

This might involve sitting down and identifying obstacles. Remember that obstacles aren't always put in our way by other people. More often or not obstacles exist in our own minds and in our own character traits. As we travel towards our goal, we have to determine in whom and in what to trust. When things get tough, it is easy to listen to a well-meaning friend encouraging us to take an easy way out, or adopt a more comfortable goal. "King Herods" don't always come in the obvious guise of a pantomime baddie. Lastly, we have to be able to recognise Jesus in our lives, and once we have found him, allow him to navigate.

For all those who are heading into the new year feeling lost, or tired, or lonely, or disillusioned, remember that good things await those who listen to God, and that God is ready to guide those who recognise his star quality.

Bitesize – 'If we value the pursuit of knowledge, we must be free to follow wherever that search may lead us. The free mind is not a barking dog, to be tethered on a ten-foot chain.'
~ Adlai E. Stevenson Jr.

The Angelus

̄. The Angel of the Lord declared unto Mary. *R. And she conceived of the Holy Spirit.
Hail Mary ...*

̄. Behold the handmaid of the Lord. *R. Be it done unto me according to thy word.
Hail Mary ...*

̄. And the Word was made flesh. *R. And dwelt among us. Hail Mary ...*

̄. 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.



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

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6TH JANUARY 2019 – THE EPIPHANY OF THE LORD – Year C

[2nd Week of Christmas, Weekday Year I, Psalter Week 2]

Mass Times for the Week			Intentions
Sat. 5 th Jan.	6.00 pm	The Epiphany of the Lord [Parish Mass Book p115]	Priest's Int. Tino Rosi The People of the Parish
Sun. 6 th Jan.	9.00 am 11.00 am		
Mon. 7 th Jan.	10.00 am		
Tues. 8 th Jan.	-	Christmas Feria	No Mass today – PP's day off
Weds. 9 th Jan.	10.00 am	Christmas Feria	Jim Tinney
Thurs. 10 th Jan.	10.00 am	Christmas Feria	Priest's Int.
Fri. 11 th Jan.	10.00 am	Christmas Feria	Priest's Int.
Sat. 12 th Jan.	10.30 am	Christmas Feria	Priest's Int.
Sat. 12 th Jan.	6.00 pm	Baptism of the Lord	Priest's Int. The People of the Parish
Sun. 13 th Jan.	9.00 am 11.00 am		

Music for The Epiphany – Setting: The New People's Mass

Entry: 6pm – Angelus (said); Hymn 166 – As with gladness men of old ...

Psalm: (said) *R. All nations shall fall prostrate before you, O Lord.*

Offertory: Hymn 167 – Bethlehem! Of noblest cities ...

Recessional: 11am – Angelus (said); Hymn 170 – We three Kings of Orient are ...

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: Frank Pike, Philip Ward, Lillian Carter, Len Smith, Kathleen Strayton, Jane Elizabeth Winifred Oaksford, James Tinney, Margaret Jones, Pamela Whigham, Elizabeth Brocklehurst, Nell Hunt, V. Rev. Canon Herbert Gray (1st Priest at Dereham) and Harry Monk. *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: David Peek, Janet Yardley, Jenny Rudd, Peter Gormans, Sarah Chaudri, Rita Smith, Carol Whitesides, Catherine (Kay) Garrard and Robert Nicol.

Money Matters: Thank you for your offering of £406.01 last weekend for the day-to-day running of our parish. **This weekend**, there is an optional retiring collection for 'Building Bridges' after all Masses (for the two twinned Dioceses of Battambang in Cambodia and the Latin Patriarchate of Jerusalem).

Diary Dates for this week -		
Mon. 7 th Jan.	<i>There is no meeting of Mother Teresa's knitting group this month. Meetings resume at 2pm on Monday, 4th February.</i>	
Tues. 8 th Jan.	7.30pm	Queen of Peace Prayer Group - Emmaus Room
Weds. 9 th Jan.	11.00am	UCM meets – Emmaus Room.
Weds. 9 th Jan.	7.30pm	SVP Conference meeting – Emmaus Room
Fri. 11 th Jan.	7.15-8.15pm	Altar Servers meet – Emmaus Room
Sat. 12 th Jan.	11.00am	Saturday Club - Emmaus Room

Annual Retreat – Please note that I will be on retreat from Monday, 14th January to Friday, 18th January.

Many Thanks to Mr. Anthony Whitehouse for his many years of faithful service as our parish treasurer. Tony has kept the parish accounts impeccably over many years and ensured that our accounts were accurate and our financial returns to the Diocese were on time every year. He has worked closely with the people counting the collection, making tea and coffee according to individual tastes and needs and has been a very helpful advisor to Fr. John Barnes and to me. I certainly appreciate his commitment to the work of the Finance Committee and his help to me. However, Tony is taking on the Chairmanship of the Fabric Committee and will, I am sure, bring his knowledge and experience to that committee and remain as a member of the Finance Committee. **Welcome** to Mr. Stephen Smith as our new treasurer. I am very grateful to Stephen for taking on this role of service to the parish in addition to being a faithful altar server. Stephen will do things a bit

differently and will work in the Presbytery on Sundays after Mass. This means that the Collection Counters will need to collect a key to the Presbytery from the sacristy each Monday morning. Blessed John Henry Newman said: 'To live is to change and to be perfect is to have changed often.'

Diocesan Year Books: These are now available for sale at the back of the church. Please note the picture on the cover of the altar servers' event last May at the Cathedral. Our altar servers are there. I was in the picture too, but was edited out for the Year Book. Price is £2.00.

GOSPEL REFLECTION FOR THE EPIPHANY OF THE LORD



That Epiphany Moment - It's funny how we are all a bit nicer on Christmas Day. Is it a pretence in order to get on with Great Aunt Ethel, or does Christmas really make us better people? For one day in the year we are a little more giving, a little kinder a little more tolerant. For one day in the year we are a bit closer to what God means us to be. Then we pile Christmas into the recycling bins, go back to work and revert to type. If there was

a star for us to follow, we've quickly confined it to the box room with the tinsel and fake tree. Perhaps the three wise men arrive after Christmas to make us think again. Today the three wise men teach us a lesson in keeping our Christmas star alive.

The wise men in the Epiphany gospel were visionaries with a star that they were determined to follow whatever the obstacles. The wise men began their quest with a hunger for the truth and a determination to find answers. When they finally found Jesus lying in a lowly stable, they came away happier and wiser men as a result. Following their star had given the three men a focus in their life and new meaning. We don't know what happened to them next, but it is likely they spent their lives sharing the good news with everyone they met, Jews and Gentiles alike. Following their star helped the Magi to be the people God had meant them to be. Sadly, the same cannot be said for our own lives. We live our lives trying to be all things to all people. We live our lives dizzy with trying to live up to other people's expectations. We very rarely get time to be ourselves. We very rarely get that Epiphany moment of our own or get to know what God really wants of us.

So how do we follow our star? Firstly, we have to have a vision. The new year stretches ahead like a clean sheet of paper. What does God want of us? Some people agonise over this question, but for many of us it's simply a case of looking at our talents and using them to make the world a better place. For others it might be about looking around and choosing one other person to build up. If we have impossibly busy jobs our vision might be a small one; if we have lots of free time, we might be able to set a life changing goal. Having a vision is all well and good, but next we have to make plans and put those plans into action.

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