

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>



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Christ, the spring of life.

Through baptism, Christ becomes within us a source of the living waters of grace. Through the Holy Spirit, the love of God is poured into our hearts and our spiritual thirst is quenched. We come alive. We become in our turn the wells of God's goodness at which people will drink.

Sundays Year A ~ Lent Season ~ Psalms Week 3

Third Sunday of Lent

15th March 2020

Entrance Antiphon	<i>My eyes are always on the Lord, for he rescues my feet from the snare, turn to me and have mercy on me, for I am alone and poor.</i>	
First Reading	<i>Give us water to drink.</i>	<i>Exodus 17:3-7</i>
Responsorial Psalm	<i>O that today you would listen to his voice: "Harden not your heartd"</i>	<i>Psalms 94</i>
Second Reading	<i>The loive of God has been poured into our hearts by the Holy Spirit, which has been given us.</i>	<i>Romans 5:1-2. 5-8</i>
Gospel Acclamation	<i>Glory to you, O Christ, you are the Word of God! Lord, you are really the saviour of the world; give me the living water, so that I may never get thirsty. Glory to you, O Christ, you are the Word of God!</i>	
Gospel	<i>A spring of water welling up to eternal life.</i>	<i>John 4:5-42</i>

Mass Times and Intentions

Saturday	14th March	3rd Sunday of Lent	6:00pm	Alice & William Secker R.I.P.
Sunday	15th March		10.30am	Bernard Lambe R.I.P.
Monday	16th March	Lent Feria	9.15am	Philomena Newton R.I.P.
Tuesday	17th March	St. Patrick		No Mass
Wednesday	18th March	Lent Feria	7:00pm	Maria Connery R.I.P.
Thursday	19th March	St. Joseph	9.15am	Judith Rumbelow
Friday	20th March	Lent Feria	9:15am	No Mass
			7:00pm	Stations of the Cross
Saturday	21st March	Lent Feria	10.00am	Parishioners
Saturday	21st March	4th Sunday of Lent	6:00pm	Deceased Bates & Drury Families
Sunday	22nd March		10.30am	Margaret Buck 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 Frederick king, Millie Clark, Adriano Zagaglia, Edmund Cooper, Bertha Wilby, David White, Winifred Barnes, Julie Ann Waterhouse, Philomena Newton, Bernardette Rowell, William James Barnes, Michael Coady, Charles Coulter, Sidney Breeze, Maurice Blake, Leonard Vince, Jean Bates and all whose anniversaries occur around this time.

Congratulations to Veronica O'Neill who has been awarded the Diocesan Medal in recognition of her many years working as our parish treasurer.

Caritas Festival for Norfolk parishes will be held at St George's, Norwich, on Sat 28th March, 10am-4pm. All are welcome at this celebration of sharing God's love with our neighbour. Bishop Alan will celebrate Mass at 10am and will then open the Festival with the Lord Mayor of Norwich. If you're interested to know what Caritas does, or if you're wondering how you might get involved in caring for those in need, come and see. See poster in porch. Contact: Jacinta on caritas@rcdea.org.uk

Saturday March 28th: There will be no confessions after the morning Mass on this day as our First Holy Communion children will be making their first confessions.

Archbishop Peter Smith: As announced last weekend, Archbishop Peter Smith (former Bishop of East Anglia) died on March 6th. Bishop Alan will be offering a Requiem Mass for him in the cathedral in Norwich at 11.30am on Friday March 27th, to which all are invited. Fr David will be offering Mass for Archbishop Smith on Wednesday March 25th at 7.00pm.

Dowry of Mary: As you know, England is to be re-dedicated as the Dowry of Mary on Sunday March 29th. The main ceremony will take place at Walsingham, but we will have a short act of dedication in St Walstan's church at 12 noon on that day. Please come and join in this celebration if you can.

Youth Pilgrimage to Malta - Following in the footsteps of St. Paul Age 16 -35? Come and join the Diocesan Youth Service Pilgrimage to Malta. From, July 26th - 31st 2020. Places are limited and bookings must be received by April 13th. For more information see www.rcdea.org.uk/youth

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.

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

On Tuesdays during Lent; 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.

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

School Masses – Spring Term 2020 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.

Collections 7th /8th March £
Many thanks

Adult Confirmation: If there are any baptised adults who have not been confirmed and would like to be prepared for that sacrament, please contact Fr David for further details.

Soul Squad: This is a new youth group for young people in Years 4, 5 & 6 to get to know new and old friends, their God and the Catholic faith in a fun environment. The first meeting will be held at Notre Dame Prep School in Norwich on Thursday 30 April from 6.00 – 8.00pm. For more information, please email Emily Murphy at leader@soulsquad.org.uk

What are you doing in September? Are you leaving school or university this summer, in between jobs or would like to do something 'different'? The Diocesan Youth Service is looking for people age 18-29 to join the Ignite Team, You would be working with young people in schools and parishes, developing your gifts such as in music, drama, art and tech. These are full-time positions, with food, accommodation and a monthly allowance provided. Ideal as a 'gap year'. For more information www.rcdea.org.uk/youth

Volunteer Opportunity: Soul Squad is seeking fun-loving, faith-filled adults to help at weekly meetings. Anyone aged 16-116 is welcome! A training day for prospective volunteers will be held on 26 April. Please email Emily Murphy at leader@soulsquad.org.uk for more info.

Books for Sale throughout March. Proceeds to our twin Parish, St. Joseph in Taken, Cambodia. Also, **Lucky Squares** for sale - £1 a go. 3 Fabulous Prizes to be won....a lovely mounted on canvas photograph of our Lady's statue in the grounds, wooden "Freddie" bookends and a game called "Patchwork", also all proceeds to Taken

Vision Evening Event - Monday 23rd March 2020 from 5:30pm onwards. Parents, children and friends of the St. Augustine's Community are invited to an event to lead the school's vision for the future. This will include a focus on children's needs and learning at our school, community links and planning the celebration of the school's 200th year anniversary. The evening will start at 5:30pm, with refreshments to begin the meeting officially at 6:00pm. Could you confirm your attendance with the school office for our planning purposes? Tel: 01603 743317 or email: office@st-augustines.norfolk.sch.uk

Lenten Station Mass: Our Deanery Station Mass with Bishop Alan and priests of our Deanery will be held at St George's Church, Sprowston Road, Norwich on Thursday March 26th. Exposition and confessions will begin at 6.00pm with Mass following at 7.00pm. Refreshments will be available after Mass.

Baptism Class: The next class for parents wishing to have their children baptised will be held in the Presbytery (behind the church) from 3.30 to 4.30pm on Saturday March 28th. Further details are available from Fr David or Deacon Bill.