

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 tippie, 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. We don't see Jesus dithering, 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.

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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10TH MARCH 2019 – 1ST SUNDAY OF LENT – Year C

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

Mass Times for the Week			Intentions
Sat. 9 th Mar.	6.00 pm	1 st Sunday of Lent [Parish Mass Book p153]	Patricia Clarke The People of the Parish Maria Alexandra Coita Pita
Sun. 10 th Mar.	9.00 am 11.00 am		
Mon. 11 th Mar.	-	Lent Feria	No Mass today – Deanery meeting in Sheringham
Tues. 12 th Mar.	-	Lent Feria	No Mass today – PP's day off
Weds. 13 th Mar.	10.00 am	Lent Feria	Paul Ennis
Thurs. 14 th Mar.	10.00 am	Lent Feria	Fintan, Margaret & Thomas Dunne
Fri. 15 th Mar.	10.00 am 10.30 am	Lent Feria LENT FAST DAY Stations of the Cross	John Perkins
Sat. 16 th Mar.	10.30 am	Lent Feria	Priest's Int.
Sat. 16 th Mar.	6.00 pm	2 nd Sunday of Lent	Phyllis Walsh The People of the Parish Joao Lobo
Sun. 17 th Mar.	9.00 am 11.00 am		

Music for 1st Sunday of Lent – *Setting:* Belmont Mass (incl. Mem. Acclam. 2)

Entry: 6pm – Angelus (said); Hymn 211 – Our Father, we have wandered ...

Psalm: 6pm & 9am (said) *R:* Be with me, O Lord, in my distress.

11am (sung) R: And he will raise you up on eagle's wings, bear you on the breath of dawn, make you to shine like the sun, and hold you in the palm of his hand. (Hymn 952)

Offertory: Hymn 842 – Come back to me with all your heart ...

Recessional: 11am – Angelus (said); Hymn 204 – Lord Jesus, think on me ...

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: Henry Durham, Ronald Jack Heasman, Catherine Honora Hare, Charles Christie, Pauline Fenton, John Le Milliere, Deidre Brewer, Winifred Wake, Fr. John Joseph Ketterer (3rd Priest at Dereham), Betty Lynch, Peggy Free, Deanne Andrews, Maurice Anthony de Chenu, Stan Bennett, John Hogan and Eugenie Beckett. *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 £555.56 last weekend for the day-to-day running of our parish.

Diary Dates for this week -		
Tues. 12 th Mar.	7.30pm	Queen of Peace Prayer Group – Emmaus Room
Weds. 13 th Mar.	11.00am	UCM meeting – Emmaus Room
Weds. 13 th Mar.	7.30pm	SVP Conference meeting – Emmaus Room
Thurs. 14 th Mar.	6.30pm	Music selection & practice – Presbytery & Church. All volunteers welcome to sing or play.
Fri. 15 th Mar.	7.15 – 8.15pm	Altar Servers meeting – Emmaus Room
Sat. 16 th Mar.	11.00am	Saturday Club - Emmaus Room

CAFOD Family Fast Day: Friday, 15th March – CAFOD's Family Fast Day this Lent is an opportunity to support our brothers and sisters around the world. Drought, floods and storms are having a devastating impact on our global family. Like Mahinur from Bangladesh. She makes a living from fishing but a drought last year killed all the fish, and she's struggling to support her disabled husband and son. On Friday 15 March, can you eat a simple meal in solidarity and give what you save to help people like Mahinur? Through CAFOD's global Church network – one of the largest aid networks in the world – your support can reach to the ends of the earth. Please collect your Fast Day envelope from the back of church this week and give whatever you can. A retiring collection will be taken after all Masses next weekend.

From our Rome Correspondent – 'Not so long ago – or so it seems – I arrived here in Rome for the first of 8 semesters spread over nearly 4 years. Now I've begun the 8th and final semester, and will be leaving in just over 3 months. Where does the time go? Well, for the

most part, it has gone happily and productively, and the memories I hold give rise to a sense of gratitude to God, to friends and family, and to the people of the diocese, laity and clergy alike, who have helped me to come this far, and whose prayers have supported me through the darker moments and kept me focused on the light. There is still a way to go, but the end is very much in sight. Thank you for your generosity and your understanding, and be assured of my own prayers for you all. *In Christ, Mike Brookes.'*

IGNITE FESTIVAL, 4th & 5th May 2019 – All young people in Year 8 upwards are invited to come and experience their faith in a new and dynamic way at the **Ignite Festival**. The weekend will include inspiring talks, passionate prayer, live music, and lots of fun stuff including sumo suit wrestling! Organised by the Diocesan Youth Service. See [www.ignitefestival.co.uk\[1\]](http://www.ignitefestival.co.uk[1]) for more information.

Interested in joining the IGNITE Team? The Diocesan Youth Service is looking for people age 18-30 to join the Ignite Team, sharing the Gospel Message with young people in a way they can relate to. These are full-time positions, with food, accommodation and a monthly allowance provided. Ideal as a 'gap year'. For more information see [www.rcdea.org.uk/youth\[2\]](http://www.rcdea.org.uk/youth[2])

Dereham Foodbank - This January the local Foodbank usage increased by 100% as compared to one year ago. From stock in hand of 6mths supply, that is now down to 4mths. There is no way of knowing whether this trend will continue, but is obviously worrying. The Foodbank team appreciate the generosity of the parishioners and want you to know how much needed and appreciated your gifts are.

Lent Prayer: Let us pray for all those who hunger: through the grace of God may they know that they are not forgotten. May they find the strength and support that they need to lift themselves out of poverty. Lord, in your mercy, hear our prayer.



Lenten Alms Box - There will be a box at the back of the church throughout Lent to receive your Lenten Alms. This year the proceeds from across the Diocese will be divided equally between Aid to the Church in Need and The Cambridge Nazareth Trust.

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.