

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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The Lord is generous with his mercy.

Jesus Christ is given to the world by God the Father so that those who believe in his name may be saved. He brings us new life because previously we were dead though sin but now we are saved through grace. We are God's work of art, created in Jesus Christ.

Sundays Year B ~ Lent Season ~ Psalms Week IV
Fourth Sunday of Lent
10th March 2024

Entrance Antiphon	<i>Rejoice, Jerusalem, and all who love her. Be joyful, all who were in mourning; exult and be satisfied at her consoling breast.</i>	
First Reading	<i>God's wrath and mercy are revealed in the exile and release of his people.</i>	2 Chron.36:14-16,19-23
Responsorial Psalm	<i>O let my tongue cleave to my mouth if I remember you not!</i>	Psalm 136
Second Reading	<i>You have been saved through grace.</i>	Ephesians 2:4-10
Gospel Acclamation	<i>Glory and praise to you, O Christ! God loved the world so much that he gave his only Son: everyone who believes in him has eternal life. Glory and praise to you, O Christ!</i>	
Gospel	<i>God sent his Son so that through him the world might be saved.</i>	John 3:14-21

Saturday			6:00pm	Parishioners
Sunday	10th March	4th Sunday of Lent	10:30am	Margaret Buck R.I.P.
Monday	11th March	Lent Feria	9:15am	Eileen Hogg R.I.P.
Tuesday	12th March	Lent Feria		No Mass
Wednesday	13th March	Lent Feria	7:00pm	Alice & William Secker R.I.P.
Thursday	14th March	Lent Feria	9:15am	Hogg Famuly
			2:00pm	Requiem Mass – Lilian Smith
Friday	15th March	Lent Feria		No Mass
			7:00pm	Stations of the Cross
Saturday	16th March	Lent Feria	10:00am	Parishioners
			6:00pm	Philomena Newton R.I.P.
Sunday	17th March	5th Sunday of Lent	10:30am	Constance Petrie 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 Joseph Delaney, Michael Dineen, Mollie Gooch, Verdon Thrower, Maureen Coleman, Diana Mair, Hazel Emmerson, Edith Judge, Gladys Nash, Arthur Paston, Elizabeth Whiff, Winifred Baldwin, Elsie Smith, Mary King, Kathleen Healy, Ada Melton, Natalia Welch, Valerie Ramsbottom, Frederick King, Millie Clark, Edmund Cooper, Bertha Wilby, David White, Winifred Barnes, Adriano Zagaelia and all whose anniversaries occur around this time.

A Message from our Safeguarding Officer: Due to the recent changes in the diocesan requirements for safeguarding within the children's liturgy, there is a danger that it will not be possible to provide this service every Sunday. There must be at least 2 DBS checked adults with the group (more if there are over 8 children attending). Any parishioners who have a current DBS check as church volunteers for any role, who would be willing to assist on a Sunday by going through with the liturgy group as supervisors, could you please let either Father David, Hilda Kaye or one of the liturgy organisers know. You will not need to be delivering the liturgy or have to do any preparation work, it is only to have the safe level of supervision required now parents are not allowed through with their children (unless DBS checked). Thank you.

At St. Augustine's Catholic Primary School, we want to promote a love of reading in all our pupils. Reading is a skill we take for granted, yet one that is essential to support us throughout our whole lives. As a child grows up, being able to read well not only enables them to discover new facts but also opens them up to a world of new ideas, stories and opportunities. Therefore, we are aiming to raise £3000 to fund new, high-quality library books to ignite our children's imagination and passion for reading. If you can, please donate at: <https://supportyourschool.org.uk/st-augustines-catholic-primary-school/booksfortopics-year-group-recommended-reads> Alternatively, if you would prefer, a cash donation box can be found in the church. Many Thanks

Deanery Station Mass: The annual Lenten Deanery Mass with Bishop Peter will take place at St John the Baptist Cathedral on the evening of Tuesday March 12th. There will be Exposition and Confessions from 6.00pm with the Mass at 7.00pm. Refreshments will be available in the Narthex after Mass.

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 must 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.**

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.

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

2nd / 3rd March

**£586.47
Many Thanks**

Parish AGM: As you may remember, it has been decided to move the AGM from September to March in order to tie it in with the financial year. This year's AGM will take place in the Garden Room at 7.30pm on Wednesday March 20th. Further details are available on the poster in the church porch.

Good Counsel Network: On Saturday 23rd March, the Vigil of Palm Sunday, please pray and fast for the end of abortion in this country. Through God's grace we have seen thousands of mothers in our counselling centre continue their pregnancies in very difficult circumstances. Please help us to help save lives with your prayers, fasting and support. www.GoodCounselNetwork.com

Extra Confessions for Lent: Fr David will be available in the confessional at the back of church from 10.30am until 12.00 noon on Saturday March 23rd.

Children's Liturgy: If you didn't get a copy of the notice about changes to children's liturgy please take one from the table in the church porch. From April 7th you will need to register your child each Sunday as you arrive at church if you want them to attend the liturgy which takes place in the Garden Room during the first part of Mass.

Rosaries: A selection of beautiful rosaries, some in white pouches, are available from the repository in the church porch – ideal First Holy Communion gifts!

HOLY WEEK Readers & Ministers have now been allocated their ministries. Please check the list in the porch & make a note of the services for which you'll be needed. If you are unable to attend for any reason, please arrange for another reader or minister to take your place & amend the list.

WOULD YOU LIKE TO BE A YOUTH MINISTRY LEADER IN THE LAKE DISTRICT? Castlerigg Manor (Diocese of Lancaster Retreat Centre) are looking for a Programme Leader to join their youth ministry team. The work involves working on retreats in the heart of the Lake District, and occasionally working on outreach visits around the area. The post is residential and comes with a salary package in the range of £26-28k, made up of paid salary, accommodation, food etc. Would suit somebody with youth ministry experience perhaps recently graduated. Interested – jack@castleriggmanor.co.uk

Pope's Lenten Letter: There are a few copies of this letter available on the table in the church porch.

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