

# 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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**Christ our hope is risen!**

**Christ dies to rise again so that his Father will be glorified. We too are brought back to true life in Christ. If we die with him, we will rise with him, and be living witness to the power of the Resurrection.**

*Sundays Year B ~ Holy Week ~ Psalms Week*

**Easter Sunday**

**31<sup>st</sup> March 2024**

<b>Entrance Antiphon</b>	<i>I have risen, and I am with you still, alleluia. You have laid your hand upon me, alleluia. Too wonderful for me, this knowledge, alleluia, alleluia.</i>	
<b>First Reading</b>	<i>'We have eaten and drunk with him after his resurrection'.</i>	<i>Acts 10:34,37-43</i>
<b>Responsorial Psalm</b>	<i>This day was made by the Lord: we rejoice and are glad.</i>	<i>Psalms 117</i>
<b>Second Reading</b>	<i>Look for the things that are in heaven, where Christ is.</i>	<i>Colossians 3:1-4</i>
<b>Gospel Acclamation</b>	<i>Alleluia, Alleluia! Christ, our Passover, has been sacrificed: let us celebrate the feast then, in the Lord. Alleluia!</i>	
<b>Gospel</b>	<i>He must rise from the dead.</i>	<i>John 20:1-9</i>

<b>Saturday</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>
<b>Monday</b>	<b>1<sup>st</sup> April</b>	<b>Easter Octave</b>	<b>9:15am</b>	<b>George &amp; Betty Ward R.I.P.</b>
<b>Tuesday</b>	<b>2<sup>nd</sup> April</b>	<b>Easter Octave</b>	<b>11:30am</b>	<b>No Mass</b>
<b>Wednesday</b>	<b>3<sup>rd</sup> April</b>	<b>Easter Octave</b>	<b>7:00pm</b>	<b>Parishioners</b>
<b>Thursday</b>	<b>4<sup>th</sup> April</b>	<b>Easter Octave</b>	<b>7:30pm</b>	<b>Vocations</b>
<b>Friday</b>	<b>5<sup>th</sup> April</b>	<b>Easter Octave</b>	<b>3:00pm</b>	<b>No Mass</b>
<b>Saturday</b>	<b>6<sup>th</sup> April</b>	<b>Easter Octave</b>	<b>10:00am</b>	<b>Eva Bell R.I.P.</b>
			<b>6:00pm</b>	<b>Fred Minturn R.I.P.</b>
<b>Sunday</b>	<b>7<sup>th</sup> April</b>	<b>2<sup>nd</sup> Sunday of Easter</b>	<b>10:30am</b>	<b>George Petrie &amp; Deceased Members of the Petrie Family.</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 Austin Minturn, Louis Pelham, Helen Lamb, Walstan Barnes, Kathleen Gunton, Edith Mitchell, Rita Westlake, Alice Camm, Bill Morris, Winifred Brunt, Stephen Weldon, Arnold Stulher, Hazel Hunter, Michael Green, Betty McAteer, Mary Pollard, Phyllis George, Tony Green, Maud Parker, Betty Allison and all whose anniversaries occur around this time.

**"The joyful news that He is risen does not change the contemporary world. Still before us lie work, discipline, sacrifice. But the fact of Easter gives us the spiritual power to do the work, accept the discipline, and make the sacrifice."**

Henry Knox Sherrill

**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.

**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.

**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

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

**Rejoice in the resurrection  
of our Lord Jesus  
Christ. May His sacrifice  
inspire us to live with faith,  
love, and compassion.**

**Collection**                      **23<sup>rd</sup> /24<sup>th</sup> March**                      **£ 640.13**  
**Direct Debits for February 2024**                      **£1420.50**  
**Many Thanks**

**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-anglia/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.

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