

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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Looking for Christ.

Jesus Christ gives meaning to our lives. Without him, life can seem no better than hired drudgery, but with his Spirit in us, all our service of others is done for love. This is a service that brings perfect freedom. The world needs Christ, and it is our calling to bring him to everyone.

*Sundays Year B ~ Ordinary Time ~ Psalms Week 1
 Fifth Sunday in Ordinary Time
 4th February 2024*

Entrance Antiphon	<i>O come, let us worship God and bow low before the God who made us, for he is the Lord our God.</i>	
First Reading	<i>My life is but a breath.</i>	<i>Job 7:1-4. 6-7</i>
Responsorial Psalm	<i>Praise the Lord who heals the broken-hearted.</i>	<i>Psalm 146</i>
Second Reading	<i>I should be punished if I did not preach the Gospel.</i>	<i>1 Corinthians 9:16-19. 22-23</i>
Gospel Acclamation	<i>Alleluia, alleluia! I am the light of the world, says the Lord; anyone who follows me will have the light of life. Alleluia!</i>	
Gospel	<i>He cast out devils and cured many who were suffering from disease.</i>	<i>Mark 1:29-39</i>

Saturday			6:00pm	Mike Prada R.I.P.
Sunday	4th February	5th Sunday in Ordinary Time	10:30am	Dominic Conway R.I.P.
Monday	5th February	St. Agatha	9:15am	Anna Jane Edwards R.I.P.
Tuesday	6th February	St. Paul Miki & Comps.		No Mass
Wednesday	7th February	St. John Bosco	7:00pm	In Memory & Thanksgiving
Thursday	8th February	Feria	9:15am	Mary Newton R.I.P.
Friday	9th February	Feria		No Mass
Saturday	10th February	St. Scholastica	10:00am	Parishioners
			6:00pm	Rosauero & Corazon Hermoso R.I.P.
Sunday	11th February	6th 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 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 Margaret Mann, George Garrigan, Rita Elders, Michael (Alan) Petrie, Adrian Frame, Alfred Knowler, Dominic Conway, Mary Newton, Geoffrey Smith, Mabel Dunham, William Joseph Barnes, Edward Savage, Edward Moulton, Gladys Green, Joan Sutherland, Joan Hibberd, Christina Beer, Berg Mills, Mary Wood, Anthony Moll, David Mann, Patrick Davidson, Janet Welch, George Petrie, Dianne Baston and all whose anniversaries occur around this time.

A friend is someone who knows all about you and still loves you.

A new group is forming in the Diocese to help to reduce modern slavery here. During 2022, in our Diocese alone, 746 souls were found enslaved and rescued. Police describe this number of enslaved people, as the tip of the iceberg. Pope Francis wants us to "find" enslaved people. All that means is learning (simply) to spot the signs and safely report them to the Modern Slavery Helpline 08000 121 700. The new group is looking for young & older volunteers to join the group. No previous knowledge or experience required, just a wish to end slavery in our diocese.

Please contact john_simong@hotmail.com to discuss possibly volunteering and read the leaflet about St Bakhita (regarded as the patron saint of Modern Slavery) at <https://www.rcdea.org.uk/caritas-east-anglia/modern-slavery> "

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'.

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!

*"We become what we love
and who we love shapes
what we become."*

St. Clare of Assisi

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

Collection **27th /28th January** **£624.28**
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 4th 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 6th in the Garden Room at 10:45. Theme Costessey - Then & Now. part 1 with Paul Cooper.

All are invited including the men! Mothers with young children are welcome but of course their behaviour is your responsibility.

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

*"It is better to be hated
for what you are than
to be loved for what
you are not."*

André Gide