

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

Laetare or 'Rejoice' Sunday allows some lifting of the rigours of Lent, as we are told by St. Paul to awaken from our sleep. We must be alert and awake in the Lord. For the sleeper is like the man born blind, unaware of who is standing in front him. We must respond as he does, even as the world derides him, with faith and love shown in true worship.

Sundays Year A ~ Lent Season ~ Psalms Week: IV

Fourth Sunday of Lent

Laetare Sunday

15th March 2026

Entrance Antiphon	<i>Rejoice, Jerusalem, and all who love her. Be joyful, all who were in mourning; exult and be satisfied at her consoling breast.</i>	
First Reading	<i>David is anointed king of Israel.</i>	1 Samuel 16:1b, 6-7, 10-13a
Responsorial Psalm	<i>The Lord is my shepherd; there is nothing I shall want.</i>	Psalm 23
Second Reading	<i>'Arise from the dead, and Christ will shine on you.'</i>	Ephesians 5:8-14
Gospel Acclamation	<i>Praise and honour to you, Lord Jesus. I am the light of the world, says the Lord; whoever follows me will have the light of life. Praise and honour to you, Lord Jesus.</i>	
Gospel	<i>'He went and washed and received his sight'</i>	John 9:1-41

Saturday			6:00pm	Stephen Agius R.I.P.
Sunday	15th March	4th Sunday of Lent	10:30am	Margaret Buck R.I.P.
Monday	16th March	Lent Feria	9:15am	Philomena Newton R.I.P.
Tuesday	17th March	St. Patrick		No Mass
Wednesday	18th March	Lent Feria	7:00pm	Paul Reilly R.I.P.
Thursday	19th March	St. Joseph	9:15am	Deceased Members of the Bates & Drury Families
Friday	20th March	Lent Feria	7:00pm	Stations of the Cross
Saturday	21st March	Lent Feria	10:00am	Alice & William Secker R.I.P.
			6:00pm	George & Delia Green R.I.P.
Sunday	22nd March	5th Sunday of Lent	10:30am	Parishioners

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, Peter King, Dorota Gobiecka-Grosz, Peter Bevis, Patricia Paul, Christopher Sharples, Peter King, Joseph Mitton, Geoff Routs, 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 David White, Adriano Zagaelia, Julie Ann Waterhouse, Philomena Newton, Bernardette Rowell, Maureen Yates and all whose anniversaries occur around this time.

“A mother’s embrace is the first cathedral where a child learns the language of love and the presence of God.”

Gospel Concert: April 3rd -5th at the Maids Head Hotel in Norwich, featuring the EAGA gospel choir. Please follow this link for more information: <https://www.worship-and-praise.org.uk/>

The Chosen: The next episode will be shown in the Garden Room on Wednesday March 25th at 7.30pm (after the evening Mass). All welcome.

New condition mobility scooter for sale. For more information call Marcelle on 07766595517.

Ignite Festival is back! An invitation to ALL young people in Year 8 upwards 2nd - 4th May - Come and experience your faith in a new and dynamic way at the Ignite Festival. The weekend will include powerful talks, passionate prayer, live music, and lots of fun stuff. Check out <https://sjbcathedral.org.uk/events/ignite-festival> for more information on booking with the Cathedral group. There is transport available from Norwich. For more information on this please email Jo Graham - stjohnfhc@gmail.com

Deanery Station Mass: This annual Mass with Bishop Peter and clergy and people of our deanery will take place at St John’s Cathedral on Tuesday March 17th. Exposition and confessions from 5.00pm, Mass at 6.00pm, followed by a Lenten supper in the Narthex. Please come and join the people of our deanery in this celebration.

Parish AGM: Wednesday March 18th, 7.30pm (after the evening Mass) in the Garden Room. All parishioners are welcome to attend.

UCM: On Tuesday 5th May we are going for lunch @ Harriet’s Café & Tea Room, London Street; 11:45am for 12:00pm.

A list for names will be in the porch – if you put your name down can you please as Marguerite Wayling for a menu as all meals must be pre-ordered. All menus must be handed back by 31st March. Thanks

Lent Lunch: Saturday March 21st, 12.00-2.00pm, in the Garden Room. Proceeds go to Christian Aid.

Stations of the Cross: This devotion will take place in the church every Friday in Lent at 7.00pm.

UCM - Dates for your Diary: Saturday 27th June, Strawberry Tea in the Garden Room @ 2pm. All proceeds to charity.

Collections (DONA) 7th/8th March £724.16(£60) Many Thanks

Red Missio Boxes: Can all holders bring their boxes for counting, please.

Notre Dame Prep School is looking for an experience Headteacher or Deputy Head teacher to provide visible, authentic and inspirational leadership, ensuring that the Catholic ethos and mission of the school permeates all aspects of school life. The closing date for applications is 13th April 2026. Further details and the application pack are available via the school's website <https://www.notredameprepschool.co.uk/work-with-us/>

Mass Intentions: As often happens, these are currently booked a long way in advance. There are a couple of dates left in May and then some from June onwards. If you require a specific date it is always best to book well in advance. Thank you.

Gift Aiders: I will shortly be claiming the tax refund on your gift aid donations made to the parish this tax year April 2025- April 2026. If your circumstances have changed and you no longer pay tax could you please let me know so that I can update my records. You should have paid tax in an amount equal to the claim. Also if you have changed your address will you please notify me at jennypercysky.com.

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. Our next sessions are fortnightly **7pm on Thursday 19th March** in the **garden room**. Then continuing to meet after Easter **fortnightly from 16th April** thereafter.

“Mary’s ‘yes’ to God reminds us that every mother’s love is a living echo of divine grace.”