

# Catholic Church of Our Lady and St. Walstan

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



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*God is infinite power and justice, and all our attempts to please and worship him are nothing without his divine assistance. The Spirit comes to us to conform our thoughts and actions to his will, so faith as small as a mustard seed can give him abundant glory. Having been cultivated by piety and holiness, the righteous will shine like the sun in the kingdom of their Father.*

*Sundays Year A ~ Ordinary Time ~ Psalms Week: IV  
 Sixteenth Sunday in Ordinary Time  
 19<sup>th</sup> July 2026*

**Entrance Antiphon**

*See, I have God for my help. The Lord sustains my soul.  
 I will sacrifice to you with willing heart, and praise your name,  
 O Lord, for it is good.*

**First Reading**

*'You gave repentance for sins.'*

*Wisdom 12:13, 16-19*

**Responsorial Psalm**

*O Lord, you are good and forgiving.*

*Psalms 86*

**Second Reading**

*'The Spirit intercedes for us with groanings too deep for words.'*

*Romans 8:26-27*

**Gospel Acclamation**

*Alleluia, alleluia.  
 I praise you, Father, Lord of heaven and earth,  
 for you have revealed the secrets of the kingdom to little children.  
 Alleluia.*

**Gospel**

*'Let both grow together until the harvest.'*

*Matthew 13:24-43*

|                  |                             |                                                |                |                                               |
|------------------|-----------------------------|------------------------------------------------|----------------|-----------------------------------------------|
| <b>Saturday</b>  |                             |                                                | <b>6:00pm</b>  | <b>Joanna &amp; Marian Hoscilowicz R.I.P.</b> |
| <b>Sunday</b>    | <b>19<sup>th</sup> July</b> | <b>16<sup>th</sup> Sunday in Ordinary Time</b> | <b>10:30am</b> | <b>Jubilee Mass (Parishioners)</b>            |
| <b>Monday</b>    | <b>20<sup>th</sup> July</b> | <b>Feria</b>                                   | <b>9:15am</b>  | <b>Pav Family</b>                             |
| <b>Tuesday</b>   | <b>21<sup>st</sup> July</b> | <b>Feria</b>                                   |                | <b>No Mass</b>                                |
| <b>Wednesday</b> | <b>22<sup>nd</sup> July</b> | <b>St. Mary Magdalene</b>                      | <b>7:00pm</b>  | <b>Paula Hughes R.I.P.</b>                    |
| <b>Thursday</b>  | <b>23<sup>rd</sup> July</b> | <b>St. Bridget</b>                             | <b>9:15am</b>  | <b>Mgr. Richard Wilson R.I.P.</b>             |
| <b>Friday</b>    | <b>24<sup>th</sup> July</b> | <b>Feria</b>                                   |                | <b>No Mass</b>                                |
| <b>Saturday</b>  | <b>25<sup>th</sup> July</b> | <b>St. James</b>                               | <b>10:00am</b> | <b>Alice &amp; William Secker R.I.P.</b>      |
|                  |                             |                                                | <b>6:00pm</b>  | <b>Parishioners</b>                           |
| <b>Sunday</b>    | <b>26<sup>th</sup> July</b> | <b>17<sup>th</sup> Sunday in Ordinary Time</b> | <b>10:30am</b> | <b>Bernard Lambe 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 Edwinn Mahon, Jenny King, 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 Marguerite, Saunders, Raymond Smith, Marian Hoscilowicz, Joanne O'Brien, Charles Hawkins, Marian Hoscilowicz, Maria Carriage, Paula Hughes, Gerard 'Chris' McGuire, Alice Secker, Gerhard Conrad and all whose anniversaries occur around this time.

**Catechesis of the Good Shepherd course 3rd - 8th August:** This course is a wonderful way to share the faith with young children using hands-on materials and presentations in a prayerful and contemplative setting. It is being hosted at the Community of Our Lady of Walsingham's convent in nearby Dereham. If you are interested in finding out more, please contact the course leader Christine Byrne at [christinedeigratia@gmail.com](mailto:christinedeigratia@gmail.com) or visit [www.cgsuk.org](http://www.cgsuk.org)

**Journey in Faith:** If you are interested in learning more about the Catholic faith, perhaps with a view to becoming a Catholic, please come along to the introductory session of the Journey in Faith on Thursday September 24<sup>th</sup>, 7.00pm, in the Presbytery (behind the church). Further details are available from Fr David.

**Adult Confirmations:** If you were not confirmed in your teens and would like to prepare for this sacrament, please come along to the introductory session of the Journey in Faith on Thursday September 24<sup>th</sup>, 7.00pm, in the Presbytery (behind the church). The same topics are covered on both courses so it makes sense for them to be run together. Further details are available from Fr David.

**Charity Bake Sale:** The young people from Notre Dame High School who held the bake sale last Sunday would like to thank everyone for their generosity. £100.50 was raised for the charity Catholic Concern for Animals.

**The Chosen:** The next episode will be shown in the Garden Room at 7.30pm (after the evening Mass) on Wednesday, July 22<sup>nd</sup>. All welcome.

**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.

**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](#)

**Collections (DONA) 11th /12<sup>th</sup> July**  
**Second Collection (DONA)**

**£ 803.04 (£125)**

**£237.90 (€0)**

**Many Thanks**

**Fr Anthony:** It has just been announced that in September Fr Anthony will be taking up his first appointment as assistant priest at the cathedral in Norwich. Fr Peter, who was with us on placement for a few weeks early last year, will be assistant priest at Bury St Edmunds.

**Pilgrimage to Walsingham:** Faith & Light, part of the L'Arche family supporting those living with learning difficulties/special needs and their families, invite all with learning difficulties or special needs to a join them at their pilgrimage to Walsingham on Saturday 5<sup>th</sup> September. A light lunch is available at the Village Hall in Walsingham High Street from 12.00 noon, we walk the Holy Mile at 13.00 and celebrate Mass together in the Chapel of Reconciliation at 15.00. Details are on the poster in the porch.

#### **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](http://cafod.org.uk/Venezuela) or call 0300 999 0030

#### **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 23<sup>rd</sup> July, then 6<sup>th</sup> August, continuing fortnight.**

#### **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](http://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:

[mficoordinator@rcdea.org.uk](mailto:mficoordinator@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>