

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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The Spirit is our help.

We are a people full of weakness through our sin. We cannot pray for repentance unless the Spirit comes to help us in our weakness. Our God is mild in judgement, and we pray that God's mercy will be with us, so that like what we will be gathered into God's barn.

Sundays Year A ~ Ordinary Time ~ Psalms Week 4

16th Sunday in Ordinary Time

19th July 2020

Entrance Antiphon	<i>See, I have God for my help. The Lord sustains my soul. I will sacrifice to you with willing heart, and praise your name, O Lord, for it is good..</i>	
First Reading	<i>You will grant repentance after sin.</i>	Wisdom 12:13,16-19
Responsorial Psalm	<i>O Lord, you are good and forgiving.</i>	Psalm 85
Second Reading	<i>The Spirit himself expresses our plea in a way that could never be put into words.</i>	Romans 8:26-27
Gospel Acclamation	<i>Alleluia, alleluia! May the Father of our Lord Jesus Christ enlighten the eyes of our mind, so that we can see what hope his call holds for us. Alleluia!</i>	
Gospel	<i>Let them both grow till the harvest.</i>	Matthew 13:24-43

Mass Times and Intentions

Day	Date	Feast	Time	Intention
Sunday	19 th July	16 th Sunday in Ordinary Time	10.00am	Parishioners
Monday	20 th July	Feria	10.00am	Micky Hicking Botham R.I.P.
Tuesday	21 st July	Feria	10.00am	No Mass
Wednesday	22 nd July	St. Mary Magdalene	7:00pm	Holy Souls
Thursday	23 rd July	St. Bridget	10.00am	Mgr. Richard Wilson R.I.P.
Friday	24 th July	Feria	10.00am	Mary-Jo Mallins R.I.P.
Saturday	25 th July	St. James	10.00am	Eileen Hogg R.I.P.
Sunday	26 th July	17 th Sunday in Ordinary Time	10.00am	Alice Secker 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 by Appointment
 Exposition every Thursday morning after Mass until 10:00am

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

Faithful Departed – please pray for Norah Meekings, Eddie Chapman, Marguerite Saunders, Raymond Smith, Joanne O'Brian, Charles Hawkings, Betram Wilson, Lily Griffin, Gerard 'Chris' McGuire, Edith Bryson, Alice Secker, Gerhard Conrad, Geoffrey Sellars, George Skeet, Fr. Dick Wilson, Gian Tuli, Michael Green, Frederick Stocks, Eileen Hogg and all whose anniversaries occur around this time.

My goal is not to be better than anyone else, but to be better than I used to be.

Children's Liturgy for July 19th (16th Sunday in Ordinary Time)

<http://www.sdc.me.uk/sundayliturgy/worksheets/a-ordinary-time-16.PDF>

<http://www.higherpraise.com/pdf/pdf/New/Curr194.pdf>

Cafod also have something every week at
<https://cafod.org.uk/Education/Children-s-liturgy>

Universalis: This is a website accessible on mobile devices where you can find daily Mass readings, etc. The web address is www.universalis.com

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<https://cafod.org.uk/Education/Children-s-liturgy>

Books available free to a good home: Mrs Claude Smith has a copy of 'The Joy of the Gospel' by Pope Francis, 'The Imitation of Christ' (brand new) and Delia Smith's 'A Journey into God' free to someone who will appreciate them. Please call her on 01603-560511 if you are interested.

Votive Candles: If you would like me to light a candle and pray for someone or some situation, please let me know, by phone or email, and I will be happy to do so. Fr David.

Wednesday Word: You are able to access this useful leaflet via the website www.wednesdayword.org

Websites: In addition to the information already given, the following websites may be of interest. Liturgy of the Hours (Divine Office) - <https://universalis.wordpress.com> ; Downside Abbey - <https://soundcloud.com/downsideabbey> ; Lourdes Live - <https://www.lourdes-france.org/en/tv-lourdes>

Wednesday Mass: From Wednesday July 22nd, Mass will be at 7.00pm and not at 10.00am. Masses on Thursday to Monday inclusive will remain at 10.00am for the time being. There is no Mass on Tuesday. Once you have 'booked in' for a particular day, you will remain on the list for that day unless you tell me otherwise. If you have not already re-start attending Mass and would like to do so, please let me know, preferably by email - davidward@stwalstans.com - or by phone on 01603-742812. Masks or other face coverings (visors, scarfs, etc.) are obligatory at Mass at the moment, so please bring something suitable if you can. We have a small supply of masks if you don't have your own. Thank you for your patience and co-operation at this difficult time. Fr David

Dial-a-Mass: The Knights of St Columba have set up a Dial-a-Mass for those who are unable to participate in the celebration of the Mass via TV or Livestreaming. The Mass is available from 12 noon each day and will last about 45 minutes, being available until midnight the same day. The Mass will cost as little as a local call and the phone number is: 01642-130120.

St Augustine's School: There still some places available in Nursery at St Augustine's School for the year beginning September 2020. For more details please contact the school on office@staugustines.norfolk.sch.uk or 01603-743317.

Mass Online: In addition to the details already given about Mass from Walsingham, you will find a huge number of Masses available online by visiting www.mass-online.org

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.