

## GOSPEL REFLECTION FOR THE TWENTY-THIRD SUNDAY IN ORDINARY TIME



**Calculating the Cost** - We hear a lot about calculating the cost of discipleship, but how many people actually sit down and do exactly that .... calculate the cost.

We certainly do our calculations if we're paying a visit to the bank manager for a loan. We certainly start calculating if we're down to small change and there are two long weeks left to pay day. Today Jesus tells us that calculating the cost of discipleship should be no different. "For which of you intending to build a tower, does not first sit down and estimate the cost, to see whether he has enough to complete it?"

Discipleship means different things to do different people at different stages in their lives. Discipleship might mean deciding how best to use our gifts to help people at home and in the work place. Discipleship might mean coming up with a plan to transform a local community or some kind of global project. Whatever our vision we will need to sit down and plan it. Inevitably this will involve personal cost and if we don't calculate that cost, we are setting ourselves up to fail before we have begun. Will we be able to accomplish our plans alone or will we need help? How will we make time to achieve our goals and will this involve an element of sacrifice? Do we have enough money to realise our ideas or will we need to fundraise? Do we have the necessary skills or will we have to step out of our comfort zones in order to learn something new?

In today's gospel Jesus says "Whoever does not carry the cross and follow me cannot be my disciple." Discipleship is demanding. Jesus is looking for a full-time commitment. Discipleship is not something that can be slotted easily and comfortable into our existing life styles. Discipleship involves cost, and today's invitation is to sit down and calculate whether that cost is within our means.

**Bitesize** - "My body and spirit are the only things that truly belong to me." ~ *Carrie Latet*



**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](http://www.universalis.com)

**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](mailto: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](mailto:martin.sanderson@rcdea.org.uk)

Parish Music Leader: Michael King: Email: [michaeljwking@gmail.com](mailto:michaeljwking@gmail.com)

Parish Safeguarding Representative: Kathleen Edmunds:

Email: [kathleenedmunds@yahoo.com](mailto:kathleenedmunds@yahoo.com)

**8<sup>TH</sup> SEPTEMBER 2019 – 23<sup>RD</sup> SUNDAY IN ORDINARY TIME – Year C**

[23<sup>rd</sup> Week of the Year, Weekday Year I, Psalter Week 3]

Mass Times for the Week			Intentions
Sat. 7 <sup>th</sup> Sept.	6.00 pm	23 <sup>rd</sup> Sunday in Ord. Time [Parish Mass Book p133]	Ron & Phyllis Thurstance The People of the Parish Gonzalo Mausisa
Sun. 8 <sup>th</sup> Sept.	9.00 am 11.00 am		
Mon. 9 <sup>th</sup> Sept.	10.00 am	Feria	Paul Morris (Perkins)
Tues. 10 <sup>th</sup> Sept.	-	Feria	<b>No Mass today – PP's day off</b>
Weds. 11 <sup>th</sup> Sept.	10.00 am	Feria	(tba)
Thurs. 12 <sup>th</sup> Sept.	10.00 am	Feria	(tba)
Fri. 13 <sup>th</sup> Sept.	10.00 am	St. John Chrysostom	(tba)
Sat. 14 <sup>th</sup> Sept.	6.00 pm	24 <sup>th</sup> Sunday in Ord. Time (Home Mission Day)	William Murphy The People of the Parish Joao Lobo & Thanksgiving
Sun. 15 <sup>th</sup> Sept.	9.00 am 11.00 am		

**Music for 23<sup>rd</sup> Sunday in Ord. Time – Setting: Belmont Mass (with Memorial Acclam. 3)**

**Entry:** 6pm – Angelus (said); Hymn 468 – Holy, holy, holy! Lord God almighty! ...

**Psalm:** (11am sung) *R.:* O Lord, you have been our refuge from one generation to the next

**Offertory:** Hymn 877 – Will you come and follow me ...

**Recessional:** 11am – Angelus (said); Hymn 955 – O God, our help in ages past ...

**Anniversaries this week:** Maurice Finimore, Michael Carey, Annie Cecilia O’Ryan, Sidney Platt and Ferdinand Rupp. *May their souls and the souls of all the faithful departed rest in peace.*

**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.

**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, Rita Smith, Carol Whitesides, Robert Nicol, Eileen Brocklesby, Shirley Liebenhals, Catherine Carter and Alf Charlton.

**Money Matters:** Thank you for your offering of £437.68 last weekend for the day-to-day running of our parish. **Next Sunday** is Home Mission Day and there will be a retiring collection after all Masses next weekend.

Diary Dates for this week -		
Tues. 10 <sup>th</sup> Sept.	7.30pm	Queen of Peace Prayer Group - Emmaus Room
	11.00am	UCM monthly meeting – Emmaus Room
Weds. 11 <sup>th</sup> Sept.	6.30pm	Music selection & practice – Presbytery & Church. All volunteers welcome to make a joyful noise to the Lord!
	7.30pm	SVP Conference meeting – Emmaus Room
<b>Saturday Club</b> - Classes will resume on 28 <sup>th</sup> September. <b>NB.</b> There is no Saturday morning Mass during this time.		

**First Holy Communion Summer 2020** – Application forms are now available from Fr Brendan or Robbie Meehan for the First Holy Communion classes starting on 28<sup>th</sup> September 2019 on Saturday mornings 11.00-11.30am, following 10.30am Mass. Children must be in school year 3 or above.

**Confirmation Group 2019** – We will be starting preparation for Confirmation this October this year. Anyone interested and eligible for Confirmation, please see either Michael King or Fr. Brendan for an application form.

**UCM Cake & Produce Stall** - An appeal to all UCM members and other generous souls, for cakes, jams, and other produce to be sold on our stall next weekend, 14<sup>th</sup> & 15<sup>th</sup> September after all Masses. The proceeds of this sale will go to Charity. Mary Shutt will be in the church from 5.15pm on Saturday 14<sup>th</sup> to receive any donations, or you can just bring them before the Mass you attend. Many thanks, in advance, for your kind generosity.

**The Norfolk Churches Trust Annual Bike, Walk, Drive – Saturday, 14<sup>th</sup> September 2019, 9.00am – 5.00pm** – find out more at [www.norfolkchurchestrust.org.uk/bike-ride](http://www.norfolkchurchestrust.org.uk/bike-ride) or see the poster at the back of church. **Volunteers are needed to greet participants visiting Sacred Heart and to stamp their forms. There is a rota on the notice board; please sign up if you can help.**



**'Lord, when did we see you sick?'** – Fr. Michael Stack has written a book about his time as a Hospital Chaplain. It is entitled '*Lord, when did we see you sick?*'. It is a series of prayerful meditations based on visits to patients he has made over the years. It is on sale in our parish shop at the back of church. It is priced at £5 and all profits go to the Catholic Nurse Guild.

**Retreat at Ampleforth Abbey** – Fr. Michael Johnstone will again be taking a group on a Retreat to Ampleforth, to be conducted by a Monk, from **Monday, 16<sup>th</sup> to Friday 20<sup>th</sup> September**. Cost £260-£275. Transport to be co-ordinated between those going. For further information contact Fr. Michael on 01603 664118 (late afternoons/evenings best).

**Papal Prayer Intention for September 2019: For Our Oceans** - There's plenty we can do to save our oceans. We can choose sustainable fish in our weekly shopping. We can cut down on our plastics much of which ends up in our oceans, and we can clean up after ourselves when we use the beach. However, the main initiatives have to be made by our world leaders, and this political will has to be supported by our scientists. This month, Pope Francis invites us to join in his prayer intention for September, "...*That politicians, scientists and economists work together to protect the world's seas and oceans.*"



**Prayer for Students and Teachers: Education Day, 8<sup>th</sup> September** – *God is the source of all wisdom and knowledge. Let us ask him to bless those who seek to learn and their teachers. For students, that the Spirit of God may grant them the gifts of wisdom and understanding. For teachers, that they may share their knowledge with gentleness, patience and concern for their students. (Book of Blessings)*

**Mary's Meals** - Mary's Meals is a charity that provides life-changing meals to some of the world's poorest children every day they attend school. These life-changing meals attract hungry children into the classroom. The food fills their empty bellies so they have the energy and opportunity to learn, giving them the chance of a brighter future. The meals also support families struggling to feed their children while boosting the country's wider economy. £13.90 is all it costs to feed a child for a whole school year. For more information, go to [www.marysmeals.org.uk](http://www.marysmeals.org.uk)

The Angelus	
∇. The Angel of the Lord declared unto Mary.	℟. <i>And she conceived of the Holy Spirit. Hail Mary ...</i>
∇. Behold the handmaid of the Lord.	℟. <i>Be it done unto me according to thy word. Hail Mary ...</i>
∇. And the Word was made flesh.	℟. <i>And dwelt among us. Hail Mary ...</i>
∇. Pray for us, O holy Mother of God.	℟. <i>That we may be made worth of the promises of Christ.</i>
<b>Let us pray:</b> 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.	