

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

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**FEBRUARY 3rd 2013 : FOURTH SUNDAY IN ORDINARY TIME**

**Sunday Masses**

Saturday 6.0pm Int. +The English Family  
Sunday 9.0am Int. For the People  
11.0am Int. +Ben Wyand

**Weekday Masses**

Monday FERIA  
9.0am Int. The defence of Christian Marriage  
Tuesday ST.AGATHA  
No services today  
Wednesday ST.PAUL MIKI & COMPANIONS  
No services today  
Thursday FERIA  
No services today  
Friday FERIA  
No services today  
Saturday FERIA  
10.30am Int.  
6.0pm Int. For the People

**Sacrament of Reconciliation**

Saturday Noon and 5.30pm, or by appointment.

**The Divine Office**

The Office is said a quarter of an hour before the Mass on Weekdays. This week we use Psalter Week 4

**The Mass today**

The readings can be found on p.133 of the Parish Mass Book, and on p.979 of The Sunday Missal.

<b>At the 6.0pm Mass</b>	<b>Eucharistic Prayer 2</b>
<i>Sanctus &amp; Benedictus</i>	Schubert
Hymns	( <i>Angelus</i> ) 727, 910
<b>At the 9.0am Mass</b>	<b>Eucharistic Prayer 3</b>
<i>Sanctus &amp; Benedictus</i>	Schubert
Hymns	753, 724, 795

<b>At the 11.0am Mass</b>	<b>Eucharistic Prayer 1</b>
<i>Gloria</i>	Lourdes
<i>Sanctus &amp; Benedictus</i>	Schubert
Hymns	720, 694, 627, ( <i>Angelus</i> ) 652

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 9.0am Mass. Next Sunday, it will take place before the 11.0am Mass.*

**THIS WEEK**

**Fr.John is hoping to take the remainder of his after-Christmas break this week, to build up his energy ready for Lent! He expects to be away from after Mass on Monday, until Friday afternoon.**

**Monday** 2.0pm The Co-workers of Mother Teresa meet in the Narthex..

**Wednesday** 7.30pm SVP meets at the Presbytery.

**Friday** 7.15pm-8.15pm the new Young Altar Servers Group meets in the Narthex. The aim of this new Group is to provide fellowship and fun for our junior servers, together with an opportunity for them to learn more about both Serving and the Catholic Faith.

**Saturday** 10.30am-11.30am Saturday Club, for young people aged five to twelve.

**Monday next week** 11.0am A meeting of the Finance Committee, at the Presbytery.

**Tuesday next week** 7.30pm A meeting of the Parish Pastoral Council. Agendas are available in the letter rack in the Porch.

## PARISH NOTICEBOARD

**Anniversaries** Bernard O'Shea (2002), Doris Dyer (2004), Lynes Smith (2005), and Joan Rooney (2001). May they Rest in Peace.

**Money Matters** Last Sunday £442.21 was given at the Offertory, and a further £97.97 in the retiring collection, which was for Catholic Education Services.

**Union of Catholic Mothers** Brenda May writes 'UCM meets on Wednesday this week, at 2.0pm, for our AGM. This has been brought forward, since our normal meeting date falls on Ash Wednesday, when there will be a Mass for the Sick.

The recent snowfall affected us all in various ways. To follow the AGM, please bring along any photos you took, and share any interesting anecdotes or poems on the topic!'

**Mass for the Sick** Elaine Wilkes writes 'The next quarterly Mass for the Sick and Housebound organised by SVP and UCM takes place on February 13th, a week next Wednesday, Ash Wednesday, (with the Imposition of Ashes). This will be at 3.0pm. Anyone wishing to come but needing transport, please telephone 01362 851159.

### LENT 2013

Yes, Lent isn't far away, and next Sunday the usual Lent Paper will be available, setting out our various Lenten activities. We are hoping to have the traditional Lent Lunches at the Presbytery on Fridays, and soon a Rota will be appearing on the notice board, asking for volunteers for making the soup. I remember being anxious last year as to whether all of the spaces on the Rota would be filled ; please be thinking about this – it isn't a huge job, as usually there are not more than a dozen people to be catered for. Only once in my eleven years here, I think, has a man volunteered! – maybe this year one or two more chefs will emerge?

Parishes have been encouraged during this Year of Faith to study and discuss one or other of the documents from the Second Vatican Council, since the Year of Faith is being kept partly in celebration of the fiftieth anniversary of the

opening of the Council. As I mentioned a week or so ago, we have elected here to study the important document on the nature and purpose of the Church, *LUMEN GENTIUM* (Light of the Peoples). Meetings will be held for this purpose on the Tuesday evenings during Lent, 7.30pm-8.30pm. I think that this will be an interesting and useful exercise. The document is not impossibly difficult and technical – all of us, I think, will find it thoroughly comprehensible and illuminating. I've obtained copies of it, and if you would like one, they are available in the Sacristy priced at £4.0. Some of you, of course, may have the Documents of Vatican II in book form, and will be able to use that.

### WE ARE THE BODY OF CHRIST

When we come to study *LUMEN GENTIUM* together, we will be reminded of St.Paul's great image of the Church as a human body. This, you remember, formed the Second Reading at Mass last Sunday, and afterwards I rather wished that I'd said something about it in the homily. I wondered whether some people – dare I say it – were wondering just what St.Paul was going on about, his treatment of the subject being rather long and convoluted. But of course it is a great and inspiring picture of the Church, the Pilgrim People of God, which St.Paul paints.

Essentially, he is saying that just as the human body is made up of many different parts, which all function together, and are inter-dependent, so the Church of God is made up of innumerable people – of everyone who has been joined to Our Lord Jesus Christ through baptism. We too - all who are 'in Christ', as St.Paul says elsewhere – are part of this 'body' which is The Church. Each one of us derives life, eternal life, from the risen Christ. And each one of us relates within this 'body' not just to Christ the 'head', but to each other. Each of us – like the many many parts of the human body – has a part to play, and the Body of Christ is not complete without us. We are indeed 'inter-dependant' : no one person is unimportant, irrelevant, or unnecessary.

St.Paul's image of the Church as a human body is as striking and instructive as Our Lord's image of the Church as a Vine, where every branch and leaf derives life from Christ the stem. These images help us appreciate saving truths.