

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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Alive through the waters of Baptism.

We die to the world and live to God through the waters of Baptism. We will still be tempted, as Christ was in the wilderness, but if we repent and believe the Gospel we have nothing to fear. The Lord is faithful to those who keep their promises to him.

Sundays Year B ~ Lent Season ~ Psalms Week 1

First Sunday of Lent

18th February 2024

Entrance Antiphon	<i>When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days.</i>	
First Reading	<i>There shall be no flood to destroy the earth again.</i>	Genesis 9:8-15
Responsorial Psalm	<i>Your ways, Lord, are faithfulness and love for those who keep your covenant.</i>	Psalm 24
Second Reading	<i>The water on which the Ark floated is a type of the baptism, which saves you now.</i>	1 Peter 3:18-22
Gospel Acclamation	<i>Praise to you, O Christ, king of eternal glory! Man does not live on bread alone, but on every word that comes from the mouth of God. Praise to you, O Christ, king of eternal glory!</i>	
Gospel	<i>Satan tempted Jesus, and the angels looked after him.</i>	Mark 1:12-15

Saturday			6:00pm	Parishioners
Sunday	18th February	1st Sunday of Lent	10:30am	Alison Ward R.I.P.
Monday	19th February	Lent Feria	9:15am	Adrian Tebbutt R.I.P.
Tuesday	20th February	Lent Feria		No Mass
Wednesday	21st February	Lent Feria	7:00pm	Fr. John McKeon R.I.P.
Thursday	22nd February	Chair of St. Peter	9:15am	Percy & Flora Harvey R.I.P.
Friday	23rd February	Lent Feria		No Mass
			7:00pm	Stations of the Cross
Saturday	24th February	Lent Feria	10:00am	Parishioners
			6:00pm	Prada & Hermoso Families
Sunday	25th February	2nd Sunday of Lent	10:30am	Michael Salisbury 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 for Thomas Barrett, Margaret Thorne, Eileen Moreton, Percy Harvey, Alison Ward, Margaret Green, Bernard Lundberg, Cecil Mitchell, Mary Johnson, George Hunt, Maureen Thompson, Muriel Greef, George Connell, Kathleen Green, Lily Downes, Howard Miller and all whose anniversaries occur around this time.

Gift Aid is an arrangement that allows charities, including churches, to reclaim tax on donations made by a taxpayer. It covers weekly giving as well as one-off donations. This means that every donation you make is worth 25% more to your Church, at no cost to you. For example, if you donate £20, we will be able to reclaim £5 on your donation from the government, meaning the Church gets £20 from you and £5 from the government. If you're already paying tax on earnings, pensions or income/capital gains from investments, the government simply gives back to the Church some of the tax you have already paid. We don't need to know your personal details such as income, nor your National Insurance number. Your donations will qualify as long as they're not more than 4 times the tax you have paid in that tax year (6 April to 5 April).

All you have to do is complete a simple form called a Gift Aid Declaration with your name and address. **Please help us to make the most of this scheme to benefit our Church.**

Living in the Rhythm of the Word Retreat, 1st - 3rd March:

Scripture is one of the greatest gifts that we have, not just words on the page, but something, "alive and active," (Hebrews 4:12). The Community of Our Lady of Walsingham are running a retreat at their convent in Dereham on how to live your life more deeply rooted in scripture. Zoom and residential places are available along with an option to come along as a day guest. Book now or find out more at: www.walsinghamcommunity.org or email office@walsinghamcommunity.org

Inviting young adults (age 18 -30) to walk the Camino: Join Bishop Peter as he leads a walking pilgrimage to Santiago de Compostela from 21st – 29th July 2024. For more information and to book a place, please see www.rcdea.org.uk/youth. Places are limited and bookings accepted on a first come first served basis.

Stations of the Cross: Every Friday evening in the church at 7.00pm during Lent.

Jerningham Memorial: A short article along with some photos of the blessing of the Jerningham Memorial can be found on our website (www.stwalstans.com). Select 'Church' then click on 'Jerningham Memorial'. Lord Stafford has sent a message of thanks to the parish for the warm welcome he and Lady Stafford received on that day. A copy of his email can be found on one of the noticeboards in the porch.

Lost Property: There are a number of articles of lost property on the small table in the porch, including a couple of coats. If they are unclaimed we will take these items to a local charity shop.

Collection	10th /11th February	£781.63
	January's Direct Debits	£1620.50
		Many Thanks

Gift Aiders: If you have previously registered to gift aid your donations to church and are now not paying tax could you please let me know so that I can delete you from the list. Also if you have changed your address recently could you please notify me so that our records can be updated at jennypiercy@sky.com

St Vincent de Paul Society: The SVP is recruiting a Membership Support Officer. If you are interested in applying for this post please see the notice in the church porch.

New Ministers of the Eucharist: A few new ministers will be commissioned during the Masses on the weekend of February 24th/25th. Please keep them in your prayers.

Baptism Class: The next class for parents wishing to have their children baptised will take place in the Presbytery (behind the church) from 3.30 to 4.30pm on Saturday March 2nd. Further details are available from Fr David.

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.

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.

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