as for your good wishes and prayer. Many thanks, Marianne Reilly

Cafod Family Fast Day: Friday March 6th, following which there will be a retiring collection on March 7th/8th.

World Day of Prayer Service: Friday 6th March 1.30pm, St Edmunds Church, Taverham.

Vocations: Thursday March 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.

On Tuesdays during Lent; 3rd, 10th, 17th 24th 31st

March, there will be Exposition of the Blessed Sacrament in the St John the Baptist Cathedral, for Prayer and Adoration for the intention of the Sanctity of Life.

Adoration will take place between 12-1pm; it will begin with a Rosary for Life followed by silent prayer. All Welcome. Please join in prayerful support. Thank you.

The Diocese is recruiting a Clergy Welfare Co-ordinator for up to 21 hours per week, particularly to support our retired priests. Details can be obtained by emailing the Diocesan office at finance@rcdea.org.uk or go to www.rcdea.org.uk/Vacancies

The closing date is Monday March 9th and interviews will be in Cambridge on Thursday 26th March.

Gift Aid 2020: The new Gift Aid boxes will be available soon. Please let me know if you have changed your address or if you no longer pay tax. Thank you. Christine Conrad

Caritas East Anglia Festival will take place in Norfolk, at St George's parish, Norwich, on Saturday 28th March (10am-4pm). The Festival is an opportunity to celebrate sharing God's love and is a platform for parish groups involved in social outreach work to tell others about your work. We would like all Norfolk parishes to be represented. To book a stall, please email Jacinta by Sun 16th Feb: caritas@rcdea.org.uk

EDP Plant to Plate Campaign: St Augustine's School is collecting the tokens from the EDP to receive a planting pack. There is a box in the church porch where you can place these tokens for the school. Thank you.

School Masses – Spring Term 2020
6th March & 27th March

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. 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