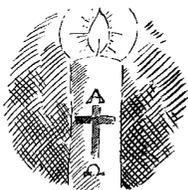


GOSPEL REFLECTION FOR THE FIRST SUNDAY OF ADVENT



The Here and Now - Does Christmas seem to come around faster every year? Do you ever feel that the sand of time is running fast though your fingers and that life is passing you by?

The hardest thing about living our lives is finding time to live our lives! Our days are ruled by the clock. Few of us can wake up and choose what to do. Our time is dictated by routine and before we know it life has passed us by before we've had time to live it. The biggest theme

of Advent is 'change' but in the busy run up to Christmas, changing the way we live our lives is probably the last thing on our minds. We are much more likely to be comparing prices of the latest iPhone!

Today we are given the biggest life changing piece of advice that we could ever have. Preparation! Preparation is essential whether we are setting out to buy a new washing machine or setting out to change the world. Without preparation we will end up wasting years of our time and missing all those heaven-sent opportunities. We might not think that we have the time to live our lives any differently from the way we do now, but with the right kind of planning we can transform who we are and what we do and still manage to fit in the day job.

We hear a lot in the news of natural disasters around the world. Men women and children across the globe have lost their lives unexpectedly and prematurely. Death comes like a thief in the night, and so we must keep focussed and live in perpetual readiness. Jesus doesn't tell us this to frighten us but to encourage us to take responsibility for the here and now.

Bitesize – 'Don't be fooled by the calendar. There are only as many days in the year as you make use of.' ~ Charles Richards



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

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

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Parish Music Leader: Michael King: Email: michaeljwking@gmail.com

Parish Safeguarding Representative: Kathleen Edmunds:

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1ST DECEMBER 2019 – 1ST SUNDAY OF ADVENT – Year A

[1st Week of Advent, Weekday Year II, Psalter Week 1]

Mass Times for the Week			Intentions
Sat. 30 th Nov.	6.00 pm	1 st Sunday of Advent [Parish Mass Book p82]	<i>Tba</i>
Sun. 1 st Dec.	9.00 am 11.00 am		The People of the Parish David Peek (May)
Mon. 2 nd Dec.	10.00 am	Advent FERIA	John Merrick (<i>Fdn.</i>)
Tues. 3 rd Dec.	-	S Francis Xavier (<i>Migrants' Day</i>)	No Mass today-PP's day off
Weds. 4 th Dec.	10.00 am	Advent FERIA	<i>Tba</i>
Thurs. 5 th Dec.	10.00 am	Requiem Mass for Joseph Monk	
Fri. 6 th Dec.	10.00 am	Advent FERIA	<i>Tba</i>
Sat. 7 th Dec.	10.30 am	S Ambrose	<i>Tba</i>
Sun. 8 th Dec.	6.00 pm 9.00 am 11.00 am	2 nd Sunday of Advent	Phyllis Thurstance <i>Tba</i> The People of the Parish

Music for 1st Sunday of Advent – *Setting: The Belmont Mass*, except the **Kyrie** (which is from the new Sacred Heart Mass)

Entry: 6pm – Angelus (said); Hymn 983 – Hills of the north, rejoice ...

Psalm: (11am sung) R: *I rejoiced when I heard them say: 'Let us go to God's house.'*

Offertory: Hymn 110 – The coming of our God ...

Memorial Acclamation 1 – We proclaim your Death, O Lord, and profess your Resurrection until you come again.

Recessional: 11am – Angelus (said); Hymn 883 – Longing for light ...

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.

Anniversaries this week: James Hooper, Jean English, Phyllis Howell, Les Rayner, John Merrick, Leonard Barnard, Dorothy Rayner, Frederick Lambert, Felix Jackson, David Lines, George Harmer, Adrian Ring-Davies, Mary Butler, Phyllis Thurstance, Fred Evans, Tony Lovelace and Kevin Bayne. *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, Alf Charlton, Frances Saville King, Una McWeeny, Derek Williams.

Money Matters: Thank you for your offering of £382.60 last weekend for the day-to-day running of our parish. The retiring collection for the Diocesan Youth Service came to £159.61. Thank you very much.

Diary Dates for this week -		
Mon. 2 nd Dec.	2.00pm	Mother Teresa's knitting circle – Emmaus Room. New members always welcome to join us for a knit and natter over a cuppa.
Tues. 3 rd Dec.	7.30pm	Queen of Peace Prayer Group – Emmaus Room
Weds. 4 th Dec.	6.30pm	Music selection & practice – Presbytery & Church. All volunteers welcome to make a joyful noise to the Lord!
Fri. 6 th Dec.	10.30am	SVP 'First Friday' Coffee Morning. After Mass. All welcome.
Fri. 6 th Dec.	7.15-8.15pm	Altar Servers meeting – Emmaus Room
Sat. 7 th Dec.	11.00am	Saturday Club - Emmaus Room

Posada Advent Devotion – This is the last opportunity to sign up for this. The statue begins its journey on Saturday evening after Mass.

Migrants' Day – On December 3rd the Church commemorates St Francis Xavier. This is the day chosen by the Pontifical Council for the Pastoral Care of Migrants and Itinerant People to mark World Migration Day. "Every stranger who knocks at our door is an opportunity for an encounter with Jesus Christ, who identifies with the welcomed and rejected strangers of every age (Matthew 25:35-43). The Lord entrusts to the Church's motherly love every person forced to leave their homeland in search of a better future. This solidarity must be concretely expressed at every stage of the migratory experience – from departure through journey to arrival and return. This is



a great responsibility, which the Church intends to share with all believers and men and women of good will, who are called to respond to the many challenges of contemporary migration with generosity, promptness, wisdom and foresight, each according to their own abilities"



Papal Prayer Intention for December 2019 - It is estimated that some 200 million children all over the world live or work on the streets. In a world of violence, hunger and abuse these children have to use any means they can to survive. At worst this might include prostitution, carrying drugs or pick pocketing. This month Pope Francis invites us share the Papal Prayer Intention, "...*That every country take the measures necessary to prioritize the future of the very young, especially those who are suffering.*"

Festival of cribs, Sacred Heart Convent, Swaffham - You are invited to view a selection of cribs from around the world from Thursday 5th - Sunday 15th December, 2.00pm - 5.15pm or by appointment. Please ring 01760 724577 or email srfrancis8@hotmail.co.uk. Christmas items for sale. Refreshments. There is also a request for unusual cribs to borrow for our festival and volunteers to be present.

Walsingham Vigil, Friday 13th and Saturday 14th December, 9.00pm – 12.00 Midnight - Come and pray at the Church of the Annunciation, with Exposition of the Blessed Sacrament, devotions, silent prayer and meditations by Mons. John Armitage and Fr. Stephen Boyle. A great way to spiritually prepare for Christmas.

Prepare the Way of the Lord – An Advent meditation with Fr. Bob Eccles OP (Blackfriars, Cambridge) **at Our Lady & St Thomas of Canterbury Church, Wymondham, on Thursday, 5th December 2019 at 7.00pm.** Come and bring a friend!

Charity Christmas Cards - Traidcraft have published their Christmas Card range for 2019. With each purchase of a pack of Traidcraft festive charity cards, a donation is made to Traidcraft Exchange, CAFOD, SCIAF, and Christian Aid. You can order online at www.traidcraftshop.co.uk/christmas/charity-christmas-cards

The Angelus

V. The Angel of the Lord declared unto Mary. **R.** And she conceived of the Holy Spirit.
Hail Mary ...
V. Behold the handmaid of the Lord. **R.** Be it done unto me according to thy word.
Hail Mary ...
V. And the Word was made flesh. **R.** And dwelt among us. *Hail Mary ...*
V. 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.