

# 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)

*I will write my law on their hearts.*

*Christ, like a grain of wheat that dies in order to produce new life, dies for us. Following his example, we are called to realise that if we want eternal life we have to be prepared to give our lives to God. The Lord writes his law in our hearts and we submit humbly to his will, even in times of pain and suffering. There is no greater school in which to grow in holiness.*

*Sundays Year B ~ Lent Season ~ Psalms Week I*

**Fifth Sunday of Lent**

**21<sup>st</sup> March 2021**

<b>Entrance Antiphon</b>	<i>Rejoice, Jerusalem, and all who love her. Be joyful, all who were in mourning; exult and be satisfied at her consoling breast.</i>	
<b>First Reading</b>	<i>I will write my Law in their hearts.</i>	<b>Jeremiah 31:31-34</b>
<b>Responsorial Psalm</b>	<i>A pure heart create for me, O God.</i>	<b>Psalm 50</b>
<b>Second Reading</b>	<i>He learned to obey and he became the source of eternal salvation.</i>	<b>Hebrews 5:7-9</b>
<b>Gospel Acclamation</b>	<i>Glory to you, O Christ, you are the Word of God! If a man serves me, says the Lord, he must follow me; wherever I am, my servant will be there too. Glory to you, O Christ, you are the Word of God!</i>	
<b>Gospel</b>	<i>If a grain of wheat falls on the ground and dies, it yields a rich harvest</i>	<b>John 12:20-33</b>

## Mass Times and Intentions

Sunday	21 <sup>st</sup> March	5 <sup>th</sup> Sunday of Lent	10.00am	George Green R.I.P.
Monday	22 <sup>nd</sup> March	Lent Feria	10.00am	Parishioners
Tuesday	23 <sup>rd</sup> March	Lent Feria		No Mass
Wednesday	24 <sup>th</sup> March	Lent Feria	7:00pm	Beatrice Robinson R.I.P.
Thursday	25 <sup>th</sup> March	The Annunciation of the Lord	10:00am	Geoffrey Smith R.I.P
Friday	26 <sup>th</sup> March	Lent Feria	10:00am	Keith Smith
Saturday	27 <sup>th</sup> March	Lent Feria	10.00am	Parishioners
Sunday	28 <sup>th</sup> March	Palm Sunday	10.00am	Concetta Borg R.I.P.

## Confessions by Appointment

**Sick and Housebound** – Please pray for Leo Tolosa, Pat Davies, Ellen Harrington, Stephen Agius, Jenny Piercy, Barbara Shannon, Yustyna Adamska, Michele Bendall, Christina Thomas, Ann Bettany, Vivienne Anne Mallett and Marcia Jenkin.

**Faithful Departed** – please pray for Jean Bates, George Green, Philip McDermott, Marian Kotlarz, Declan McCloskey, Thomas O'Sullivan, Nellie Foulger, Beatrix Robinson, Silvia Bardwell, Mary Cousins, Sheila Aquilina, Annie Ringrose, Bryan Wake and all whose anniversaries occur around this time.

*“Apart from the cross, there is no other ladder by which we may get to heaven.”*

*St. Rose of Lima*

**21<sup>st</sup> March ( 5<sup>th</sup> Sunday of Lent)**

<http://www.sdc.me.uk/sundayliturgy/worksheets/b-lent-05.pdf>

<https://web.archive.org/web/20170708221123/http://www.joanyedwards.com/crossword/B18GrainsofWheat.pdf>

[https://cafod.org.uk/content/download/22884/159588/file/childrens%20liturgy%20pic%20\(B\)%205th%20Sunday%20Lent.pdf](https://cafod.org.uk/content/download/22884/159588/file/childrens%20liturgy%20pic%20(B)%205th%20Sunday%20Lent.pdf)

**CAFOD also have something every week at**

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

**Hospital Visits:** If you require a priest to visit someone in hospital, particularly if they have the coronavirus, please ask the appropriate ward to call the chaplain. Alternatively, you can ring the hospital chaplaincy office on 01603-287470 and they will see that a Catholic chaplain visits.

**All parishioners are invited** to contribute their weekly offering via envelopes. You are also welcome to contribute your weekly offering via Standing Order so that you can automatically donate even when you are away.

If you pay Income Tax and sign a Gift Aid Form, the Parish is able to recover the tax that you have paid on your weekly offertory contributions. If you are able to do this, please contact Christine Conrad - my email address is [c.conrad1@outlook.com](mailto:c.conrad1@outlook.com)

**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.

**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)

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 13th/14th March

£538.11

Many Thanks

**Day of Prayer:** The Church has designated Tuesday of this week, March 23rd, as a day of prayer for all who have been affected by the coronavirus. It marks exactly one year since the first lockdown began. St Walstan's church will be open from 12 noon until 2pm for private prayer that day.

**Many thanks to Red Box Missio collectors;** we have raised £1,005 to help with the invaluable missionary work.

**Holy Week Triduum & Change of Mass Times:** If you are not on the parish census and haven't received details of these, please contact Fr David (contact details at top of newsletter) to receive the information.

**Catholic Universe & Catholic Times:** delivered direct to your home every week, POST FREE. Please go to [www.thecatholicuniverse.com](http://www.thecatholicuniverse.com) or call 0161 820 5722. Special Offer: 3 months £25.00; 12 months £99; Digital copy 12 months £55; Digital & Hard Copy £115.

**GIFT AID/STANDING ORDERS:** Did you know, if you pay tax, you can increase the value of the money you donate to our church by £1 for every £4 you give at no extra cost to yourself. You just need to complete a very simple form.

**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. Thank you for your continued patience and co-operation at this difficult time. Fr David