

Catholic Church of Our Lady and St. Walstan

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



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The Cross is the central icon of Christian faith because it represents Jesus's definitive victory of life and love over death and sin. It is not an object about which we can ever remain neutral: on it hung the suffering, bloodied body of Christ, but three days later it came to symbolise the salvation of the world, which is why this day is always marked by a triumphant liturgy, celebrating the instrument of our redemption and salvation.

Sundays Year C ~ Feast ~ Psalms Week: IV
The Exaltation of the Cross
14th September 2025

Entrance Antiphon	<i>We should glory in the Cross of our Lord Jesus Christ in whom is our salvation, life and resurrection, through whom we are saved and delivered.</i>	
First Reading	<i>'If anyone were bitten by a serpent, he would look at the bronze serpent and live.'</i>	Numbers 21:4b-9
Responsorial Psalm	<i>Never forget the deeds of the Lord.</i>	Psalm 78
Second Reading	<i>'He humbled himself, therefore God raised him high.'</i>	Philippians 2:6-11
Gospel Acclamation	<i>Alleluia, Alleluia! We adore you, O Christ, and we bless you, because by your cross you have redeemed the world. Alleluia!</i>	
Gospel	<i>'The Son of Man must be lifted up.'</i>	John 3:13-17

Saturday				
Sunday	14th September	The Exaltation of the Cross	6:00pm	Saviour, Mary and Stephen Agius R.I.P.
			10:30am	Parishioners
Monday	15th September	Our Lady of Sorrows	9:15am	Janet Smith R.I.P.
Tuesday	16th September	Ss Cornelius & Cyprian		No Mass
Wednesday	17th September	Feria	7:00pm	Holy Souls
Thursday	18th September	Feria	9:15am	Eva Bell R.I.P.
Friday	19th September	Feria		No Mass
Saturday	20th September	St. Andrew Kim Tae-Gon & Comps	10:00am	Parishioners
			6:00pm	The Jones Family
Sunday	21st September	25th Sunday in Ordinary Time	10:30am	Bernard & Christopher Lambe 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.
 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 Peter Paston, Bety Crane, Margaret Preston, Geoffrey Carway, Margaret Bass, Michael Prada, Eva Bell, Anna Paulina, Maura Wright and all whose anniversaries occur around this time.

"In difficult moments, I will fix my gaze upon the silent Heart of Jesus stretched on the Cross, and from the exploding flames of His merciful Heart, will flow down upon me power and strength to keep fighting."

St. Faustina

The Chosen: The next part will be shown in the Garden Room at 7.30pm (after evening Mass) on Wednesday September 17th. All welcome.

Harvest Festival: Weekend of September 27th/28th. Please place your offerings of food in front of the altar before Mass. They will be distributed to the needy after the weekend. Thank you.

Marriage Support - Does your relationship need some TLC? Need help with deeper issues? Next programme starts 17th October www.retrouvaille.org.uk Tel: [+44 7887 296 983](tel:+447887296983)

Parish Quiz Night: Thursday September 18th, 6.30 for 7.00pm in the Garden Room. Come as a team of six or make up a team on the night. Tickets on sale after Mass. Don't forget to order your food when booking.

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

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 Broads, and culminated by a Holy Mass at 2:00 PM at St Helens, Hoveton. All are welcome! For inquiries: email fred.venzon@yahoo.com or arlaine.amoyo@gmail.com

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)

Collections

6th /7th September

£657.10

Many Thanks

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.

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 for an application form.

The programme will start in January 2026.

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

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.

Lectio Divina prayer group: All welcome to St Walstan's Lectio Divina 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 sessions are Thursday 11th September at 7pm and Thursday 25th September at 7pm in the Garden Room.

"Everything is a reminder of the Cross. We ourselves are made in the shape of a cross."

St John Vianney