

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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Repent and believe the Good News.

Christ calls us constantly to review our loves in the light of the Gospel. This is something we are to do throughout our daily lives, and we can ask the Lord to show us his ways so that we can choose the right path. The world as we know it is passing away, and it is important to allow worldly cares to distract us from the Lord's calling.

Sundays Year B ~ Ordinary Time ~ Psalms Week III
Third Sunday in Ordinary Time
21st January 2024

Entrance Antiphon	<i>O sing a new song to the Lord; sing to the Lord, all the earth. In his presence are majesty and splendour, strength and honour in his holy place.</i>	
First Reading	<i>The people of Nineveh renounce their evil behaviour.</i>	Jonah 3:1-5,10
Responsorial Psalm	<i>Lord, make me know your ways.</i>	Psalm 24
Second Reading	<i>The world as we know it is passing away.</i>	1 Corinthians 7:29-31
Gospel Acclamation	<i>Alleluia, alleluia! The kingdom of God is close at hand: repent, and believe the Good News. Alleluia!</i>	
Gospel	<i>Repent, and believe the Good News.</i>	Mark 1:14-20

Saturday			6:00pm	Peter Minton R.I.P.
Sunday	21st January	3rd Sunday in Ordinary Time	10:30am	Parishioners
Monday	22nd January	Feria	9:15am	Holy Souls
Tuesday	23rd January	St. Fursey		No Mass
Wednesday	24th January	St. Francis de Sales	7:00pm	Personal Intention
Thursday	25th January	The Conversion of St. Paul	9:15am	For Peace in the World
Friday	26th January	Ss Timothy & Titus		No Mass
Saturday	27th January	Feria	10:00am	Holy Souls
			6:00pm	Parishioners
Sunday	28th January	4th Sunday in Ordinary Time	10:30am	Rosemary Sheen R.I.P.

Morning or Evening Prayer will be prayed fifteen minutes before weekday Masses.
 Confessions on Saturday 10.30-11.00am and Wednesday 6.00-6.30pm

Sick and Housebound – Please pray for Daniel Ruddock, Stephen Agius, Jane Henson, John Barnes, Sue Williams, Jennifer Gates, Trudy McClusky, Gerry Watt, Leo Tolosa, Yustyna Adamska, Michele Bendall, Christina Thomas, Ann Bettany, Vivienne Anne Mallett and Marcia Jenkin.

Faithful Departed – Please pray Claude Gunton, Kieran McNamara, Maria Fairweather, Agnes Furser, Frances Chatfield, Daphne Spence, Charles Rhatigan, Lilian Bates, Winifred Ramsbottom, Dorothy Dimelow, Constance Cushion, Betty Bates, Doreen Blake and all whose anniversaries occur around this time.

*Anxiety is the greatest evil that can befall a soul except sin.
 God commands you to pray, but He forbids you to worry.*

Could your New Year's resolution be getting more involved in the life of our church? CAFOD, the Catholic Agency for Overseas Development, are looking for people to join them in their mission. Could you help visit our local schools, campaign for justice, visit parishes, or take part in The Big Lent Walk? cafod.org.uk/walk Training and support is provided. See cafod.org.uk/Volunteer for more information or get in touch with East Anglia's CAFOD representative Jane Crone jcrone@cafod.org.uk

Jerningham Memorial: On Sunday January 28th, Lord Stafford will be attending the 10.30am Mass at the end of which we will process to the cemetery for the blessing of the refurbished Jerningham memorial.

HOLY WEEK READERS & MINISTERS: if you are able to minister at any or all of the Services during Holy Week & the Easter week-end, please put your name on the list in the porch so that the ministries can be shared out. The list will stay up until Sunday, February 25th.

DVD Evenings: Dates for your diaries! This year's DVD evenings will take place on Thursdays June 6, 13, 20, & 27 at 7.00pm in the Garden Room. This year's series is titled 'The Joy of Hope: Heavenly Revelation from John on the Holy Island of Patmos'.

Recycled newspapers and magazines: We have received a payment of £112.76 for the recycled papers and magazines. This is being donated to the Christina Thomas's fund for her ongoing treatment. Thank you for your continued support.

Collection **13th /14th January** **£601.00**
Many Thanks

Beetle Drive: Friday February 9th, 6.00pm in the Garden Room. Please come and join us for fun and laughs on this FREE evening. Don't worry if you don't know how to play Beetle: you'll soon pick it up. See you there!

Community Chaplaincy Norwich (CCN) is running another training course for potential Volunteer Mentors, to join their team and support people leaving prison to resettle after custody. The eight-week course runs on Tuesday evenings 7-9pm from January 23 to March 12 2024. CCN welcomes enquiries from people aged 25+, from a broad range of backgrounds, including those with lived experience of the Criminal Justice system who have been out of prison for 2 years or more. Potential volunteers might expect to make a commitment of 2 hours per week. Read more about volunteering and download an application form at <https://norfolkchaplaincy.org.uk/volunteering/> or pop in to see them at St Stephen's Church, Norwich.

It isn't good to let our thoughts disturb us or worry us at all.

St. Teresa of Avila

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