

# 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  
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*Christ teaches with authority.*

*Jesus Christ is the great prophet for all times. He speaks to us today with the same authority as he did in his own hometown of Capernaum. When we are set free from worrying about unnecessary things, we can more fully serve the Lord. If we allow the Lord to speak through our lives, we can become his prophets.*

*Sundays Year B ~ Ordinary Time ~ Psalms Week IV  
 Fourth Sunday in Ordinary Time  
 28<sup>th</sup> January 2024*

**Entrance Antiphon**

*Save us, O Lord our God!  
 And gather us from the nations,  
 to give thanks to your holy name,  
 and make it our glory to praise you.*

**First Reading**

*I will raise up a prophet and put my words into his mouth.*

*Deuteronomy 18:15-20*

**Responsorial Psalm**

*O that today you would listen to his voice! 'Harden not your hearts.'*

*Psalms 94*

**Second Reading**

*Give your undivided attention to the Lord.*

*1 Corinthians 7:32-35*

**Gospel Acclamation**

*Alleluia, alleluia!  
 Blessed are you, Father, Lord of heaven and earth,  
 for revealing the mysteries of the kingdom to mere children.  
 Alleluia!*

**Gospel**

*Unlike the scribes, he taught them with authority.*

*Mark 1:21-28*

<b>Saturday</b>			<b>6:00pm</b>	<b>Parishioners</b>
<b>Sunday</b>	<b>28<sup>th</sup> January</b>	<b>4<sup>th</sup> Sunday in Ordinary Time</b>	<b>10:30am</b>	<b>Rosemary Sheen R.I.P.</b>
<b>Monday</b>	<b>29<sup>th</sup> January</b>	<b>Feria</b>	<b>9:15am</b>	<b>Eileen McWeeny R.I.P.</b>
<b>Tuesday</b>	<b>30<sup>th</sup> January</b>	<b>Feria</b>		<b>No Mass</b>
<b>Wednesday</b>	<b>31<sup>st</sup> January</b>	<b>St. John Bosco</b>	<b>7:00pm</b>	<b>Una McWeeny R.I.P.</b>
<b>Thursday</b>	<b>1<sup>st</sup> February</b>	<b>Feria</b>	<b>9:15am</b>	<b>Vocations</b>
<b>Friday</b>	<b>2<sup>nd</sup> February</b>	<b>Presentation of the Lord</b>		<b>No Mass</b>
<b>Saturday</b>	<b>3<sup>rd</sup> February</b>	<b>Feria</b>	<b>10:00am</b>	<b>Parishioners</b>
			<b>6:00pm</b>	<b>Mike Prada R.I.P.</b>
<b>Sunday</b>	<b>4<sup>th</sup> February</b>	<b>5<sup>th</sup> Sunday in Ordinary Time</b>	<b>10:30am</b>	<b>Dominic Conway R.I.P.</b>

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 Henry Bedingfield, 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** Stephen Flingo, Eileen McWeeny, Donald Peck, Vincent Ellwood, Murian Hook, Bernice McCock, Raymond Hammond, Derecie A'Lee Dicks, Stuart Vickers, Eileen Lansdell, Len Culling, Anton Bodyk, John Graves, Charles Phelan, Una McWeeny and all whose anniversaries occur around this time.

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

**Jerningham Memorial:** On Sunday January 28<sup>th</sup>, 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 25<sup>th</sup>.

**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'.

**Beetle Drive:** Friday February 9<sup>th</sup>, 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!

*It is patience that reveals every grace to you, and it is through patience that the saints received all that was promised to them.*

*Pachomius the Great*

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**                      **20<sup>th</sup> /21<sup>st</sup> January**                      **£714.35**  
**Many Thanks**

**Walk With Me:** Copies of this very useful booklet with meditations for every day of Lent are available in the church porch priced at £1.

**Readers and Eucharistic Ministers:** The new rota is now available in the porch. It is not a full list this time as we are waiting for new ministers to join us.

**The next cake stall** is on Sunday, February 4<sup>th</sup> in the Garden Room after Mass. Last month's cake stall raised £40, many thanks for your support.

**The next UCM Meeting** is on Tuesday, February 6<sup>th</sup> in the Garden Room at 10:45. Theme Costessey - Then & Now. part 1 with Paul Cooper.

**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](http://cafod.org.uk/walk) Training and support is provided. See [cafod.org.uk/Volunteer](http://cafod.org.uk/Volunteer) for more information or get in touch with East Anglia's CAFOD representative Jane Crone [jcrone@cafod.org.uk](mailto:jcrone@cafod.org.uk)

*What can you do to promote world peace? Go home and love your family.*

*Mother Theresa*