

Catholic Church of Our Lady and St. Walstan

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



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In today's stormy Gospel reading, Peter's doubt in the Lord's saving power leads him to fall into the water. As Elijah discovered, no matter how intensely the storm rages, God speaks in the still, small voice of grace. Whether our surroundings be silent or noisy, may we trust in the gentle hand of Jesus, reaching out for us to approach him in faith.

*Sundays Year A ~ Ordinary Time ~ Psalms Week: III
 Nineteenth Sunday in Ordinary Time
 9th August 2026*

Entrance Antiphon	<i>Faithful to your covenant, O Lord, forget not the life of your poor ones for ever. Rise up, O God, and defend your cause, forget not the cries of those who seek you.</i>	
First Reading	<i>He lodged in the mount before the Lord</i>	1 Kings 19:9a, 11-13a
Responsorial Psalm	<i>Show us, O Lord, your mercy, and grant us your salvation.</i>	Psalm 85
Second Reading	<i>I wish that I were accursed for the sake of my brothers and sisters!</i>	Romans 9:1-5
Gospel Acclamation	<i>Alleluia, alleluia. I long for you, O Lord, my soul longs for his word. Alleluia.</i>	
Gospel	<i>Command me to come to you on the water.</i>	Matthew 14:22-33

Saturday			6:00pm	Parishioners
Sunday	9th August	19th Sunday in Ordinary Time	10:30am	Maureen Flynn
Monday	10th August	St. Lawrence		No Mass
Tuesday	11th August	St. Clare		No Mass
Wednesday	12th August	Feria		No Mass
Thursday	13th August	Feria		No Mass
Friday	14th August	St. Maximilian Kolbe		No Mass
Saturday	15th August	Feria	10:00am	Margaret Buck R.I.P.
			6:00pm	Mike Prada R.I.P.
Sunday	16th August	The Assumption of the BVM	10:30am	Rodney Hipperson R.I.P.

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 Edwin 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 Sheila Roberts, Krystyna Rymarz, Michelle Burnett, Barbara Lenehan, Christina Rutkowski, Barabara Quinton, Peggy Buck, Irene Parker, Bernadette Culling, Julian Pryer and all whose anniversaries occur around this time.

"During Summertime, let us learn how to take a break, turn off the mobile phone to gaze into the eyes of others, cultivate silence, contemplate nature and regenerate ourselves in dialogue with God."

Pope Francis

Church Decorating: The final phase of re-painting the church will take place in the first two or three weeks of August. Please note that the church will be locked on weekdays while this is taking place for safety reasons but will be open for the Sunday Masses. The 10am Mass on Saturday August 15th will take place in the Garden Room, as may weekday Masses the following week.

Sacraments of Reconciliation and First Holy Communion

2027: We are welcoming applications from those who wish their child to prepare for the Sacraments of Reconciliation and First Holy Communion in 2027. If your child will be in year 3 or above, in September 2026, and you wish them to be included, please contact Julia Murphy via email – Boot2982@outlook.com for an application form. The programme will start in January 2027. The closing date for applications is Sunday 27 September 2026. Thank you.

Jubilee Diocesan Pilgrimage to Rome: As we celebrate the 50th anniversary of the Diocese of East Anglia, this pilgrimage offers a profound opportunity to give thanks for the faith that has been handed down to us, to pray for the future of our Diocese, and to deepen our communion with the Universal Church. Organised in partnership with Pilgrimage People, the five-day pilgrimage will take place from 27th to 31st October 2026, offering clergy and laity alike the opportunity to walk in the footsteps of the saints and martyrs, and to celebrate Mass in some of the most sacred places in Christendom. The cost of the pilgrimage is £1,550 per person sharing a twin or double room, with a limited number of single rooms available for a supplement of £220. The price includes return airfare with 10kg carry-on baggage, accommodation, transport in Italy, guiding services, gratuities and entrance fees. *Please note that the itinerary is not suitable for less able travellers.* There are a few remaining places available. For more information please see: <https://www.rcdea.org.uk/diocese-to-celebrate-golden-jubilee-with-pilgrimage/>

Collections (DONA) 1st / 2nd August

£ 579.00 (£45)

Many Thanks

Janet, Roy, Gill and families would like to thank everybody who attended the Requiem mass of their sister Wendy and sent cards of sympathy, it was very nice to know people cared. God bless

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 20th August, then 3rd September, continuing fortnight.**

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 24th, 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 24th, 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.

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.

"Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine."