

# 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](mailto:davidward@stwalstans.com)

**Deacon**  
**Rev. Bill Dimelow**  
 Crofthaven, The Croft  
 Costessey  
 Norwich NR8 5DT  
 Tel: 01603 743476  
[postmaster@billdimelow.plus.com](mailto: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](mailto:office@st-augustines.norfolk.sch.uk)

*Love your enemies.*

*Every human being is made in the image and likeness of God. Jesus teaches us to look upon our neighbours as friends and not enemies.  
 We are all brothers and sisters in Christ. In this way we will become holy as God wants us to be.*

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

**Seventh Sunday in Ordinary Time**

*23<sup>rd</sup> February 2020*

<b>Entrance Antiphon</b>	<i>O Lord, I trust in your merciful love.          My heart will rejoice in your salvation.          I will sing to the Lord who has been bountiful with me.</i>	
<b>First Reading</b>	<i>You must love your neighbour as yourself.</i>	<b>Leviticus 19:1-2. 17-18</b>
<b>Responsorial Psalm</b>	<i>The Lord is compassion and love.</i>	<b>Psalm 102</b>
<b>Second Reading</b>	<i>All are your servants, but you belong to Christ and Christ belongs to God.</i>	<b>1 Corinthians 3:16-23</b>
<b>Gospel Acclamation</b>	<i>Alleluia, alleluia!          If anyone loves me he will keep my word,          and my Father will love him,          and we shall come to him.          Alleluia!</i>	
<b>Gospel</b>	<i>Love your enemies.</i>	<b>Matthew 5:38-48</b>

## Mass Times and Intentions

<b>Saturday</b>	<b>22<sup>nd</sup> February</b>	<b>7th Sunday in Ordinary Time</b>	<b>6:00pm</b>	<b>Cecil and Sybil Scrutton R.I.P.</b>
<b>Sunday</b>	<b>23<sup>rd</sup> February</b>		<b>10.30am</b>	<b>Parishioners</b>
<b>Monday</b>	<b>24<sup>th</sup> February</b>	<b>Feria</b>	<b>9.15am</b>	<b>Percy and Flora Harvey R.I.P.</b>
<b>Tuesday</b>	<b>25<sup>th</sup> February</b>	<b>Feria</b>		<b>No Mass</b>
<b>Wednesday</b>	<b>26<sup>th</sup> February</b>	<b>Ash Wednesday</b>	<b>9.15am</b>	<b>Adam Fitzpatrick R.I.P.</b>
			<b>7:00pm</b>	<b>Paul Brewer R.I.P.</b>
<b>Thursday</b>	<b>27<sup>th</sup> February</b>	<b>Lent Feria</b>	<b>9.15am</b>	<b>John Pelling R.I.P.</b>
<b>Friday</b>	<b>28<sup>th</sup> February</b>	<b>Lent Feria</b>		<b>No Mass</b>
<b>Saturday</b>	<b>29<sup>th</sup> February</b>	<b>Lent Feria</b>	<b>10.00am</b>	<b>Parishioners</b>
<b>Saturday</b>	<b>29<sup>th</sup> February</b>		<b>6:00pm</b>	<b>Mary Ferguson R.I.P.</b>
			<b>10.30am</b>	<b>David Armstrong R.I.P.</b>
<b>Sunday</b>	<b>1<sup>st</sup> March</b>	<b>1<sup>st</sup> Sunday of Lent</b>	<b>3.00pm</b>	<b>Joint Service</b>
			<b>5.30pm</b>	<b>Syro-Malabar Mass</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

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 George Connell, Kathleen Green, Lily Downes, Howard Miller, James Smith, John Cronin, Ricardo Benna, Donald Stephen Williams, Walstan Carr, Robert Smith, Maria Mann, John Dunlavy, Louise Chapman, Honora Easter, Olga Conrad, Peter Segolo, Paul Grant and all whose anniversaries occur around this time.

**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 February 29th at St Walstan's, 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.

**Dowry of Mary:** As you know, England is being re-dedicated as the Dowry of Mary on March 29th. There will be a short service to mark this at St Walstan's at 12 noon on that day - more details later. In preparation, individuals are invited to make a 33-day consecration to Jesus through Mary, starting on February 21st. For more details, go to [www.Behold2020.com](http://www.Behold2020.com)

**Collections** 15<sup>th</sup> / 16<sup>th</sup> February £721.82  
Many thanks

**Thursday February 27th:** From 10.00am on this day the fuse boards in the church and presbytery will be undergoing their five-year inspection so the electricity will be off intermittently while this is done.

**Easter Pilgrimage to Knock Shrine, 08th April 2020.** £699.00 per person. Single supp £100.00. Flight with 10kg bag, 5 nights' Knock House Hotel with breakfast and dinner. All excursions included. Lunches on days out. Contact Patricia on 01268 762 278 or 07740 175557 or email <mailto:patricia@gotrouvaille.com> [knockpilgrimages@gmail.com](mailto:knockpilgrimages@gmail.com). Knock Pilgrimages ATOL T7613.

**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](mailto: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.

**Many of you may be wondering** why there have been no Christmas cards from Cambodia; This year they sent us a short video with their greetings in, since getting it father David has tried very hard with the help of technical 'elves' to make it available to all on the parish website. Sadly, this has not been successful. If anyone would like access to it please contact myself, Hilda Kaye on [stwalstansrcchurch@gmail.com](mailto:stwalstansrcchurch@gmail.com) or father David via email and we will send you the link.

**School Masses – Spring Term 2020**  
26<sup>th</sup> February (at St. Walstan's – Ash Wednesday),  
6<sup>th</sup> March & 27<sup>th</sup> 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](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