

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

Parish Priest : Fr. John Barnes MA  
The Presbytery, 35, London Road, East Dereham NR19 1AS Reg.Charity 278742  
Tel.01362 694066 e-mail frjohn@sacredheartdereham.org.uk  
Permanent Deacon: The Revd. Martin Sanderson Tel: 01362 822590  
Parish website: <http://www.sacredheartdereham.org.uk>

**MARCH 2<sup>nd</sup> 2014 : EIGHTH SUNDAY IN ORDINARY TIME**

**Sunday Masses**

Saturday 6.0pm Int. +Agnes Thurstance  
Sunday 9.0am Int. For the People  
11.0am Int. +Graham Springett

**The Mass today**

The readings can be found on p.142 of the Parish Mass Book, and on p.716 of The Sunday Missal.

**Weekday Masses**

Monday FERIA  
10.0am Int.  
Tuesday FERIA  
10.0am Int.  
Wednesday **ASH WEDNESDAY**  
10.0am Int. +Michael Carolan  
3.0pm Int. For the Sick  
7.30pm Int. Our Keeping of Lent  
Thursday LENT FERIA  
No services today  
Friday LENT FERIA  
10.0am Int.  
Saturday FEAST OF ST.FELIX  
10.30am Int.  
6.0pm Int. For the People

<b>At the 6.0pm Mass</b>	<b>Eucharistic Prayer 3</b>
<i>Sanctus &amp; Benedictus</i>	Parish Mass Book p.25
Hymns	( <i>Angelus</i> ) 865, 898
<b>At the 9.0am Mass</b>	<b>Eucharistic Prayer 1</b>
<i>Sanctus &amp; Benedictus</i>	Parish Mass Book p.25
Hymns	955, 873, 853
<b>At the 11.0am Mass</b>	<b>Eucharistic Prayer 2</b>
<i>Gloria</i>	Hymn Book p.498
<i>Sanctus &amp; Benedictus</i>	Parish Mass Book p.25
Hymns	962, 833, 639, ( <i>Angelus</i> ) 908

The Psalm Response for all of the Masses is printed at the bottom of the page. Preface 1

*This Sunday the quarter-hour Exposition of the Blessed Sacrament before Mass will precede the 6.0pm Mass. Next Sunday, it will take place before the 9.0am Mass.*

**THIS WEEK**

**Monday** 7.30pm Queen of Peace Prayer Group, at the Presbytery. All welcome.  
**Tuesday** 7.0pm Meeting of the Parish Pastoral Council. Will members please collect their Agenda from the Porch.  
7.30pm Dereham Churches Quarterly Fellowship Evening, at the Cowper Chapel.  
**Wednesday** ASH WEDNESDAY, the beginning of Lent. Mass, with the Imposition Ashes at 10.0am, 3.0pm, and 7.30pm. The 3.0pm Mass is the Quarterly Mass for the Sick  
11.45am Fr.John conducts an Ash Wednesday Liturgy at St.Francis' Primary School, Norwich.  
**Friday** SVP First Friday Coffee Morning

**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 4

after the 10.0am Mass. All welcome.

12.30pm-2.0pm The First Lent Lunch, in aid of CAFOD, at the Presbytery. If you are able to make the soup for one of the Fridays in Lent, please sign the list on the notice board.

7.15pm-8.15pm Young Servers Club, in the Narthex.

**Saturday** 10.30am-11.30am Saturday Club. Parents of the First Holy Communion children meet at the Presbytery after Mass.

**Next Sunday** 5.0pm Stations of the Cross, Vespers, and Benediction.

**A Week on Tuesday** The Bishop's Lenten Station Mass, 7.0pm at the Annunciation Church, King's Lynn. If you can offer lifts to this event, please tell Fr. John as soon as possible.

## PARISH NOTICEBOARD

**Anniversaries** Billy Reavey (1999), Robert Patrick (2007), and Kenneth Gaylard (2009) RIP

**Money Matters** Last Sunday, £585.18 was given at the Offertory.

**Red Missionary Boxes** After the recent count, over four hundred pounds has been banked.

**Quarterly Mass for the Sick** Elaine Wilkes writes 'The SVP and UCM invite all parishioners to the next Mass for the Sick and Housebound, to be held on Wednesday at 3.0pm, and afterwards to tea and a chat in the Narthex.. If anyone needs a lift, please 'phone me on 01362.851159.'

## ASH WEDNESDAY

Each Ash Wednesday, I think about the summer of AD1188, when Archbishop Baldwin of Canterbury traveled through Wales, preaching the Third Crusade. He was accompanied by the historian Gerald of Wales, and Gerald recorded the numbers of people who 'accepted the Cross' at the various towns and villages which they passed through. It seems that each of those who agreed to go on the crusade, which aimed to reach and to liberate Jerusalem, was handed a rough cross made of fabric to pin to their person.

On Ash Wednesday, we 'accept the Cross', as those people did so long ago. Only the Cross that we accept at the beginning of Lent is not a

cross cut from fabric, but the cross of ash, traced on our forehead. Nevertheless it is likewise a sign of our intention : of our intention to make that six-week journey through the season which is Lent. And our destination is likewise the holy city of Jerusalem. We travel there not to set the city free, as the crusaders hoped to do, but rather to remember and rejoice in the freedom that was won there by Our Lord Jesus Christ, through his dying and his rising. Our goal, as we make this journey, is the cross on which Jesus died, and the sepulchre from which he rose. There, in Jerusalem, with our hearts and minds we will enter once more into the mystery of our redemption. It is an experience, as we know from past years, which can bring about a renewal in our trust in Jesus, and in our love for him.

So when in the liturgy on Wednesday we once more 'accept the cross', we are saying 'Yes' to the proposal which the Church makes to us : the proposal that we should travel together during the next six weeks, full of purpose, determination, and anticipation. Of course we will meet with difficulties and discouragements. We will be tempted to give up - to turn away from the Lent Rule which we've made for ourselves. We will be tempted to cease from prayer, to ease up on our self-denial, and to limit the scope of our almsgiving. The devil, we must remember, doesn't want us to keep a good Lent, and he will try to prevent us from doing so. But please God, having accepted the cross on Wednesday, we will stand firm, and in due course reach Easter the better able to share in the Paschal victory. We have a goal. Together, let's try to achieve it!

**ST.PATRICK'S DINNER**  
**Saturday, March 15th**  
**7.30pm, in the Narthex**  
**3-courses, plus Irish Coffee**  
**Tickets £10**  
**on sale next weekend**

PLEASE REMEMBER TO COLLECT A LENT PROGRAMME TODAY