

# 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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## Jesus is King.

*The triumphal entry of Jesus into Jerusalem gives way to his Passion and Death. Yet within a few days Jesus will rise triumphant from the dead. He is the firm ground of our hope that all sufferings in this life are overcome in the power of his Resurrection.*

Sundays Year B ~ Holy Week ~ Psalms Week

**Palm Sunday**

**24<sup>th</sup> March 2024**

<b>Entrance Antiphon</b>	<i>Hosanna to the Son of David; blessed is he who comes in the name of the Lord, the King of Israel. Hosanna in the Highest.</i>	
<b>First Reading</b>	<i>I did not cover my face against insult: I know I shall not be shamed.</i>	<b>Isaiah 50:4-7</b>
<b>Responsorial Psalm</b>	<i>My God, my God, why have you forsaken me?</i>	<b>Psalms 21</b>
<b>Second Reading</b>	<i>Christ humbled himself but God raised him high.</i>	<b>Philippians 2:6-11</b>
<b>Gospel Acclamation</b>	<i>Praise to you, O Christ, king of eternal glory! Christ was humbler yet, even to accepting death, death on a cross. But God raised him high and gave him the name which is above all names. Praise to you, O Christ, king of eternal glory!</i>	
<b>Gospel</b>	<i>The Passion of our Lord Jesus Christ according to Mark.</i>	<b>Mark 15:1-39</b>

<b>Saturday</b>			<b>6:00pm</b>	<b>Deceased Members of the Southwood Family</b>
<b>Sunday</b>	<b>24<sup>th</sup> March</b>	<b>Palm Sunday</b>	<b>10:30am</b>	<b>Cecil &amp; Daphne Sparkes R.I.P.</b>
<b>Monday</b>	<b>25<sup>th</sup> March</b>	<b>Monday of Holy week</b>	<b>9:15am</b>	<b>Parishioners</b>
<b>Tuesday</b>	<b>26<sup>th</sup> March</b>	<b>Tuesday of Holy week</b>	<b>11:30am</b>	<b>Chrism Mass - Cathedral</b>
<b>Wednesday</b>	<b>27<sup>th</sup> March</b>	<b>Wednesday of Holy week</b>	<b>11:00am</b>	<b>Requiem Mass – Stephen Agius</b>
			<b>7:00pm</b>	<b>Concetta Borg R.I.P.</b>
<b>Thursday</b>	<b>28<sup>th</sup> March</b>	<b>Maundy Thursday</b>	<b>7:30pm</b>	<b>Mass of the Lord's Supper – Agius Family</b>
<b>Friday</b>	<b>29<sup>th</sup> March</b>	<b>Good Friday</b>	<b>3:00pm</b>	<b>Solemn Passion</b>
			<b>7:00pm</b>	<b>Mater Desolata</b>
<b>Saturday</b>	<b>30<sup>th</sup> March</b>	<b>Holy Saturday</b>	<b>10:00am</b>	<b>No Mass</b>
			<b>8:30pm</b>	<b>Easter Vigil - Parishioners</b>
<b>Sunday</b>	<b>31<sup>st</sup> March</b>	<b>Easter Sunday</b>	<b>10:30am</b>	<b>Cecil &amp; Daphne Sparkes 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, 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 Nellie Foulger, Beatrix Robinson, Silvia Bardwell, Mary Cousins, Sheila Aquilina, Annie Ringrose, Bryan Wake, Mary Bollom, Louis Durrant, Alan Wigg, Terence Ryan, Ethel Hipperson, Catherine Harper and all whose anniversaries occur around this time.

**Mission Appeal:** This year's annual mission appeal will take place at both Masses on the weekend of April 13<sup>th</sup>/14<sup>th</sup>. This year's appeal will be on behalf of Network for a Better World who send lay workers to work alongside missionaries in Africa.

**Young Person's Games Night:** Monday April 15<sup>th</sup>, 6-7.30pm, in the Garden Room. Open to teenagers (or thereabouts!) Please bring a couple of games and a few friends with you. Refreshments will be provided.

**Escorted Tour to Westport, Knock & Co Mayo, 26<sup>th</sup> May 2024.** £899.00 pps. Price includes flight, 10kg hold luggage, 5 nights' in 4\* Castlecourt Hotel, Westport with Dinner, Bed & Breakfast. Lunch on three days. All entertainment, excursions and transport included. Visit Knock, Galway City, Kylemore Abbey, Croagh Patrick & Ashford Castle. Single supplement on Enquiry. Contact Patricia or Natali on 01268 762 278 or 07740 175557 or email [knockpilgrimages@gmail.com](mailto:knockpilgrimages@gmail.com).

**The next UCM meeting is on Tuesday, April 2nd in the Garden Room at 10:45.** It is a showing of Costessey Then & Now - Part 2 - with Paul Cooper. Followed by a Buffet Lunch - cost £2. Everyone is welcomed, even the men!

As it is during the Easter holidays, you are welcome to bring your children/grandchildren to the meeting. They will be your responsibility.

**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

**Inviting ALL young people in Year 8 upwards to the Ignite Festival 4<sup>th</sup> – 5<sup>th</sup> May:** Come and experience your faith in a new and dynamic way at the Ignite Festival. The weekend will include inspiring talks, passionate prayer, live music, and lots of fun stuff! Followed by joining the Diocesan Pilgrimage to Walsingham on Bank Holiday Monday May 6<sup>th</sup>. See [www.ignitefestival.co.uk](http://www.ignitefestival.co.uk) for more information.

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**

**16<sup>th</sup> /17<sup>th</sup> March**

**£582.34  
Many Thanks**

**HOLY WEEK MINISTERS:** Due to an accident the ministers for Holy Week has been altered. Please check to see if the changes affect you.

**Parish AGM:** If you didn't receive a copy of Fr David's report to the AGM by email there are some paper copies available on the table in the church porch.

**Mater Desolata:** As has become a tradition, Fr David will lead the Mater Desolata (or Stations of the Cross backwards) in the church at 7.00pm on Good Friday, March 29<sup>th</sup>. In this devotion we journey with Mary from the tomb where her Son's body has just been placed back into Jerusalem, remembering what happened at the various places.

**Blessing of Food:** This Polish custom will take place in the church at 11.15am on Holy Saturday, March 30<sup>th</sup>. All are welcome to attend this short service.

**Chrism Mass:** The annual Chrism Mass, when the oils to be used throughout the diocese in the coming year are blessed, will take place at the cathedral at 11.30am on Tuesday March 26<sup>th</sup>.

**Easter Egg Hunt:** As usual, this event for the children will take place in the church grounds after the 10.30am Mass on Easter Sunday, March 31<sup>st</sup>. The parking spaces outside the Presbytery (behind the church) will be blocked off as usual to ensure the safety of the children.

**The next cake stall is on Sunday,** April 7th in the Garden Room after Mass.

Last month's cake stall raised £53. Many thanks for your support. One request - please have change! we ran out of change last month.

**A new group began** to form in the Diocese last month, to help to cut modern slavery here. In a month, it has grown to nearly 30 members. 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: there are an estimated 4,500 more enslaved people in our diocese waiting for us to find them. 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](mailto:john_simong@hotmail.com) to discuss possibly volunteering and read about the issue and see the leaflet about St Bakhita (regarded as the patron saint of Modern Slavery) at <https://www.rcdea.org.uk/caritas-east-englia/modern-slavery> "

**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 7<sup>th</sup> 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.