

Catholic Church of Our Lady and St. Walstan

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



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Jesus sets out conditions for discipleship. We are told by Christ to renounce ourselves, take up our own crosses and to follow him. Consider what daily crosses we are willing to carry so that we may find the fullness of life promised by Jesus. Are we able to commit to pray the rosary or reflect on the scriptures each day? Or to replace angry thoughts with prayers for those who persecute us?

Sundays Year A ~ Ordinary Time ~ Psalms Week: II
Twenty-second Sunday in Ordinary Time
30th August 2026

Entrance Antiphon	<i>Have mercy on me, O Lord, for I cry to you all the day long. O Lord, you are good and forgiving, full of mercy to all who call to you.</i>	
First Reading	<i>'The word of the Lord has become for me a reproach.'</i>	Jeremiah 20:7-9
Responsorial Psalm	<i>For you my soul is thirsting, O Lord, my God.</i>	Psalm 63
Second Reading	<i>'Present your bodies as a living sacrifice.'</i>	Romans 12:1-2
Gospel Acclamation	<i>Alleluia, alleluia. May the Father of our Lord Jesus Christ, enlighten the eyes of our hearts, so that we may know the hope to which he has called us. Alleluia.</i>	
Gospel	<i>'If anyone would come after me, let him deny himself.'</i>	Matthew 16:21-27

Saturday			6:00pm	Margaret McFarlane R.I.P.
Sunday	30th August	22nd Sunday in Ordinary Time	10:30am	Jean Flingo R.I.P.
Monday	31st August	Feria	9:15am	Fr. Peter Dwyer R.I.P.
Tuesday	1st September	Feria		No Mass
Wednesday	2nd September	Feria	7:00pm	Holy Souls
Thursday	3rd September	St. Gregory the Great	9:15am	Vocations
Friday	4th September	Feria		No Mass
Saturday	5th September	Feria	10:00am	Parishioners
			6:00pm	Geroge Smith R.I.P.
Sunday	6th September	23rd Sunday in Ordinary Time	10:30am	Jane Henson & Jan Trzcinski 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, Philip David Snook, Jenny King, Peter King, John Barnes, Dorota Gbiecka-Grosz, Patricia Paul, Christopher Sharples, , Joseph Mitton, Geoff Routs, Jane Henson, Sue Williams, Jennifer Gates, Trudy McClosky, Yustyna Adamska, Michele Bendall, Christina Thomas, Ann Bettany and Marcia Jenkin.

Faithful Departed – Please pray for Ena Braniff, Maureen Dickman, Grace Field, Norman Scott, Robert Croll, Honora Beales, Rufus Dimelow, Michael Stuart, Wendy Wood, Malcolm Armstrong, and all whose anniversaries occur around this time.

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/>

The Secular Franciscans invite you to a celebration of the 800th anniversary of the death of St Francis of Assisi

on 3rd October 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, St Clare, Brothers Leo, and Ginepro and others, reminiscing about his life. This will be followed by light refreshments in the hall, where you can get to know more about Francis by taking 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.

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 5th 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.

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 22nd /23rd August

£261.20

Many Thanks

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 3rd September , then 17th 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](#)

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 to 4.30pm on Saturday September 5th. Further details from Fr David.

Teas after Mass: There are vacancies on the rotas in the porch for people to do teas after Mass on both Saturday evenings and Sunday mornings.

Parish Quiz Night: Thursday 17th September, 6.30 for 7.00pm, in the Garden Room. Come as a team of 6 or form a team with others when you arrive. Tickets on sale soon.

The next **UCM cake stall** is on Sunday, September 6th in the Garden Room after Mass. Last month's cake stall etc. raised £60. Many thanks for your support.

Safeguarding: Anyone who is volunteering in the parish for a role that requires a DBS check needs to complete the diocesan level 3 safeguarding online training (posters in the porch and garden room). Once completed please forward a copy of your level 3 certificate to; Donna wright - <mailto:safeguarding.administrator@rcdea.org.uk> This can be as a screenshot, photo or scanned copy. Any questions or concerns please do not hesitate to contact me - Hilda Kaye - 0777943264