

# Catholic Church of Our Lady and St. Walstan

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



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*We see joy and sorrow as the Lord enters Jerusalem with cries of 'Hosanna', and then hears cries of 'Let him be crucified' from the crowd. Every Holy Week is an opportunity to deepen our love for God and be reminded of the lengths that he goes to both in showing us his love and giving us the means by which we love him. We must not waste this.*

*Sundays Year A ~ Holy Week ~ Psalms Week: II  
 Palm Sunday  
 29<sup>th</sup> March 2026*

<b>Entrance Antiphon</b>	<i>Hosanna to the Son of David;          blessed is he who comes in the name of the Lord,          the King of Israel.          Hosanna in the highest.</i>	
<b>First Reading</b>	<i>'I hid not my face from disgrace, and I know that I shall not be put to shame.'</i>	<i>Isaiah 50:4-7</i>
<b>Responsorial Psalm</b>	<i>My God, my God, why have you forsaken me?</i>	<i>Psalm 22</i>
<b>Second Reading</b>	<i>'He humbled himself, therefore God has highly exalted him.'</i>	<i>Philippians 2:6-1</i>
<b>Gospel Acclamation</b>	<i>Praise to you, O Christ, King of eternal glory.          Christ became for us obedient to the point of death, even death on a cross.          Therefore, God has highly exalted him          and bestowed on him the name that is above every name          Praise to you, O Christ, King of eternal glory.</i>	
<b>Gospel</b>	<i>The Passion of our Lord Jesus Christ.</i>	<i>Matthew 26:14-27:66</i>

<b>Saturday</b>			<b>6:00pm</b>	<i>Daphne Goodwin R.I.P.</i>
<b>Sunday</b>	<b>29<sup>th</sup> March</b>	<b>Palm Sunday</b>	<b>10:30am</b>	<i>Cecil &amp; Daphne Sparkes R.I.P.</i>
<b>Monday</b>	<b>30<sup>th</sup> March</b>	<b>Monday of Holy Week</b>	<b>9:15am</b>	<i>Parishioners</i>
<b>Tuesday</b>	<b>31<sup>st</sup> March</b>	<b>Tuesday of Holy Week</b>	<b>11:30pm</b>	<i>Chrism Mass (Cathedral)</i>
<b>Wednesday</b>	<b>1<sup>st</sup> April</b>	<b>Wednesday of Holy Week</b>	<b>7:00pm</b>	<i>David Hogg R.I.P.</i>
<b>Thursday</b>	<b>2<sup>nd</sup> April</b>	<b>Maundy Thursday</b>	<b>7:30pm</b>	<i>Mass of the Lord's Supper</i>
<b>Friday</b>	<b>3<sup>rd</sup> April</b>	<b>Good Friday</b>	<b>10:30am</b>	<i>Walk of Witness</i>
			<b>3:00pm</b>	<i>Passion of our Lord</i>
			<b>7:00pm</b>	<i>Mater Desolata</i>
<b>Saturday</b>	<b>4<sup>th</sup> April</b>	<b>Holy Saturday</b>	<b>8:30pm</b>	<i>Easter Vigil</i>
<b>Sunday</b>	<b>5<sup>th</sup> April</b>	<b>Easter Sunday</b>	<b>10:30am</b>	<i>Leslie &amp; Mary Stowers</i>

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 Catherine Harper, Louis Pelham, Rita Westlake, Bill Morris, Winifred Brunt, Stephen Weldon, , Michael Green, Betty McAteer and all whose anniversaries occur around this time.

**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>.

**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.

**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 7.00pm 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/>

**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 experienced 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/>

Christ has turned all our sunsets  
into dawns.

Saint Clement of Alexandria

**Collections 22<sup>nd</sup> /23<sup>rd</sup> March £632.64  
Many Thanks**

**Thank you** for your generous support this Family Fast Day – your kindness is helping families like Shorai's in Zimbabwe and Rejoice's in South Sudan grow food, even in the face of drought and floods. You have shown what it means to love your neighbour this Lent – fasting, praying and giving so families can put food on the table. Find out how your donations are helping to build a better world at [cafod.org.uk/thankyou](http://cafod.org.uk/thankyou)  
PS **It's not too late to donate** – pick up a CAFOD envelope in church or visit [cafod.org.uk/envelope](http://cafod.org.uk/envelope)

**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 5th 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 7th in the Garden Room at 10:45. We are having a small Easter Flower arrangement competition. All are welcomed followed by a buffet lunch all for the cost of £2 includes a raffle ticket!

**UCM:** On Tuesday 5<sup>th</sup> May we are going for lunch at 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 ask 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 at 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 16th April, then 30th April, continuing fortnightly.

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

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.