

# Catholic Church of Our Lady and St. Walstan

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



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*Our psalm is known as the De profundis and is often prayed for the Holy Souls in purgatory, as it speaks of the soul's longing for the Lord. The liturgy reminds us, once again, of what we are approaching as Lent ends. Yet, in the raising of Lazarus we are also told that all things happen in accord with God's providence, and that even in sorrow there is hope.*

Sundays Year A ~ Lent Season ~ Psalms Week: IV  
**Fifth Sunday of Lent**  
 22<sup>nd</sup> March 2026

<b>Entrance Antiphon</b>	<i>Give me justice, O God, and plead my cause against a nation that is faithless. From the deceitful and cunning rescue me, for you, O God, are my strength.</i>	
<b>First Reading</b>	<i>'I will put my spirit within you, and you shall live.</i>	<b>Ezekiel 37:12-14</b>
<b>Responsorial Psalm</b>	<i>With the Lord there is mercy, in him is plentiful redemption.</i>	<b>Psalm 130</b>
<b>Second Reading</b>	<i>'The Spirit of him who raised Jesus from the dead dwells in you'</i>	<b>Romans 8:8-11e</b>
<b>Gospel Acclamation</b>	<i>Glory to you, O Christ, Son of the living God. I am the resurrection and the life, says the Lord. Everyone who believes in me shall never die. Glory to you, O Christ, Son of the living God.</i>	
<b>Gospel</b>	<i>'I am the resurrection and the life.'</i>	<b>John 11:1-45</b>

<b>Saturday</b>			<b>6:00pm</b>	<b>George &amp; Delia Green R.I.P.</b>
<b>Sunday</b>	<b>22<sup>nd</sup> March</b>	<b>5<sup>th</sup> Sunday of Lent</b>	<b>10:30am</b>	<b>Parishioners</b>
<b>Monday</b>	<b>23<sup>rd</sup> March</b>	<b>Lent Feria</b>	<b>9:15am</b>	<b>Beatrice Robinson R.I.P.</b>
<b>Tuesday</b>	<b>24<sup>th</sup> March</b>	<b>Lent Feria</b>		<b>No Mass</b>
<b>Wednesday</b>	<b>25<sup>th</sup> March</b>	<b>Annunciation of the Lord</b>	<b>7:00pm</b>	<b>Paul Skoyles R.I.P.</b>
<b>Thursday</b>	<b>26<sup>th</sup> March</b>	<b>Lent Feria</b>	<b>9:15am</b>	<b>Fr. Noel Doyle R.I.P.</b>
<b>Friday</b>	<b>27<sup>th</sup> March</b>	<b>Lent Feria</b>	<b>7:00pm</b>	<b>Stations of the Cross</b>
<b>Saturday</b>	<b>28<sup>th</sup> March</b>	<b>Lent Feria</b>	<b>10:00am</b>	<b>Concetta Borg R.I.P.</b>
			<b>6:00pm</b>	<b>Daphne Goodwin R.I.P.</b>
<b>Sunday</b>	<b>29<sup>th</sup> March</b>	<b>Palm Sunday</b>	<b>10:30am</b>	<b>Cecil &amp; Daphne Sparkes R.I.P.</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 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 George Green, Marian Kotlarz, Declan McCloskey, Thomas O'Sullivan, Ray Cannell, Janet Hanlon, Vivienne Mallett, Beatrix Robinson, Silvia Bardwell, Veronica Seddon, Mary Cousins, Sheila Aquilina Teresa Wilson, Terence Ryan and all whose anniversaries occur around this time.

**Extra Confessions for Lent:** Fr David will be available in the confessional from 10.30am until 12.00 noon on Saturday March 28<sup>th</sup> for the Sacrament of Reconciliation.

**Blessing of Food:** The annual blessing of food for the Polish community (and others who may be interested) will take place in the church at 11.15am on Holy Saturday, April 4<sup>th</sup>.

**Walk of Witness:** This will take place on the morning of Good Friday, April 3<sup>rd</sup>, when we will be joining with members of the other Christian Churches in Costessey. The walk will start at 10.30am at the Costessey Centre and end at St Walstan's where we will have a short service. Please come and join us for this ecumenical event.

**Mater Desolata:** Fr David will lead this devotion in the church at 7.30pm on Good Friday, April 3<sup>rd</sup>.

**Easter Egg Hunt:** As usual, this will take place in the grounds of the church after the morning Mass on Easter Sunday, April 5<sup>th</sup>.

**Gospel Concert:** April 3<sup>rd</sup> -5<sup>th</sup> 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 25<sup>th</sup> 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](mailto:stjohnfhc@gmail.com)

**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/>

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

**Collections (DONA) 14<sup>th</sup> /15<sup>th</sup> March £777.25(£100)**  
**Direct Debits - January £1722.50**  
**Direct Debits - February £1407.50**  
**Many Thanks**

**Marriage Support:** If you are just in a rut or for more serious issues – Retrouvaille could be the solution. [www.retrouvaille.org.uk](http://www.retrouvaille.org.uk) +44 797 338 0443

**UCM:** The next cake stall is on Sunday, April 5<sup>th</sup> after mass in the Garden Room. Last month's cake stall etc. raised £57, many thanks for your support.

**The next UCM meeting** is on Tuesday, April 7<sup>th</sup> in the Garden Room at 10:45.

It is an Easter flower arrangement competition (small arrangement). All are welcomed, followed afterwards with a buffet all for £2 includes a raffle ticket.

**UCM:** On Tuesday 5<sup>th</sup> 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 31<sup>st</sup> March. Thanks

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

#### **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 recommencing after Easter at 7pm in the Garden room on Thursday 16<sup>th</sup> April, then 30<sup>th</sup> April, continuing fortnightly.

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

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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.