

GOSPEL REFLECTION FOR THE FIRST SUNDAY OF LENT



Tempted to Distraction? - If we are not criminals, and we don't particularly consider ourselves to be sinners, do we really need to worry about the devil, or the dangers of temptation? If the temptations in our lives are simply to sit at the computer too long, or indulge in the odd tittle, how much does that really matter?

On the first Sunday of Lent, we are always treated to the same lesson. We are asked to consider what we are about, how the devil might put spanners in the works, and what we can do about it. Today the devil finds Jesus in the wilderness. He finds him when he is hungry and weak and tempts him with attractive options, food, fame and protection. Jesus does not dither, not even for a minute. Jesus is able to put the temptation behind him because he knows what he is about. Jesus understands his mission and it isn't about materialistic benefit or power. Jesus is able to put aside the temptation because he is confident that the same Holy Spirit that has taken him into the wilderness will lead him back out.

The wilderness comes in all shapes and sizes. For us it could be moments when we're feeling lost, broken, unloved, tired or overburdened. In these moments of weakness this is when we are most at danger. These are moments when the devil can come to us offering comfortable and attractive options. Comfortable and attractive options can tempt us to make poor decisions; decisions that provide distractions. The devil can be subtle. Temptations rarely lead the majority of us into crime or even into sin. Being tempted to finish off a bottle of wine or spend longer than we ought on Facebook doesn't seem so bad, but are the tens of little distractions we succumb to each and every day taking us away from who we really are, and from what is genuinely important?

Every day the Holy Spirit is guiding us towards our specific missions in life. Do we say 'yes' to the work God has lined up for us, or do we fall for all those comfortable little distractions?



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.

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

Parish Priest: **Fr. Brendan Moffatt** – Telephone: 01362 694066

Email: Brendan.Moffatt@rcdea.org.uk

Address: **The Presbytery, 35 London Road, Dereham NR19 1AS**

Parish Website: <http://www.sacredheartdereham.org.uk>

Permanent Deacon: Rev. Martin Sanderson: Tel: 01362 822590

Email: martin.sanderson@rcdea.org.uk

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

Parish Safeguarding Representative: Kathleen Edmunds:

Email: kathleenedmunds@yahoo.com

6TH MARCH 2022 – 1ST SUNDAY OF LENT – Year C

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

| Mass Times for the Week | | | Intentions |
|-------------------------|--------------------------------|--|--|
| Sat. 5 Mar. | 6.00 pm | 1 st Sunday of Lent | The People of the Parish William & Bridget Murphy Joan Evans |
| Sun. 6 Mar. | 9.00 am 11.00 am | | |
| Mon. 7 Mar. | - | Lent Feria | No Mass today |
| Tues. 8 Mar. | - | St Felix, <i>Secondary Patron of the Diocese</i> | No Mass today |
| Weds. 9 Mar. | - | Lent Feria | No Mass today |
| Thurs. 10 Mar. | 10.00 | Lent Feria | Liam & Katy Mealy |
| Fri. 11 Mar. | - | Lent Feria - Lent Fast Day | No Mass today |
| Sat. 12 Mar. | - | Lent Feria | No morning Mass |
| Sun. 13 Mar. | 6.00 pm 9.00 am 11.00 am | 2 nd Sunday of Lent | Stephen & Bernadette Mealy Paschall Byrne The People of the Parish |

**Exposition of the Blessed Sacrament - from 9.25 a.m. – 9.55 a.m.
before each weekday Mass.**

The Church is open daily until 4:00pm



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

ALL MASSES ARE LIVE STREAMED ON YouTube –

Search for **Dereham Catholic Church** on YouTube, or use the following link:

<https://www.youtube.com/channel/UCR-qWs-B40VTvbezZ83MxQ/videos?view=2&flow=grid>

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

Anniversaries this week: John Gaylard, Ernest B. Shaw, Archbishop Peter Smith (*2nd Bishop of East Anglia*), Esther Rawe, Robert Patrick, Kenneth Gaylard, Robert Nimmo Nicol, Elizabeth Mary O'Donnel, Roy Smith, Michael John Irvine Barty, Henry Durham, Ronald Jak Heasman, Catherine Honora Hare, Charles Christie, Pauline Fenton, John Le Milliere, Deidre Brewer, Winifred Wake. *May their souls and the souls of all the faithful departed rest in peace.*

Hospital Visits: If you or any member of your family is admitted to the Norfolk and Norwich Hospital and would like to have a visit from a Catholic Priest, please inform a nurse on the ward and contact will be made through the Chaplaincy. If you are admitted to the Queen Elizabeth Hospital in King's Lynn, please contact Fr. Peter Rollings at the Presbytery on 01553 772220. If you would like to receive the Sacrament of the Sick before going into hospital, please contact Deacon Martin either by phone or by email, who will endeavour to get a priest to come to you.

Sick & Housebound [with GDPR Permissions] – **Please pray for:** Shirley Liebenhals, Frances Saville King, Derek Williams, Greta Cummings, Patsy Gray, Allan Michael Howard, Collette Barrow-Nessian, Betty Reavey, Marion Ring-Davies, Una Morris, Fr. Brendan.

Money Matters: For those who would like to make their regular offerings by Standing Order, the information you need is: Account name: **Catholic Church of Dereham**. The Sort Code is: **40-20-08** and the Account number is: **11311115**. If you are a tax payer, please also consider **Gift Aid**. This is a great way for the parish to get additional funds from the tax reclaim benefits scheme; with this scheme you do not need to commit to a fixed amount as it will just be based on your total annual contribution. Let Rex Baker know if you would like to sign up to Gift Aid.

| Diary Dates for this week | | |
|---------------------------|----------------|--|
| Sat. 12 March | 10.30-11.30 am | First Holy Communion Class - Emmaus Room |

Masses this week – We offer a warm welcome to Fr. Denis Gallagher who will be celebrating Mass for us this weekend and also to Fr. Mark Hackeson, who has kindly offered to say Mass for us on each Thursday during March. A celebrant for next weekend's Masses is yet to be confirmed.

Fr. Brendan Update – From Fr Michael Smith, RC Chaplain at NNUH: 'I gave him Holy Communion and had a short conversation with him at his bedside. I see him every week at least once on my regular visits on a Monday afternoon. His speech is improving and I notice that his speech is better every time I see him, although I cannot understand everything he is saying yet. He is in good spirits. His right side is the side affected and so he does not use his right arm. Fortunately, he is left-handed. At some point he may be moved to another hospital, but I'm not aware of any decision having been made on this yet. I would be happy to continue to visit Fr Brendan in that hospital if he is moved there.'

Guidance for Lent & Easter 2022 – The Catholic Bishops' Conference of England & Wales has issued new Guidance for Lent & Easter this year. We are still asked to keep vigilance

to ensure that the transmission of the virus is limited as far as possible. Specifically, the notes for the Easter Liturgies states:

- On **Holy Thursday**, the Washing of the Feet as part of the rite of the *Mandatum* is restored. The celebrant should wear a face covering whilst performing this rite.
- On **Good Friday**, the Veneration of the Cross is also restored. Those who approach the Cross, after making the customary reverence before it, can either touch the Cross in a devotional way or kiss the Cross provided that an alcoholic wipe is used to clean the place that is venerated after each kiss by the faithful.
- The **Easter Vigil** is restored in its full Rite. The faithful gathering for the ceremonies can have candles and the baptismal liturgy can take place along with any associated confirmations. For the anointings as part of this, the thumb or a cotton bud can be used, with the celebrant taking care to cleanse his hands appropriately. The sprinkling of the faithful during the *vidi aquam* is permitted.

A full copy of the Guidance has been posted on the notice board and on the parish website.

Lenten Alms - Parishes have been asked to collect alms for Aid to the Church in Need (with particular reference to the Church in Syria). In the light of what is happening in the Ukraine, Aid to the Church in Need is appealing for donations to assist the people of Ukraine and the massive number of refugees and our support for this is sought. The funds will go directly to Ukraine and not into the general fund as is normally the case. If people wish to give direct to Aid to the Church in Need they may do so using the following link: <https://acnuk.org/our-campaigns/emergency-appeal-for-ukraine/> We are encouraged to look out for and support in any way the centres across the Diocese where collections are being made of clothing and food for Ukraine and the refugees that are flooding into Eastern Europe. **Lenten Alms Box** - There will be a box at the back of the church throughout Lent to receive your Lenten Alms.

Lent Fast Day: Friday, 11th March 2022 is Lent Fast Day and next weekend there will be a retiring collection after all Masses for **CAFOD**. Envelopes for this are available on the table at the back of church. Please also take a leaflet for the CAFOD Lent Appeal 2022 or sign up to CAFOD's Walk Against Hunger challenge (www.walk.cafod.org.uk). To donate online to CAFOD go to www.cafod.org.uk/lent

Big Picnic for the Queen's Jubilee – Dereham Churches Together has been approached by *aboutDereham* to form a team of volunteers to act as a working party to organise the Big Picnic on the Neatherd on Sunday, 5th June, for the Queen's Jubilee. One or two volunteers from each church are being sought. If anyone would like to help, please let Deacon Martin know, together with your contact details for forwarding to Dereham Churches Together. As Churches Together, this offers us a wonderful opportunity to show the people of Dereham how well we all work together and really bless the town.

Bitesize – 'You have to decide what your highest priorities are and have the courage — pleasantly, smilingly, non-apologetically — to say "no" to other things. And the way to do that is by having a bigger "yes" burning inside. The enemy of the "best" is often the "good".' ~*Stephen Covey*