

## GOSPEL REFLECTION FOR THE FIRST SUNDAY OF LENT



### Daily Choices

Famous artists depict Satan as a winged demon with goat horns and cloven hooves. If the devil really presented temptation to us in this obvious guise, we would easily be able to recognise and resist it. Sadly that is not the case. We tend to think of temptation as something that will lead us into a life of crime or immorality, but temptation is simply anything that threatens to take us away from God. Temptation does not

come with all the easily recognisable trappings of Satan. More often or not temptation comes as an attractive choice. Satan presents for us easy ways out of our problems.

Many of us fail to recognise temptation. It's surprising that we can get so far on in years without being about to answer simple questions like "What are you doing for God?" "How would you like to be remembered?" The reason we struggle with questions like these is because as human beings we are governed hugely by self interest. Self interest is essential for survival and it's in all of us, but as Christians we have to put self interest on a back burner and put in the time and effort into defining who we really would like to be. Once we have achieved this, then the devil's temptations are suddenly crystal clear. After all, we can't be tempted away from our path in life if we've no idea what our path in life is. If we have no plan, we are hardly worth the devil's attention.

When we choose to give up something this Lent, perhaps it should be something that reflects the path we have chosen and the temptation we are trying to transcend. If we decide to give up red wine for instance, with the intention of dropping a couple of dress sizes, God won't be hugely impressed and the devil won't be remotely interested. If we give up wine because we have identified that it is stopping us from doing some important work of God's making, our Lenten journey will take on a life changing significance. Jesus gives us an important clue; "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" When we make our daily choices ask, "Is this about me.... or is it about God?"

### Bitesize –

It's not hard to make decisions when you know what your values are. *Roy Disney*



**PARISH PRAYER – Father, pour out your Spirit upon our parish. Grant us a new vision of your glory, a new faithfulness to your Word and a new consecration to your service, that your love might grow among us and your kingdom come, through Christ our Lord, Amen.**

Useful links: Diocesan Safeguarding – <https://www.rcdea.org.uk/safeguarding/>  
 Diocesan Website – <http://www.rcdea.org.uk>  
 Notre Dame High School, Norwich – <http://www.ndhs.org.uk>  
 Daily Liturgy Website – [www.universalis.com](http://www.universalis.com)

## PARISH OF THE SACRED HEART AND ST. MARGARET MARY [Registered Charity 278742]

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### 1<sup>ST</sup> MARCH 2020 – 1<sup>ST</sup> SUNDAY OF LENT – Year A

[1<sup>st</sup> Week of Lent, Weekday Year II, Psalter Week 1]

Mass Times for the Week			Intentions
Sat. 29 <sup>th</sup> Feb.	6.00 pm	1 <sup>st</sup> Sunday of Lent [Parish Mass Book p151]	Elizabeth Geoghan
Sun. 1 <sup>st</sup> Mar.	9.00 am 11.00 am		TBA The People of the Parish
Mon. 2 <sup>nd</sup> Mar.	10.00 am	Lent Feria	Sheila McKeown (O'Brien)
Tues. 3 <sup>rd</sup> Mar.	-	Lent Feria	<b>No Mass today</b>
Weds. 4 <sup>th</sup> Mar.	-	Lent Feria	<b>No Mass today</b>
Thurs. 5 <sup>th</sup> Mar.	10.00 am	Lent Feria	Mrs. Parveen W. (Crouch)
Fri. 6 <sup>th</sup> Mar.	10.00 am 10.30 am	Lent Feria – <b>Lent Fast Day</b> Stations of the Cross	James Rodriguez (Borthwick)
Sat. 7 <sup>th</sup> Mar.	10.30 am	Lent Feria	TBA
Sun. 8 <sup>th</sup> Mar.	6.00 pm 9.00 am 11.00 am	2 <sup>nd</sup> Sunday of Lent	Peter & Mary Salmon (Crouch) TBA The People of the Parish

### Music for 1<sup>st</sup> Sunday of Lent – Setting: Sacred Heart Mass

**Entry:** 6pm – Angelus (said); Hymn 204 - Lord Jesus, think on me...

**Psalm: (11am sung) R:** *Have mercy on us, O Lord for we have sinned.*

**Offertory:** Hymn 877 - Will you come and follow me...

**Memorial Acclamation:** 1.

**Recessional:** 11am – Angelus (said); Hymn 315 - Lead us, heav'nly Father, lead us...

**Music for the Fellowship Meeting, taking place Tuesday 3rd March at 7:30pm**

**Opening hymn:** 862 - He who would valiant be...

**Psalm-hymn 1:** 965 - As the deer pants...

contd...

**Confession/Reconciliation: Saturday at 5.30pm, or by request/appointment**

The parish newsletter (incl. back copies) is available to view on the parish website from Friday onward each week.

**Psalm-hymn 2:** 683 - O worship the King...

**Psalm-hymn 3:** 827 - Glorious things of you are spoken

**Magnificat:** 880 - Tell out my soul

**Anniversaries this week:** Dorothy Anne Gordon, Michael Joseph Carroll, Thomas Arbuthnot, Billy Reavey, Thomas Donaghue, Francis Langham, John Gaylard, Ernest B. Shaw, Esther Rawe, Robert Patrick and Kenneth Gaylard. *May their souls and the souls of all the faithful departed rest in peace.*

**Hospital Visits:** If you or family members are admitted to the Norfolk & Norwich Hospital (NNUH) or Queen Elizabeth II Hospital, King's Lynn (QEII), and would like a visit from the Roman Catholic Chaplain, please call either St. John's Cathedral, Norwich (01603 624615) for visits to NNUH, or call the NNUH Hospital Chaplaincy direct on 01603 287470 for people needing urgent spiritual attention, or for visits to QEII Hospital, call Fr. Peter Rollings on 01553 772220. If you would like to receive the Sacrament or Anointing of the sick before going to hospital, please contact Fr. Brendan on 01362 694066.

**Sick & Housebound [with GDPR Permissions] – Please pray for:** Janet Yardley, Jenny Rudd, Carol Whitesides, Robert Nicol, Eileen Brocklesby, Shirley Liebenhals, Catherine Carter, Frances Saville King, Una McWeeny, Derek Williams and Teresa Kendall.

**Money Matters:** Thank you for your offering of £401.63 last weekend for the maintenance of our parish. The UCM cake stall last Sunday raised £96.45.

**Thank you** - Elaine Wilkes would like to thank everyone for all their prayers, cards and good wishes following her recent hip operation, and hopes to be back in circulation in the not too distant future.

**Diary Dates for this week -**

Mon. 2 <sup>nd</sup> Mar.	2.00pm	Mother Teresa's knitting group – Emmaus Room. Newcomers always welcome to join us for a knit and natter over a cuppa!
Tues. 3 <sup>rd</sup> Mar.	7.30pm	Dereham Churches Fellowship Evening, here at Sacred Heart.
Thurs. 5 <sup>th</sup> Mar.	6.30pm	Music selection & practice – Presbytery & Church. All volunteers welcome to make a joyful noise to the Lord!
Fri. 6 <sup>th</sup> Mar.	10.30am	SVP 'First Friday' Coffee Morning – after Mass. All welcome.
Fri. 6 <sup>th</sup> Mar.	7.15-8.45pm	Confirmation Group meets – Emmaus Room
Sat. 7 <sup>th</sup> Mar.	11.00am	Saturday Club - Emmaus Room

Please note that there is no Mass on Wednesday this week.

**Lent Fast Day** – This Friday, 6<sup>th</sup> March, is Lent Fast Day and there will be a retiring collection after all Masses next weekend (8/9<sup>th</sup> March) in support of the work of CAFOD.

**CAFOD Lent Family Fast Day** on Friday 6<sup>th</sup> March is the 60th anniversary of the first Family Fast Day led by our founding mothers and, as it has been for sixty years, is an opportunity to reach out and support highly-skilled local experts around the world who help the

poorest members of our global family. Please collect your Family Fast Day envelope this week and give whatever you can to help experts like Sister Consilia - a nun and trained pharmacist who treats people in rural Zimbabwe - continue their vital work.

**Women's World Day of Prayer Friday 6<sup>th</sup> March**

Women's World Day of Prayer is a global, ecumenical movement of Christian women joined together to observe a common day of prayer each year on the first Friday of March. This year we are asked to pray with the women of Zimbabwe. Held at Wellspring Centre, Neatherd Rd, Dereham at 2pm. See the notice at the back of church.

**Alf Charlton:** Alf's remains will be brought into church to repose overnight on Thursday 19<sup>th</sup> March at 4.00pm. His funeral, however, will take place at Bexleyheath followed by burial.

**Caritas Festival** - Caritas East Anglia is holding a Festival to celebrate sharing God's love with our neighbour at St George's, Norwich, on Sat. 28<sup>th</sup> March. If you are involved in social outreach work, e.g. with the poor, homeless, marginalised, please come and celebrate with us! For more information, or book, please email: [caritas@rcdea.org.uk](mailto:caritas@rcdea.org.uk)

**Parish Open Meeting:** At our recent Parish Finance Meeting we set the date of May 10<sup>th</sup> for our Parish Meeting following the 11.00am Mass. This will provide the opportunity to present the Parish Accounts and discuss and pressing issues. Our Parish Report will have the reports from all the groups working in the parish. I would like to ask all the groups to send them in as soon as possible.

**Stations of the Cross:** There are several different versions of this Lenten devotion available for private use on the table at the back of the church. Please feel free to make use of them as you wish, but please return them when you have used them and leave them for the next person.

**The Diocese** is recruiting a Clergy Welfare Co-ordinator for up to 21 hours per week, particularly to support our retired priests. Details can be obtained by emailing the Diocesan office at [finance@rcdea.org.uk](mailto:finance@rcdea.org.uk) or go to [www.rcdea.org.uk/Vacancies](http://www.rcdea.org.uk/Vacancies) The closing date is Monday March 9<sup>th</sup> and interviews will be in Cambridge on Thursday 26<sup>th</sup> March.

**God Who Speaks site:** Please find a link below which will take you to a very lovely reflection from Cardinal Nichols on the painting The Incredulity of S Thomas as part of the Year of the God Who Speaks.

<https://www.cbcew.org.uk/home/events/the-god-who-speaks/films-scripture-and-art/the-incredulity-of-saint-thomas/>

**The Angelus**

Ÿ. The Angel of the Lord declared unto Mary. **R.** *And she conceived of the Holy Spirit. Hail Mary*

Ÿ. Behold the handmaid of the Lord. **R.** *Be it done unto me according to thy word. Hail Mary ...*

Ÿ. And the Word was made flesh. **R.** *And dwelt among us. Hail Mary ...*

Ÿ. Pray for us, O holy Mother of God. **R.** *That we may be made worth of the promises of Christ.*

**Let us pray:** Pour forth, we beseech thee, O Lord, thy grace into our hearts, that we to whom the Incarnation of Christ thy Son was made known by the message of an angel may, by his Passion and Cross, be brought to the glory of his Resurrection, through the same Christ, our Lord. Amen.