

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

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

In Jesus' prayer we glimpse the inner life of the Blessed Trinity. So do we rejoice with the daughter of Zion, who bore the fruit of this divine life in Jesus. Through the Spirit, Christ is revealed to us, as he petitions his heavenly Father to accept us as his children, that we might make our home in the heart of God, drawing life from the Trinity itself.

*Sundays Year A ~ Ordinary Time ~ Psalms Week: II
 Fourteenth Sunday in Ordinary Time
 5th July 2026*

Entrance Antiphon	<i>For merciful love, O God, we have received in the midst of your temple. Your praise, O God, like your name, reaches the ends of the earth; your right hand is filled with saving justice.</i>	
First Reading	<i>Behold, your king is coming to you, humble.</i>	Zechariah 9:9-10
Responsorial Psalm	<i>I will bless your name for ever, my God and king.</i>	Psalm 145
Second Reading	<i>'If by the Spirit you put to death the deeds of the body, you will live.'</i>	Romans 8:9, 11-13
Gospel Acclamation	<i>Alleluia, alleluia. 'I thank you, Father, Lord of heaven and earth, you have revealed the secrets of the kingdom to little children.' Alleluia.</i>	
Gospel	<i>'I am gentle and lowly in heart.'</i>	Matthew 11:25-30

Saturday			6:00pm	Parishioners
Sunday	5th July	14th Sunday in Ordinary Time	10:30am	Sylvia Thurlow R.I.P.
Monday	6th July	Feria	9:15am	Rosemary Sheen & Hazel Hart R.I.P.
Tuesday	7th July	Feria		No Mass
Wednesday	8th July	Feria	7:00pm	Personal Intention
Thursday	9th July	Feria	9:15am	Roy Sillet R.I.P.
Friday	10th July	Feria		School Mass in Church
Saturday	11th July	St. Benedict	10:00am	Parishioners
			6:00pm	Fr. Anthony's Intention
Sunday	12th July	15th Sunday in Ordinary Time	10:30am	Ann Ryan

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, Eamon McGrath, Peter King, Dorota Gobiecka-Grosz, 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 Roy Sillett, Rosemary Sheen, Joseph Bates, Kathleen Ansbro, Karel Nitsche, Neville Hibberd, Patrick Healy, Bishop Michael Evans, Giuseppina Ward, Colin Smith and all whose anniversaries occur around this time.

“True charity consists in doing good to those who do us evil, and in thus winning them over.”

Confirmation Mass: Bishop Peter will be here on Monday July 13th to celebrate Mass at 7.00pm during which he will confirm five of our young parishioners. Please do come along to support them as they take this important step. Please note that there will be no morning Mass that day.

Jubilee Booklet: As part of the Diocesan Golden Jubilee celebrations every parish was asked to produce a booklet about their parish, particularly covering the last 50 years. Marcelle Agius and Priscilla Crane have done such an excellent job with ours that we have had it printed professionally and it will be on sale soon, priced at £5. It will prove a wonderful souvenir both of the Jubilee and as a celebration of our parish.

The Secular Franciscans invite you to a celebration of the 800th anniversary of death St Francis on 3rd October 2026 at St. John's Cathedral at 2.30pm. The celebration will begin in St. Joseph's chapel (the sunken chapel) where you will find several companions of St Francis, including his mother Pica and St Clare, reminiscing about his life. This will be followed by light refreshments in the hall where you can get to know more about Francis by talking with these companions. The afternoon will close with a Franciscan liturgical celebration of the Transitus, the passing from life to death of St Francis. The afternoon will finish in time for those wishing to, to attend the evening Anticipatory Mass at 6pm.

The Strawberry Tea raised £153.05. Many thanks for your support.

Join Bishop Peter at this year's March For Life on Saturday 5th September in London. The March For Life is more than 'just' a march; the day starts with an indoor family festival with talks, games, music, testimonies, prayer and much more for all ages. We will then unite with thousands of others as we process through the streets of London to Parliament Square to witness to our central message of 'Life From Conception - No Exception!' For more information: marchforlife.co.uk. If you are planning on making your own way there, please contact Antonia Braithwaite who will put you in touch with the group from East Anglia: mflcoordinator@rcdea.org.uk. A coach will leave the Cathedral of St John the Baptist at 6.30am. For enquiries re pick-up contact Helen: 07905 713407. To book a place on the coach <https://www.eventbrite.com/e/norwich-ipswich-coach-trip-to-march-for-life-uk-2026-tickets-1991053694197?aff=oddtcreator>

Confirmations 2027: Registration is now open for next year's Confirmations. As usual, the youngsters will join with others at St John's Cathedral for the classes, which begin in September of this year, but will be confirmed here in their home parish at Costessey. Please note that the closing date for application is a firm one so don't delay to apply! For details please follow this link: [FHC and Confirmation Booking form 2026-27- please click here](#)

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. 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.

Collections (DONA) 27th /28th June
Second Collection

£ 696.59 (£105)
£ 251.55
Many Thanks

CAFOD-DEC Venezuela Earthquake Appeal

You can help our neighbours affected by the 24 June earthquakes in Venezuela with emergency shelter, water and food. CAFOD is already working with local Church partners to support people who have lost their homes, but we need your support to help more survivors. Your donation will provide essential supplies and help families rebuild their lives. Donate to the CAFOD-DEC Venezuela Earthquake Appeal today: cafod.org.uk/Venezuela or call 0300 999 0030

Wednesday 8th July: Loss of Life Mass: You are warmly invited to a Memorial Mass at St Edmund's King & Martyr Church, Bungay, at 7pm, to remember children who have died before birth, through stillbirth, in infancy or childhood. If you have experienced the loss of a child—whether recently or many years ago—we invite you to join us in prayer and remembrance. You are welcome to attend on the day, or contact mflcoordinator@rcdea.org.uk in advance for further information.

Minibeasts Nursery @ Notre Dame Prep School extends its hours for all nursery-aged children: From September, Minibeasts @Notre Dame Prep School are delighted to announce that it is extending its hours of government-funded nursery places for 2-year-olds to 15 hours per week, and 30 hours for 3-year-olds. All working parents who meet the eligibility criteria may apply. Places are available for September. For further information, please get in touch with us now at office@notredameprepschool.co.uk or call us on 01603 625593. Come and visit us - we are excited to show you what we have on offer!

UCM: The next cake stall is on Sunday, July 5th after mass in the Garden Room

Charity Cake Sale: A number of pupils from Notre Dame High School will be holding a cake sale in the church porch after Mass on Sunday July 12th. Proceeds will go to the charity 'Catholic Concern for Animals'.

Baptism Class: The next class for parents wishing to have their children baptised will take place in the Presbytery (behind the church) from 3.30-4.30pm on Saturday July 11th. Further details available from Fr David.

St Walstan's Lectio Divina Prayer Sessions

We warmly invite you to join St Walstan's Lectio Divina sessions. The Bible 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 7pm in the Garden room on **Thursday 9th July, then 23rd July, continuing fortnight.**