

## GOSPEL REFLECTION FOR THE FIRST SUNDAY OF LENT



**Making the Right Choices** - The trouble with the devil is that we don't always recognise him. If temptation gave us obviously poor choices we would easily resist, but the biggest problem with temptation is that it finds us at our most vulnerable and presents us with seemingly attractive choices. It sounds obvious that we should make good choices over sinful ones, yet we are extraordinarily good at justifying poor decisions. "Having a fling with the person in the next offices is okay," a cheating partner might remark, "as long as no one gets hurt." "Working on the side and claiming benefits is okay," reasons the benefit fraud, "I'm not exactly raking it in, and in any case, everyone else seems to be doing it." We are good at making the wrong decision in the face of temptation and finding ways to justify our choices. At the root of most temptation is an option for us to take the easy way out. To make the right choices often involves discomfort, hard work, sacrifice and will power. Often making the right decision seems beyond us.

Lent is a time for us to grapple with the temptations in our own lives. Lent is a time for us to get to know ourselves better. A helpful exercise is to use our imaginations to picture the sort of people we would like to become. Few of us would picture ourselves as weak or incapable of making good decisions. Picturing ourselves making good decisions is a healthy start... all we need now is the will power to put our lives on the right track. That's where Jesus steps in. In today's gospel, Jesus models how to behave in the face of temptation. Jesus shows us that compromise can play no part in our purpose. During Lent we pray to Jesus for help in overcoming temptation and becoming the people we want to be.

**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**

### *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 worthy 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

Useful links: Diocesan Website: <http://www.rcdea.org.uk>  
Notre Dame High School, Norwich: Website <http://www.ndhs.org.uk>

## PARISH OF THE SACRED HEART AND ST MARGARET MARY

[Reg. Charity 278742]

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## 5<sup>TH</sup> MARCH 2017 - 1<sup>ST</sup> SUNDAY OF LENT

### Sunday Masses - Page 151 of Parish Mass Book

Saturday	6.00 pm	Donor's Int.
Sunday	9.00 am	Int. People of the Parish
	11.00 am	Int. Noel Searl

### Music for Sunday Masses - Setting: Belmont Mass

Entry 6pm - Angelus (said); Hymn 315 - Lead us, heav'nly Father, lead us ...

Offertory Hymn 206 - Forty days and forty nights ...

Communion Instrumental Interlude/Sacred silence ...

Recessional 11am - Angelus (said); Hymn 202 - Lord Jesus, as we turn from sin ...

### CONFESSION/RECONCILIATION: Saturday at 5.30pm, or on request / by appointment

Weekday Mass Times	(1 <sup>st</sup> week of Lent)	[Psalter Week 1]
Mon. 10.00 am	Lent Feria - Int. Roger Sach	
Tues. <b>No Mass today</b>	Lent Feria	
	7.30 pm	Queen of Peace Prayer Group - in Emmaus Room
Weds. 10.00 am	St Felix - Int. Union of Catholic Mothers	
Thurs. 10.00 am	Lent Feria - Int. T. & M. O'Donoghue (*Fdn.)	
Fri. 10.00 am	Lent Feria - Int. C. Coyne (*Fdn.)	
Sat. 10.30 am	Lent Feria - Donor's Int.	
	6.00 pm	2 <sup>nd</sup> Sunday of Lent - Int. Deacon Tony Green

\*Fdn. = Foundation Mass

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

**Anniversaries this week:** Thomas Donaghue, John Gaylard, Ernest B. Shaw, Esther Rawe, Robert Patrick, Kenneth Gaylard, Elizabeth Mary O'Donnell, Roy Smith, Michael John Irvine Barty, Henry Durham, Ronald Jack Heasman, Catherine Honora Hare, Charles Christie and Pauline Fenton. *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 (QEII), King's Lynn, 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 Fr Peter Rollings (01553 772220) for visits to QEII. If you would like to receive the Sacrament of Anointing of the sick before going to hospital, please contact Fr. Brendan on 01362 694066.

**Sick List - Please pray for:** Joan Blakiston, David Peek, Robert Nicol, Shirley Liebenhals, Sarah Chaudri, Anne & Derek Williams, Michelle Smith, Rita Smith, Eileen Brockleby, Pat Howe, Kathleen (Jenny) Rudd, Ellen Flood, Margaret Leggett, Peter Brown, James Maxwell, Pamela & Catherine Evans and Robert Anderson.

**Money Matters** – The collection for the parish last weekend was £432.50 and the retiring collection for St Patrick's Missionary Society amounted to £651.59. Thank you very much for your continued generosity.

**130 Club** - Would members please collect their renewal envelopes from the back of church. Patrick Monaghan will be on hand at all Masses over the next three weekends. There are still some unallocated numbers for anyone interested in joining or wanting an extra number - please see Patrick who can explain about this worthwhile parish fundraiser.

Diary Dates for this week –	
Mon. 6 <sup>th</sup> Mar	Mother Teresa's Knitting Group – 1.30pm in Emmaus Room
Mon. 6 <sup>th</sup> Mar	AA Group – 7.30pm-9.00pm in Emmaus Room
Tues. 7 <sup>th</sup> Mar	<b>Dereham Churches Together Fellowship Evening – 7.30pm at Wellspring Family Church. All welcome.</b>
Weds. 8 <sup>th</sup> Mar	UCM meets – 11.00am in Emmaus Room. <i>The meeting will be attended by our Diocesan President, when new members will be enrolled. The meeting will be followed by a buffet lunch.</i>
Weds. 8 <sup>th</sup> Mar	SVP Conference meets – 7.30pm in Emmaus Room
Fri. 10 <sup>th</sup> Mar	Confirmation Candidates meet – 7.15pm in Emmaus Room
Sat. 11 <sup>th</sup> Mar	Saturday Club meets - 11.00am in Emmaus Room

**Lenten Penitential Rite:** During Lent, up to Palm Sunday, the Diocese has provided us with suitable words relating to the Gospel of the Sunday for the Penitential Rite at Mass. This means that we will not be using the Confiteor, I Confess ..., during Lent. We will sing the Lord, have mercy, etc. to the Belmont setting.

**CAFOD Lent Fast Day** – This year, Lent Fast Day is **Friday, 10th March**, and focuses on the work CAFOD's partners are doing in Zambia. Take home a donation envelope from the back of church and return it next Sunday. If you are a UK tax payer, don't forget to fill out the Gift Aid section.

**Union of Catholic Mothers** - Our cake stall last weekend raised £107.17, which will go towards the UCM charities. Many thanks to all concerned.

**News from our Rome Correspondent:** "Things continue to move apace here in Rome, with the second semester of the second year underway as of today. Following the frenetic examinations week, we had a few days' break followed by an intense silent retreat in-house at the college, and now we return to our normal routine and lectures and essays begin again. The weather here in Rome is mild – although there is a nip in the air, the sun is bright, and it's more like a crisp Spring day than the middle of Winter. Lent is just around the corner, of course, and for those people with the energy and determination, there will be a programme of stations masses at many of the better-known churches in the city taking place early in the mornings (a 5.30 am start is necessary to get to the mass on time and then be back at the college for breakfast and lectures, so it's a brave man who does this on a regular basis!). In March the students in my year hope to receive the ministry of acolyte: instituted acolytes have privileges and responsibilities in the serving of mass and as Eucharistic ministers within the Church community, and this is an important milestone within our overall formation. Approaching this stage in our discernment reminds me how quickly the time here in Rome is passing, and how what once seemed very remote and far-off in the future is becoming very near: before this calendar year is out, we will have to decide whether to make a formal application for candidacy for holy orders, and will have this application confirmed or deferred by the Church, after which ordination to the diaconate and to the priesthood can follow. Discernment does not end when we are accepted for seminary, but continues through the years, and time is very relative here, slow day-by-day, fast month-by-month, and so I'm already approaching the halfway mark of my expected stay in Rome. Where do the years go? Please accept my prayers and good wishes, and may Lent and Easter be a time of great blessings for you and everyone you love. *Regards, Mike Brookes*".

**Diocesan Charismatic Renewal Day - Learning about "Praise":** an enriching Day of Prayer, Teaching and Renewal on **Saturday, 25<sup>th</sup> March: 10.00am – 4.30pm at Bowthorpe Church Centre, Norwich NR5 9AA**. Led by Eddie Drozdziak, a long-time leader in the Renewal. Drinks provided, lunch needed. For more details of the day, contact Philip on 07910157584.

#### ***Bite Size***

*"Discipline weighs ounces, regret weighs tons." ~ Author Unknown*