

# Catholic Church of Our Lady and St. Walstan

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 Roman Catholic Diocese of East Anglia, Charity Registration No. 278742  
 Website: <http://www.stwalstans.com>



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## Take up your cross.

*Christ tells us to take up our cross daily and follow him. It is in apparently losing our lives that we will find them in a newer, deeper way, and then we shall be rewarded according to our behaviour. This will never be easy, but it is the only path to real holiness and happiness.*

Sundays Year A ~ Ordinary Time ~ Psalms Week 2

**22<sup>nd</sup> Sunday in Ordinary Time**

**30<sup>th</sup> August 2020**

<b>Entrance Antiphon</b>	<i>Have mercy on me, O Lord, for I cry to you all the day long. O Lord, you are good and forgiving, full of mercy to all who call to you.</i>	
<b>First Reading</b>	<i>The word of the Lord has meant insult for me.</i>	<b>Jeremiah 20:7-9</b>
<b>Responsorial Psalm</b>	<i>For you my soul is thirsting, O Lord my God.</i>	<b>Psalms 62</b>
<b>Second Reading</b>	<i>Offer your bodies as a living sacrifice.</i>	<b>Romans 12:1-2</b>
<b>Gospel Acclamation</b>	<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>	
<b>Gospel</b>	<i>'Get behind me, Satan!'</i>	<b>Matthew 16:21-27</b>

## Mass Times and Intentions

<b>Sunday</b>	<b>30<sup>th</sup> August</b>	<b>22<sup>nd</sup> Sunday in Ordinary Time</b>	<b>10.00am</b>	<b>Parishioners</b>
<b>Monday</b>	<b>31<sup>st</sup> August</b>	<b>Feria</b>	<b>10.00am</b>	<b>All with Coronavirus</b>
<b>Tuesday</b>	<b>1<sup>st</sup> September</b>	<b>Feria</b>	<b>10.00am</b>	<b>No Mass</b>
<b>Wednesday</b>	<b>2<sup>nd</sup> September</b>	<b>Feria</b>	<b>7:00pm</b>	<b>Nuala Gallagher</b>
<b>Thursday</b>	<b>3<sup>rd</sup> September</b>	<b>St Gregory the Great</b>	<b>10.00am</b>	<b>Vocations</b>
<b>Friday</b>	<b>4<sup>th</sup> September</b>	<b>Feria</b>	<b>10.00am</b>	<b>Holy Souls</b>
<b>Saturday</b>	<b>5<sup>th</sup> September</b>	<b>Feria</b>	<b>10.00am</b>	<b>Parishioners</b>
<b>Sunday</b>	<b>6<sup>th</sup> September</b>	<b>23<sup>rd</sup> Sunday in Ordinary Time</b>	<b>10.00am</b>	<b>Emmanuel Caruana R.I.P.</b>

Morning or Evening Prayer will be said 15 minutes before all weekday Masses.  
 Confessions by Appointment

**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 Jean Flingo, Agnes Grogan, Kitty Weigate, Maureen Dickman, Danny Bartram, Elizabeth O'Donoghue, Jean-Tracey Wright, Grace Field, Robert Croll, Beatrice Pratt, Hanora Beales, Francis Bates, Rufus Dimelow, Michael Stuart, Wendy Wood and all whose anniversaries occur around this time.

**Are you a good listener? Do you have compassion for others in need?** The Diocese of East Anglia is initiating a Catholic Listening and Prayer Ministry to provide confidential support to those wishing to share their concerns with a trustworthy helper. Full training and supervision will be given to those who wish to be part of this new ministry after a simple interview process. If you feel you may have the empathy, availability and agreement with Church teaching, please email [mflc.eastanglia@yahoo.co.uk](mailto:mflc.eastanglia@yahoo.co.uk) <[mflc.eastanglia@yahoo.co.uk](mailto:mflc.eastanglia@yahoo.co.uk)>

**Vocations:** Thursday September 3rd is our monthly day of prayer for vocations. Mass will be offered for that intention that morning. Please pray for our seminarians especially on that day, and for an increase in vocations to the priesthood and religious life.

**CATHOLIC UNIVERSE AND CATHOLIC TIMES:** These titles have been combined into one publication and you can get it delivered direct to your home every week, POST FREE.

Please go to [www.thecatholicuniverse.com](http://www.thecatholicuniverse.com) or call them on 0161 820 5722. Special Offer 3 months for £18.00 or 12 months for £72.00

**First Holy Communion 2021:** Applications for children in Year 3 and above at school are available. Please email Christine Conrad - [c.conrad1@outlook.com](mailto:c.conrad1@outlook.com) - and I will email a form to you. In view of the current situation, the closing date will be Sunday 25 October.

Please return the completed form with your child's baptism certificate to either Fr David, Deacon Bill or Christine Conrad. God bless and stay safe.

**Universalis:** This is a website accessible on mobile devices where you can find daily Mass readings, etc. The web address is [www.universalis.com](http://www.universalis.com)

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

**Wednesday Word:** You are able to access this useful leaflet via the website [www.wednesdayword.org](http://www.wednesdayword.org)

**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.

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

**Collection** 22/23rd August

£544.70

**Confirmation Programme 2020-2021:** Young people in Year 9 or older can now register for the Confirmation course, which takes place at the Cathedral.

To register, please visit the cathedral's website - [www.sibcathedral.org.uk](http://www.sibcathedral.org.uk) - and scroll down on the home page until you see 'First Holy Communion and Confirmation'. Click on this, then look on the left of the page it takes you to: click on the item beginning 'Online Registration for 2020-2021'.

Please do not register here for First Holy Communion - that course takes place here at St Walstan's. (See the other item in our newsletter about registering for next year's First Holy Communion course.) However, we join the cathedral for the Confirmation course, although the sacrament is usually administered at St Walstan's. If you have any questions, please contact Fr David.

**The Norfolk Churches Trust Annual Bike Ride and Walk** will take place again this year on Saturday 12th September. As usual riders and walkers can be supported by sponsorship or donation. If you feel that you are able to take part by bike, horse, car or on foot please pick up a sponsorship form from the church or ask me, Geoff Green, for one on Norwich 742777. If you cannot take part please try to sponsor someone who is. Half the proceeds raised by participants goes to their nominated church. For more details, check our website: [www.stwalstans.com](http://www.stwalstans.com)

**Church Opening & Mass:** During the ongoing pandemic, Mass is currently being celebrated at 7pm on Wednesday and at 10am Thursday to Monday inclusive. (There is no Mass on Tuesday.) The obligation to attend Mass on Sunday has been waived so you don't have to come to Mass if you feel unsafe, and you can attend on any day of the week. To make sure there is room, as numbers are strictly limited, please email me - [davidward@stwalstans.com](mailto:davidward@stwalstans.com) - or call on Norwich 742812 to 'book in'. If possible, please attend on the same day each week: once you have booked your space, you will remain on that list, although I would appreciate you letting me know if you can't attend on a particular week. Not everyone can make this commitment, so it is fine to book one week at a time on different days to tie in with shift work and other commitments. Face coverings are obligatory when attending Mass, so please bring something suitable (mask, scarf, bandana, etc.) if you can. We have a small supply of disposable masks if you don't have your own. The church is also open 2-3pm seven days a week for private prayer. Thank you for your continued patience and co-operation at this difficult time. Fr David