

**GOSPEL REFLECTION FOR THE FIFTH SUNDAY IN ORDINARY TIME**



**Those Same Old Banana Skins!** - We work to live - or at least, that's the idea. But as we get up, go to work, go to bed, day by day, it begins to feel that instead of working to live we are living to work. Our lives can become a pattern of chores formed by the pressures of life rather than by our own design. After years and years of doing the same things, these patterns can become a comfort zone that imprisons, confines and limits us. Before we know it, there are a whole raft of opportunities outside our comfort zone that we decide we are not capable of, or simply aren't 'us'.

Today we are reminded that we don't need to go through life slipping on the same old banana skins or beating our head against the same old brick walls. We can live life differently. We just need to be a bit braver and try that bit harder. The writer J.K. Rowling reminds us all to have the courage of our convictions. She submitted Harry Potter nine times before finally getting it accepted by Bloomsbury. "Success is failure that tried one more time!" All we need to step out of our self-made prisons is vision, belief and courage.

Today we find Peter and his fellow disciples at a low ebb. They have been fishing all night, but have caught nothing. Jesus advises them to do things a little differently. He asks them to cast their nets a little further from shore. It is heartening to see Peter knowing a moment of doubt. Jesus might be an expert when it comes to matters of faith, but what does he know about fishing? What Peter doesn't realise is that he is on the brink of a life changing experience. Fortunately for him, he trusts in Jesus despite his fleeting doubt, and follows the advice. The result is more fish than his nets can hold. Faith, courage, and a willingness to do things a little differently has brought its own rewards. Peter James and John left their fishing nets behind them and completely changed their lives not because they were superhuman, but because Jesus had taught them to see themselves in a new light. Today's invitation is to see ourselves in a new light, get excited about the possibilities ahead, and ask God for the courage to leave behind those old banana skins!

**Bitesize** - 'All our dreams can come true if we have the courage to pursue them.'

~ Walt Disney



**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]**

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**10<sup>TH</sup> FEBRUARY 2019 – 5<sup>TH</sup> SUNDAY IN ORDINARY TIME – Year C**

[5<sup>th</sup> Week of the Year, Weekday Year I, Psalter Week 1]

Mass Times for the Week			Intentions
Sat. 9 <sup>th</sup> Feb.	6.00 pm	5 <sup>th</sup> Sunday in Ord. Time <i>[Parish Mass Book p135]</i>	Helen Coyne (fdn) People of the Parish Maria Alexandra Coita Pita
Sun. 10 <sup>th</sup> Feb.	9.00 am 11.00 am		
Mon. 11 <sup>th</sup> Feb.	10.00 am	Our Lady of Lourdes	Harry Wilkes
Tues. 12 <sup>th</sup> Feb.	-	Feria	<b>No Mass today – PP's day off</b>
Weds. 13 <sup>th</sup> Feb.	10.00 am	Feria	Kath Davis & Family (fdn)
Thurs. 14 <sup>th</sup> Feb.	10.00 am	SS Cyril & Methodius	Neil Bradley (fdn)
Fri. 15 <sup>th</sup> Feb.	10.00 am	Feria	Lilian Carter (fdn)
Sat. 16 <sup>th</sup> Feb.	-	Feria	<b>No morning Mass</b>
Sat. 16 <sup>th</sup> Feb.	6.00 pm	6 <sup>th</sup> Sunday in Ord. Time <i>(Racial Justice Day)</i>	Joan Bedwell People of the Parish Robert McCarthy
Sun. 17 <sup>th</sup> Feb.	9.00 am 11.00 am		

**Music for 5<sup>th</sup> Sunday in Ord. Time – Setting:** New People's Mass (& Memorial Acclam. B)

**Entry:** 6pm – Angelus (said); Hymn 795 – I heard the voice of Jesus say ...

**Psalm *℟*:** 6pm & 9am (said) – *Before the angels I will bless you, O Lord.*

**11am (sung) – In the presence of the angels, O Lord, may we praise your name, may we praise your name**

**Offertory:** Hymn 894 – The gift of the Holy Spirit ...

**Recessional:** 11am – Angelus (said); Hymn 892 – The Lord hears the cry of the poor ...

**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:** Maria Rupp, William Green, Henry Raw, Patrick Flynn, Stella Daisy Hercocock, Millie Boyer, Muriel Hope Drury, Joseph McHendrie, Nell Bradley, Antero Ribeiro, Mary Frances Martin, Alice Wyand and Michael Triggs. *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, Robert Nicol, Eileen Brocklesby, Neville Hibberd, Shirley Liebenhals and Brenda May.

**Money Matters:** Thank you for your offering of £449.10 last weekend for the day-to-day maintenance of our parish. **Next Sunday (17<sup>th</sup> February)** is Racial Justice Day and there will be a retiring collection for the Catholic Association for Racial Justice (optional) after all Masses next weekend.

**130 Club Draw for January 2019 –**

1<sup>st</sup> Prize £20 – Ticket No. 91; 2<sup>nd</sup> Prize £15 – Ticket No. 118; 3<sup>rd</sup> Prize £10 – Ticket No. 76; 4<sup>th</sup> Prize £10 – Ticket No. 120; 5<sup>th</sup> Prize £10 – Ticket No. 13.

Diary Dates for this week -		
Tues. 12 <sup>th</sup> Feb.	7.30pm	Queen of Peace Prayer Group – Emmaus Room
Weds. 13 <sup>th</sup> Feb	11.00am	UCM – Annual General Meeting – Emmaus Room
Thurs. 14 <sup>th</sup> Feb.	6.30pm	Music selection & practice. All volunteers welcome to sing or play – Presbytery & Church.
Sat. 16 <sup>th</sup> Feb.	Saturday Club is on half-term holiday. Meetings resume on 2 <sup>nd</sup> March.	

**World Day for the Sick, 11th February** - 11th February is the feast of Our Lady of Lourdes. On this day the Church asks us all to pray and give attention to the sick and those who care for them.

**Online Lourdes Petition / Prayer** - You might never get to go to Lourdes in person, but you can still post a petition online. When you post online your petition / prayer request will be placed at the Grotto in Lourdes, as quickly as possible. Millions of pilgrims visit Lourdes each year and many of them place their prayers at the Grotto. Visit [www.lourdesprayerrequest.com](http://www.lourdesprayerrequest.com)



**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 on the weekend of 16<sup>th</sup>/17<sup>th</sup> February after all Masses. The proceeds of this sale will go to charity. A member of the UCM will be in the church from 5pm on Saturday 16<sup>th</sup> February to receive any donations, or you can

just bring them before the Mass you attend. Many thanks, in advance, for your kind generosity.

**'Discipleship Days'** – A new series of retreats entitled 'Discipleship Days', aimed at those aged 16 – 35, are now being launched around the Diocese of East Anglia. These days are for those who wish to grow in their faith through a day of fellowship, formation and prayer. The first one will take place on 23<sup>rd</sup> February in Brandon, Suffolk from 10.00am to 5.00pm, beginning with Mass at Brandon Catholic Church, Brandon Road, IP27 OPT. These events are free of charge. If you are under 18, please go to [www.rcdea.org.uk/youth](http://www.rcdea.org.uk/youth) for a parental consent form.

**Parish Open Meeting:** It is time to think about this once more. I believe that we have a successful formula for the meeting with MIDDAY Prayer, Lunch and Meeting. I promise to publish the agenda before the meeting this time. It was a bad oversight not to do so last time.

**Brexit Prayers** - Churches Together in Britain and Ireland (CTBI) has issued a request that all its member churches and associated bodies join together in dedicated prayer for the political situation in the United Kingdom. Coptic Archbishop of London said: "This is a time at which many feel anger and anxiety over the future, and so we need to pray that those who have the heavy burden of political leadership in our country find a unity that brings our communities together in the task of serving the common good. We hope and pray that every person of faith will join us in prayer across our nation, and beyond."

**Fairtrade Cocoa 2019** - Fairtrade 2019 will put a spotlight on cocoa. Many cocoa farmers are underpaid and exploited which means they cannot earn enough for the basics needed to live a dignified life. The situation is often even worse for women. Over the two weeks of Fairtrade Fortnight which takes place at the end of February, thousands of campaigners, businesses and groups up and down the country will be hosting events, bake sales, parties and more, to launch the campaign to make living income a reality for cocoa farmers in West Africa. Keep an eye out for updates to this event to find out what's happening where you are and how you can get involved. In the meantime, when you are buying your bedtime cocoa, make sure it has the Fairtrade logo.

**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.