

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

Parish Priest : Fr. John Barnes MA  
The Presbytery, 35, London Road, East Dereham NR19 1AS Reg.Charity 278742  
Tel.01362 694066 e-mail frjohn@sacredheartdereham.org.uk  
Permanent Deacon: The Revd. Martin Sanderson Tel: 01362 822590  
Parish website: <http://www.sacredheartdereham.org.uk>

**FEBRUARY 10<sup>th</sup> 2013 : FIFTH SUNDAY IN ORDINARY TIME**

**Sunday Masses**

Saturday 6.0pm Int. For the People  
Sunday 9.0am Int.  
11.0am Int. +Harry Wilkes

**Weekday Masses**

Monday OUR LADY OF LOURDES  
10.0am Int. +Kathleen Cardlan  
Tuesday FERIA  
10.0am Int.  
Wednesday **ASH WEDNESDAY**  
10.0am Int. Our keeping of Lent  
3.0pm Int. For the Sick & Housebound  
7.30pm Int.  
Thursday FEAST OF ST.CYRIL AND  
ST.METHODIUS  
No Mass today.  
Friday LENT FERIA  
10.0am Int.  
Saturday LENT FERIA  
10.30am Int.  
6.0pm Int. For the People

**Sacrament of Reconciliation**

Saturday Noon and 5.30pm, or by appointment.

**Exposition and Adoration of the Blessed  
Sacrament**

Tuesday 10.30am; Benediction at 11.0am.

The Rosary Friday 10.30am

**The Divine Office**

The Office is said a quarter of an hour before the  
Mass on Weekdays. This week we use Psalter  
Week 1

The Mass today

The readings can be found on p.136 of the Parish  
Mass Book, and on p.984 of The Sunday Missal.

<b>At the 6.0pm Mass</b>	<b>Eucharistic Prayer 1</b>
<i>Sanctus &amp; Benedictus</i>	Schubert
Hymns	( <i>Angelus</i> ) 762, 761
<b>At the 9.0am Mass</b>	<b>Eucharistic Prayer 2</b>
<i>Sanctus &amp; Benedictus</i>	Schubert
Hymns	801, 721, 772
<b>At the 11.0am Mass</b>	<b>Eucharistic Prayer 3</b>
<i>Gloria</i>	Sacred Heart
<i>Sanctus &amp; Benedictus</i>	Schubert
Hymns	601, 708 ( <i>Angelus</i> ) 716

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  
11.0am Mass. Next Sunday, it will take place  
before the 6.0pm Mass.*

**THIS WEEK**

**Monday** 11.0am A Meeting of the Parish  
Finance Committee, at the Presbytery  
7.0pm – 8.0pm Queen of Peace Prayer Group at  
the Presbytery, followed by a meal out, prior to  
Lent. All welcome.

**Tuesday** 7.30pm Meeting of the Parish  
Pastoral Council, at the Presbytery.

**Ash Wednesday** 10.0am Mass, with the  
Imposition of Ashes.

11.45am Fr.John conducts an Ash Wednesday  
Service at the St.Thomas More School, Norwich.  
3.0pm Quarterly Mass for the Sick, with the  
Imposition of Ashes.

7.30pm Mass, with the Imposition of Ashes.

**Friday** 12.30pm-2.0pm The First of the Lent Lunches, in aid of CAFOD, takes place at the Presbytery. All welcome.

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

## PARISH NOTICEBOARD

**Anniversaries** William Green (2003), Patrick Flynn (2009), Mollie Boyer (2008), and Alice Wyand (2007). May they Rest in Peace.

**Money Matters** Last Sunday, £457.50 was given at the Offertory.

### 130 Club – January Draw

1st Prize	£20	Fr. John
2nd Prize	£15	Rebecca Baker
3rd Prize	£19	Pat Grout
4th Prize	£10	Rita Knocker
5th Prize	£10	Maureen Wilde

**Mass for the Sick** ‘The quarterly Mass organised by SVP and UCM takes place on Wednesday this week. Anyone wishing to come but needing transport, please telephone 01362 851159’.

**The Proposed Parish Retreat** Two weeks ago in the Newsheet I asked anyone who was interested in a Parish Retreat of some kind to write their name down on a paper, and give it to me. I have so far received just one e.mail, and one verbal expression of interest.....

## GETTING READY FOR LENT

Yes, how quickly it has come upon us – but then it always does. Next Wednesday, Ash Wednesday, sees us setting out on this important time in the Church’s Year, when we undertake disciplines that will prepare us for our great annual celebration of the dying and rising of the Lord.

We will, of course, need to give some thought as to what we are going to do personally in order to take full advantage of this season. We will need to make a simple Lent Rule. This should be based on the three ancient disciplines given us by the Lord himself : we will hear them in the Gospel on Ash Wednesday. Prayer, Fasting (self-denial), and

Almsgiving. What are we going to do as regards each one of them? –We need to sort it out before Lent begins, so that we get off to a good start.

A couple of practical things by way of preparation. If you are able to make soup for one of the Lent Lunches, then please put your name down on the rota on the notice board. And if you plan to be part of the Group meeting on Tuesday evenings to look at the document from the Second Vatican Council which we have selected for study, *LUMEN GENTIUM*, the document on The Church, then please, if you wish, buy your copy ; they are in the Sacristy, priced at four pounds.

## A LENT SUGGESTION

I don’t know about you, but was very impressed last Sunday by the second reading at Mass – the passage from one of St.Paul’s letters sometimes called his ‘Hymn to Love’. It is a passage that we are all so familiar with, but which when we hear it read, is still able to make an impact on us.

*‘Love is always patient and kind; it is never jealous; love is never boastful or conceited; it is never rude or selfish; it does not take offence, and is not resentful. Love takes no pleasure in other people’s sins but delights in the truth; it is always ready to excuse, to trust, to hope, and to endure whatever comes.’ (I Corinthians 13:4-7)*

I’ve sometimes heard it said that this passage makes a good basis for an examination of conscience before Confession, but I think it also makes an excellent theme or endeavour for our keeping of Lent. If we could avoid those sins which are contrary to love, and by God’s grace, grow in love itself, then we would be more ready to contemplate the great love of Jesus which moved him to die for us on the Cross, and rise again with new life as his gift to us. The Passion and death of the Lord show us above all else the depths of his love for each one of us. The only way to respond to that love is with love. And St.Paul shows us in this passage what love is and what it is not. I’m hoping to keep this passage to hand, and try to be inspired by it each day of Lent. St.Paul is an excellent spiritual guide for us to have during Lent, and this passage is his gift to us.