

# Catholic Church of Our Lady and St. Walstan

Website: <http://www.stwalstans.com>



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*Today we are inspired to draw near to God through, and not in spite of, our listlessness and struggles. God delights in us as children who have uninhibited joy because they trust they are loved. No matter the isolation, poverty or bondage of our weaknesses and our circumstances, if we pursue goodness and kindness to all, we may yet have the happy confidence of the Psalmist: 'they shall exult with glad rejoicing'.*

*Sundays Year C ~ Ordinary Time ~ Psalms Week: XXII  
 Twenty-second Sunday in Ordinary Time  
 31<sup>st</sup> August 2025*

|                           |   |                                 |
|---------------------------|---|---------------------------------|
| <b>Entrance Antiphon</b>  | <i>Have mercy on me, O Lord, for I cry to you all day long.<br/>O Lord, you are good and forgiving,<br/>full of mercy, to all who call you.</i> |                                 |
| <b>First Reading</b>      | <i>'Humble yourself so you will find favour in the sight of the Lord.'</i>  | <i>Sirach 3:17-18,20,28-29</i>  |
| <b>Responsorial Psalm</b> | <i>In your goodness, O God, you provided a home for the poor.</i>   | <i>Psalm 68</i>                 |
| <b>Second Reading</b>     | <i>'You have come to Mount Sion and to the city of the living God.'</i>   | <i>Hebrews 12:18-19, 22-24a</i> |
| <b>Gospel Acclamation</b> | <i>Alleluia, Alleluia!<br/>Take my yoke upon you, says the Lord,<br/>and learn from me, for I am gentle and lowly in heart.<br/>Alleluia!</i>   |                                 |
| <b>Gospel</b>             | <i>'Everyone who exalts himself will be humbled, and he who humbles himself will be exalted.'</i>   | <i>Luke 14:1, 7-14</i>          |

|                  |                                 |  |                |   |
|------------------|---------------------------------|--|----------------|---|
| <b>Saturday</b>  |                                 |  | <b>6:00pm</b>  | <b>Marie Minturn R.I.P.</b>                   |
| <b>Sunday</b>    | <b>31<sup>st</sup> August</b>   | <b>22<sup>nd</sup> Sunday in Ordinary Time</b> | <b>10:30am</b> | <b>Joanna &amp; Marian Hoscilowicz R.I.P.</b> |
| <b>Monday</b>    | <b>1<sup>st</sup> September</b> | <b>Feria</b>                                   | <b>9:15am</b>  | <b>Parishioners</b>                           |
| <b>Tuesday</b>   | <b>2<sup>nd</sup> September</b> | <b>Feria</b>                                   |                | <b>No Mass</b>                                |
| <b>Wednesday</b> | <b>3<sup>rd</sup> September</b> | <b>St. Gregory the Great</b>                   | <b>7:00pm</b>  | <b>Holy Souls</b>                             |
| <b>Thursday</b>  | <b>4<sup>th</sup> September</b> | <b>Feria</b>                                   | <b>9:15am</b>  | <b>Vocations</b>                              |
| <b>Friday</b>    | <b>5<sup>th</sup> September</b> | <b>Feria</b>                                   |                | <b>No Mass</b>                                |
| <b>Saturday</b>  | <b>6<sup>th</sup> September</b> | <b>Feria</b>                                   | <b>10:00am</b> | <b>Parishioners</b>                           |
|                  |                                 |  | <b>6:00pm</b>  | <b>Emanuel Caruana R.I.P.</b>                 |
| <b>Sunday</b>    | <b>7<sup>th</sup> September</b> | <b>23<sup>rd</sup> Sunday in Ordinary Time</b> | <b>10:30am</b> | <b>Liesbeth Tollar</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.  
 Exposition of the Blessed Sacrament every Thursday after the morning Mass.

**Sick and Housebound** – Please pray for Dorota Gobiecka-Grosz, Peter Bevis, Patricia Paul, Christopher Sharples, Peter King, Joseph Mitton, Geoff Routs, Henry Bedingfield, Jane Henson, John Barnes, Sue Williams, Jennifer Gates, Trudy McClosky, Yustyna Adamska, Michele Bendall, Christina Thomas, Ann Bettany and Marcia Jenkin.

**Faithful Departed** – Please pray for Daniel Sweeney, Salome Miller Arcila, Joyce Conneely, Greta Scrutton, Sheila O'Connor, Norma Doggett, Maria Zechmeister, Stephen Hulsmeier, Jim McAteer and all whose anniversaries occur around this time.

**Baptism Class:** The next class for parents wishing to have their children baptised will be held in the Presbytery (behind the church) from 3.30 to 4.30pm on Saturday September 6<sup>th</sup>. Further details available from Fr David.

**Journey in Faith:** The initial meeting for anyone interested in learning more about the Catholic Faith, with the possible aim of joining the Church, will take place in the Presbytery (behind the church) at 7.00pm on Thursday September 11<sup>th</sup>. More details are available from Fr David.

**The UCM are out to lunch on Tuesday, October 7th at Bawdswell Garden Centre.** If you want to join us can you put your name down on the list in the porch, places on the coach is limited, so if you can come by car please state. Thank you.

**The next UCM Meeting is on Tuesday,** September 2nd in the Garden Room at 10:45. It will be a social - as the children are not back at school until the 3rd they are welcome to come as well (your responsibly. Everyone welcome. Come a see us in ACTION!

**The next cake stall** is on Sunday, September 7th in the Garden Room after Mass. Last month's cake stall raised £38.80, many thanks for your support.

**Confirmations 2026:** It is now possible to enrol in the class for next year's confirmations. As ever, the classes will take place at the cathedral but St Walstan's young people will be confirmed here in Costessey. For details on how to enrol please email Fr David ([david.ward@rcdea.org.uk](mailto:david.ward@rcdea.org.uk)) and he will forward you the link. Applications must be received by August 31<sup>st</sup>, 2025. Late applications cannot be accepted.

**Readers & Ministers of the Eucharist:** The annual half-day of recollection will take place on Saturday September 13<sup>th</sup>, beginning with Morning Prayer in the church at 9.45pm and ending with a shared lunch in the Garden Room at about 1.00pm.

#### **Our Lady of Peñafrancia Pilgrimage**

Join us on Sunday, September 21, 2025, as we joyfully celebrate the Feast of Our Lady of Peñafrancia, a beloved expression of Filipino Marian devotion and deep faith in our Blessed Mother. The whole day pilgrimage and celebration will begin with a fluvial procession by boats along the Broad, and culminated by a Holy Mass at 2:00 PM at St Helens, Hoveton. All are welcome! For inquiries: email [fred.venzon@yahoo.com](mailto:fred.venzon@yahoo.com) or [arlaine.amoyo@gmail.com](mailto:arlaine.amoyo@gmail.com)

#### **Sacraments of Reconciliation and First Holy Communion 2026**

We are welcoming applications from those who wish their child to prepare for the sacraments of Reconciliation and First Holy Communion in 2026.

If your child will be in year 3, or above, in September 2025, and you wish them to be included, please contact Julia Murphy via email – [Boot2982@outlook.com](mailto:Boot2982@outlook.com) for an application form.

The programme will start in January 2026.

The closing date for applications is **Sunday 28 September 2025.**

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.

**Collections**                      **23<sup>rd</sup> /24<sup>th</sup> August**                      **£ 594.99**  
**Direct Debits for the month of July**                      **£1757.50**  
**Many Thanks**

**Catechist Formation Day:** Saturday September 6<sup>th</sup>, 9.30am-3.00pm in the Narthex at the cathedral. Open to all those involved in the instruction of children and adults in the Church. Further details on the poster in the porch.

**In Laudato Si,** Pope Francis writes of ...'the harm we have inflicted on her (earth) by our irresponsible use and abuse of the goods with which God has endowed her'. Join the Secular Franciscans on Saturday 20 September at St George's RC church for a day of prayer, talks, music and reflection on Earth, Our Common Home - Cared For or Violated? The day will start at 11am, after 10am Mass, until 4pm. Please bring food for a shared lunch. Tea and coffee will be provided.

**New Prayer Group at St Walstan's:** All welcome to St Walstan's new prayer group. **What is Lectio Divina prayer?** It is a peaceful and contemplative way to pray with the Bible. Rather than studying the Bible like a textbook, it invites you to reflect and listen, creating space for God's word to speak directly to your heart (and no experience needed). The next prayer session is Thursday 4th September at 7pm in the Garden Room.

**You're Invited!** The Couples for Christ – Handmaids of the Lord warmly welcomes you to our upcoming Christian Life Program, a beautiful opportunity for spiritual renewal and deeper connection with God. Program Dates: September 28, October 11, October 18, November 2. Time: 1:00 PM – 6:00 PM. Location: St. John's Cathedral. If you're a woman aged 40 and above, seeking to grow in faith and build meaningful friendships with others on the same journey, we invite you to come and be part of this life-changing experience. Let's walk together in faith, sisterhood, and love. Come and join us — your journey begins here! Contact: Lyn Taaca (07967305142)

**Jubilee Tour to Westport, Knock & Co Mayo,** 05<sup>th</sup> October 2025. £849.00 pp. Price includes return flight, 10kg check in bag, 4 nights' in 4\* Castlecourt Hotel, Westport, with Dinner, Bed & Breakfast. All entertainment, excursions and transport included. Visit Knock, Kylemore Abbey, Croagh Patrick, Fr. Peyton Centre. Limited single rooms £200.00. Contact 01268 762 278 or 07740 175557 or email [knockpilgrimages@gmail.com](mailto:knockpilgrimages@gmail.com).

**Youth Group:** The next meeting of the parish youth group will take place in the Garden Room from 6.00 to 7.30pm on Monday September 8<sup>th</sup>. It is open to those of teenage years, give or take a couple of years.

**If anyone would** like to join the flower group, you would be very welcome. It's just an hour or two every six weeks, Easter, Christmas and an occasional wedding.

You don't have to have any experience, just enjoy arranging flowers. If you are interested or would like to know more about our group, please give me a call on 07714417663 or email [h.guerin@sky.com](mailto:h.guerin@sky.com)