

**PARISH OF THE SACRED HEART
AND ST.MARGARET MARY, EAST DEREHAM, NORFOLK**

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JUNE 1st 2014 : THE ASCENSION OF THE LORD

Sunday Masses

Saturday 6.0pm Int. For the People
Sunday 9.0am Int.
11.0am Int. +Ann & Stephen Mealy

Weekday Masses

Monday EASTER FERIA
10.0am Int.
Tuesday ST.CHARLES LWANGA &
THE UGANDA MARTYRS
10.0am Int.
Wednesday EASTER FERIA
10.0am Int.
Thursday ST.BONIFACE
No services today
Friday EASTER FERIA
10.0am Int.
Saturday EASTER FERIA
10.30am Int.
6.0pm Int. For the People

Sacrament of Reconciliation

Saturday Noon and 5.30pm, or by appointment.

Exposition and Adoration of the Blessed Sacrament

Tuesday 10.30am; Benediction at 11.0am.

The Rosary Friday 10.30am

The Divine Office

The Office is said a quarter of an hour before the Mass on Weekdays. This week we use Psalter Week 3

The Mass today The readings can be found on p.272 of the Parish Mass Book, and on p.396 of The Sunday Missal.

At the 6.0pm Mass	Eucharistic Prayer 1
<i>Sanctus & Benedictus</i>	Schubert
Hymns	(<i>Regina Coeli</i>) 289, 761
At the 9.0am Mass	Eucharistic Prayer 1
<i>Sanctus & Benedictus</i>	Schubert
Hymns	290, 289, 851
At the 11.0am Mass	Eucharistic Prayer 2
<i>Gloria</i>	Sacred Heart
<i>Sanctus & Benedictus</i>	Schubert
Hymns	290, 769, 607, (<i>Regina Coeli</i>) 910

The Psalm Response for all of the Masses is printed at the bottom of the page.

This Sunday the quarter-hour Exposition of the Blessed Sacrament before Mass will precede the 11.0am Mass. Next Sunday, it will take place before the 6.0pm Mass.

In Eastertide we sing *REGINA COELI* in place of *ANGELUS* :

*Joy to thee, O Queen of Heaven, Alleluia!
He whom thou wast meet to bear, Alleluia!
As he promised hath arisen, Alleluia!
Pour for us to Him thy prayer, Alleluia!
R. Rejoice and be glad, O Virgin Mary, Alleluia!
V. For the Lord is risen indeed, Alleluia!
Let us pray.
O God, who by the Resurrection of thy Son, Our Lord Jesus Christ, hast vouchsafed to bring joy to the whole world, grant, we beseech thee, that aided by the prayers of his Mother, the Virgin Mary, we too may come to the joys of everlasting life. Through the same Christ Our Lord. Amen.*

THIS WEEK

Monday 2.0pm The Mother Teresa Group meets in the Narthex.

7.30pm The Queen of Peace Prayer Group, at the Presbytery, all welcome.

Tuesday 1.30pm Fr.John says a Form Mass at the St.Francis' School, Norwich.

7.30pm The Dereham Churches Together Quarterly Fellowship Evening, here. Do please come along to support, and to welcome people from other denominations in the town. The meeting lasts for about an hour ; hymns are sung, and each denomination says what it has been doing in the past quarter. A short devotional talk is given by the host.

Wednesday 11.0am The monthly Service at Oak Manor.

7.30pm SVP meets at the Presbytery.

Friday 10.45am The monthly SVP Coffee Morning in the Narthex. All welcome.

7.15pm-8.15pm Young Servers Club, Narthex.

Saturday 10.30am-11.30am Saturday Club, for young people aged five to twelve. The First Holy Communion Parents meet at the Presbytery after Mass.

Next Sunday we celebrate the Solemnity of Pentecost, and Eastertide comes to an end.

PARISH NOTICEBOARD

Anniversaries Bill Shaw (2005), Joan Stimson (2013), James Farmer (2009), and Desiree Jenkins (2003). May they Rest in Peace.

Money Matters Last Sunday £414.50 was given at the Offertory. Today there is a retiring collection for the Catholic Communications Network, on this World Communications Day. An attractive little card is available at the back of church – do take one.

Parish Pastoral Council A reminder to members that the Council is due to meet a week on Tuesday. Agendas will be available next weekend.

Diocesan Pilgrimage to Lourdes This is to take place August 22nd-29th.. Fr.John has further details if you are interested.

2014 Gardening Evening This is due to take place on Tuesday, June 17th. Do please put the date in your diary.

ST.WALSTAN PRAY FOR US

We are fortunate in having not one but two local saints. St.Withburga, of course, who lived and prayed in Dereham back in the eighth century, and whose feast we keep next month. But also St.Walstan, whose feast we celebrated last Friday. Walstan is unusual in that he was not a bishop, a king, a monk, or a scholar, but a farm labourer, who attained great holiness by leading a very simple way of life. He probably lived in the eleventh century, somewhere around Costessey. After death, his body was enshrined at Bawburgh, where a holy well still exists, just below the parish church. He was a very popular saint in mediaeval East Anglia, and many farmers and farm workers would flock to his shrine on June 30th, to seek his blessing on their work. He demonstrated that true holiness – which is a great love for God and for those around one – can be achieved in any way of life, however simple. He made an impact on his generation which has never been forgotten.

It is good that his feast falls around the time when we are celebrating the Ascension of Our Lord. For the Ascension of Jesus into heaven in the sight of his apostles teaches us where our attention and hopes should be fixed. We recognize that the values we should live by are those of the Christ who reigns in heaven, and we remember that we are working to achieve a place in heaven ourselves, with our ascended Lord. As a devout Christian, and one possessing extraordinary spiritual gifts, heaven and the ascended Christ must have been the goal, the aim, the hope, and the inspiration of St.Walstan. His life as a farm labourer in the eleventh century would have been gruelling. He must often have been cold and hungry, tired, and maybe dispirited. But he was sustained by his Christian faith and hope. He looked forward to the fulfillment of Christ's promise to 'take you to myself, that where I am, you may be also'. Walstan looked upward, not downward, and we who keep this feast of the Ascension of the Lord seek to do likewise.