

Catholic Church of Our Lady and St. Walstan

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



Parish Priest
Fr. David Ward
 The Presbytery, Townhouse Road
 Costessey
 Norwich NR8 5AA
 Tel. 01603 742812
David.Ward@rcdea.org.uk

Deacon
Rev. Bill Dimelow (Retired)
 Crofthaven, The Croft
 Costessey
 Norwich NR8 5DT
 Tel: 01603 743476
Bill.Dimelow@rcdea.org.uk

School
Head Teacher: Rachel Swindell
 St Augustine's Catholic Primary School
 19 West End, Costessey
 Norwich NR8 5AG
 Tel: 01603 743317
office@st-augustines.norfolk.sch.uk

To be a disciple of Jesus is to entrust oneself entirely to him, in poverty of spirit, in meekness, in longing for righteousness and in purity of heart. Those who keep faithful to Jesus in this way are assured of receiving their strength from God alone, for having surrendered themselves without reserve they shall be granted everlasting blessedness and eternal joy.

*Sundays Year A ~ Ordinary Time ~ Psalms Week: IV
 Fourth Sunday in Ordinary Time
 1st February 2026*

Entrance Antiphon	<i>Save us, O Lord our God! And gather us from the nations, to give thanks to your holy name, and make it our glory to praise you.</i>	
First Reading	<i>'I will leave in your midst a people humble and lowly.'</i>	Zephaniah 2:3,12-13
Responsorial Psalm	<i>Blessed are the poor in spirit; for theirs is the kingdom of heaven.</i>	Psalms 146
Second Reading	<i>'God chose what is weak in the world.'</i>	1 Corinthians 1:26-31
Gospel Acclamation	<i>Alleluia, Alleluia! Rejoice and be glad, for your reward is great in heaven. Alleluia!</i>	
Gospel	<i>'Blessed are the poor in spirit.'</i>	Matthew 5:1-12a

Saturday			6:00pm	Parishioners
Sunday	1st February	4th Sunday in Ordinary Time	10:30am	Rosemary Sheen R.I.P.
Monday	2nd February	The Presentation of the Lord	9:15am	Mary Newton R.I.P.
Tuesday	3rd February	Feria		No Mass
Wednesday	4th February	Feria	7:00pm	Dominic Conway R.I.P.
Thursday	5th February	St. Agatha	9:15am	Vocations
Friday	6th February	St. Paul Miki & Comps.	9:30am	School Mass in Church
Saturday	7th February	Feria	10:00am	Parishioners
			6:00pm	In Memory & Thanksgiving
Sunday	8th February	5th Sunday in Ordinary Time	10:30am	Pip Hardy 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 Jenny King, David Hogg, Peter King, 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 Anton Bodyk, John Graves, Una McWeeny, Cecilia King, Rita Elders, Michael (Alan) Petrie, Adrian Frame, Alfred Knowler, Mary Newton, Geoffrey Smith, Janette Scrutton, Joan Hibberd, Christina Beer, Attila Sovari and all whose anniversaries occur around this time.

“Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us.”

Samuel Smiles - British author

Rachel's Vineyard: Are you or someone you know hurting from past abortion(s)? Rachel's Vineyard is a healing ministry for those who are suffering from the trauma of abortion. The healing weekends offer a supportive, confidential and non-judgemental environment where women and men can deal with painful post-abortive emotions and receive healing. The next Rachel's Vineyard retreat weekend in our diocese will take place on March 6th – 8th 2026. With booking now open and a limited number of places, it is advisable to book early. For more information about this retreat or to arrange a time to chat please contact Helen on 0772 118 2521; or send an email to suffolk@rachelsvineyard.org.uk Further information about Rachel's Vineyard or to find out about other retreat dates and locations please visit: <https://www.rachelsvineyard.org.uk>

The next UCM Meeting is on Tuesday, February 3rd in the Garden Room at 10:45. It is on the Bible (Matthew) don't worry it is a light hearted quiz - the answers are provided! Cost £2 includes a raffle ticket and soup and roll. All are welcome including the men!

St Walstan's Lectio Divina Prayer Sessions

All invited to join St Walstan's Lectio Divina sessions. Scripture is inspired by God and Lectio Divina offers a way of *encountering* Scripture rather than studying it; an opportunity to listen, reflect, and rest in God's presence. From 5th February, we will continue meeting fortnightly in the Garden Room.

For more details email Cathryn at marplesce@gmail.com

Diocesan Yearbook 2026: This very useful resource is available in the church porch priced at £5. You can either put the money in the silver slot or select the repository option on the Dona machine.

Collections

24th /25th January

£653.02

Many Thanks

Fr David's Email: Please use the address david.ward@rcdea.org.uk when contacting Fr David and not the old St Walstan's address. Thank you.

Beetle Drive: This annual fun evening takes place in the Garden Room at 6.00pm on Friday February 13th. Don't worry if you've never played before, you'll soon pick it up. Lots of laughs – and it's free!

The next cake stall is on Sunday, February 1st in the Garden Room after Mass. Last month's cake stall raised £37. Many thanks for your support.

Safeguarding training

Safeguarding Training: The diocese provides online training for parishioners who have undertaken a role in the parish which requires a DBS check. This training is easy to access, and you can complete it at your own pace. It takes approximately 60- 75 minutes to complete in total and lasts 3 years.

To access the training please go to

<https://training.catholicsafeguarding.org.uk>

There are notices regarding this in both the porch and garden room.

Up to date safeguarding guidance cards are now available for anyone who has been DBS checked, please contact Hilda Kaye if you require one.

“To have courage for whatever comes in life – everything lies in that.”

Saint Teresa of Ávila