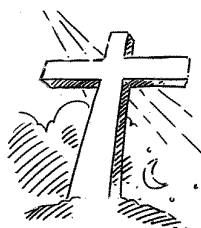


**GOSPEL REFLECTION FOR THE # SUNDAY IN ORDINARY TIME**



**How to Make Good Choices** - From the minute we open our eyes in the morning, we are faced with choices. By the end of the day we have made hundreds of choices and not all of them good. In fact, we probably fail to choose God in a hundred and one different ways, yet God still loves us. How do we know? We know because every time we look at a Crucifix we are reminded of the sacrifice Jesus made out of love for us. Just as Moses held up a bronze snake on a pole to remind the Israelites of God's love, so we look to the Crucifix as a

reminder that God doesn't condemn us for our mistakes but offers us a second chance of salvation. Too often we take God's love for granted. How could we make ourselves more deserving? We could begin by looking at all those choices we make on a daily basis. Do we choose to fritter our lives away in inconsequential activities, or do we choose to make the world a better place? Do we choose to bury our heads in the sand when we see someone bullied at work, or do we make a brave stand? Do we determine to look after ailing family members or do we put it off until we are less busy? Do we shroud our decisions in darkness and secrecy or do we walk in the light with our heads held high?

But how do we start making good choices when we have spent so much time making poor ones? This is the beauty of reconciliation; our mistakes are part and parcel of making better choices from now on. We remember how it felt to make a bad choice and we don't want to go there again. Knowing what we are about is also a part of making good choices. Jesus knew what he was about and so must we. There's no better time than Lent to sit down and think about who we want to be. Lastly, once we have decided what choices we are going to make, we mustn't procrastinate. The Bible never tires of telling us that time is of the essence.

**Bitesize** – "It's not hard to make decisions when you know what your values are."  
~ Roy 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**  
[Reg. Charity 278742]  
**Parish Priest: Fr. Brendan Moffatt** - email: [brendanmoffatt@yahoo.co.uk](mailto:brendanmoffatt@yahoo.co.uk)  
**Address:** The Presbytery, 35 London Road, Dereham NR19 1AS  
**Telephone:** 01362 694066.  
**Parish website:** <http://www.sacredheartdereham.org.uk>  
*Permanent Deacon: Rev. Martin Sanderson – Tel: 01362 822590*  
*email: [dcnmsanderson@hotmail.com](mailto:dcnmsanderson@hotmail.com)*  
**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)

**4TH SUNDAY OF LENT (Lætare Sunday)**

Sunday Masses [Parish Mass Book p162]		Intentions
Saturday,	6.00 pm	Donor's Int.
Sunday,	9.00 am	People of the Parish
	11.00 am	Sheila & Tony Goodchild (Bell)

**Music for Sunday Masses** - *Setting: Belmont Mass, incl. Memorial Acclamation 1*  
**Entry:** 6pm – *Angelus (said)*. Hymn 851 – Awake, awake: fling off the night ...  
**Offertory:** Hymn 646 – Welcome all you noble saints of old ...  
**Psalm Response:** (11am sung) – *O let my tongue cleave to my mouth if I remember you not*  
**Gospel Acclamation:** Hymn 184 - *Praise to you, O Christ, king of eternal glory*  
**Recessional:** 11am – *Angelus (said)*. Hymn 801 – Love divine, all loves excelling ...

**Confession/Reconciliation: Saturday at 5.30pm - or by request/appointment**

Weekday Masses [4th week of Lent - Psalter Week 4]			Intentions
Mon.	10.00 am	Lent Feria	Francis Buxton
Tues.	<b>No Mass today</b>	Lent Feria	
Weds.	10.00 am	Lent Feria	Donor's Int.
	10.30 am	<b>Stations of the Cross, led by Members of UCM</b>	
Thurs.	<b>No Mass today</b>	Lent Feria	
Fri.	10.00 am	Lent Feria	Donor's Int.
Sat.	10.30 am	St Patrick	Donor's Int.
	6.00 pm	5 <sup>th</sup> Sunday of Lent	Donor's Int.

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

**Anniversaries this week:** Ronald Jack Heasman, Catherine Honora Hare, Charles Christie, Pauline Fenton, John Le Milliere, Deidre Brewer, Winifred Wake, Fr. John Joseph Ketterer (3<sup>rd</sup> Priest at Dereham), Peggy Free, Maurice Anthony de Chenu, Stan Bennett, Eugenie Beckett, John Hogan and Charles Hixson. *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 (QEII), King’s Lynn, 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 Fr Peter Rollings (01553 772220) for visits to QEII. If you would like to receive the Sacrament of Anointing of the sick before going to hospital, please contact Fr. Brendan on 01362 694066.

**Sick List - Please pray for:** David Peek, Robert Nicol, Shirley Liebenhals, Sarah Chaudri, Anne & Derek Williams, Rita Smith, Eileen Brockleby, Kathleen (Jenny) Rudd, Ellen Flood, Margaret Leggett, Robert Anderson, Carole Whitesides, Janet Yardley, Mary Cawley, Ken Summerford, Patrick McKenna, Anna Thompkins, Andre Kansen, Joan Wells and Francis Buxton.

**Money Matters** – The collection last weekend for the maintenance of our parish amounted to £360.90 and an additional £55.00 was given to CAFOD. Thank you very much.

**130 Club Draw for February 2018** – 1<sup>st</sup> Prize £20 – Colette Barrow-Nessian; 2<sup>nd</sup> Prize £15 – Anne Nicol; 3<sup>rd</sup> Prize £10 – Paul Wade; 4<sup>th</sup> Prize £10 – Anne Nicol; 5<sup>th</sup> Prize £10 – Maureen Wilde.

**130 Club Renewals** - Would members please collect their renewal envelopes from the back of church. Marcia Slee will be on hand at all Masses over the next three weekends. **Please reply by 31<sup>st</sup> March.** There are still some unallocated numbers for anyone interested in joining or wanting an extra number - please see Marcia who can explain about this worthwhile parish fundraiser.

Diary Dates for this week –		
Tues. 13 March	7.30 pm	Queen of Peace Prayer Group, in Emmaus Room
Weds. 14 March	11.00 am	UCM meeting (AGM), in Emmaus Room
Sat. 17 March	11.00am	Saturday Club meets, in Emmaus Room

**Thursday, 15<sup>th</sup> March** - Please note that there will not be a Mass on Thursday, as I have to attend the Deanery meeting in Sheringham.

**Chrism Mass:** The list for the coach is still open and there are still lots of places available.

**Holy Week:** The schedule for the Sacred Triduum is as follows:

- **Maundy Thursday:** Mass at 7.30pm with watching at the Altar of Repose until midnight.

- **Good Friday:** Solemn Liturgy of the Passion at 3.00pm.
- **Holy Saturday:** Vigil at 8.00pm.

Everything the same as last year! I would like to encourage everyone to attend all of the Holy Week Liturgies. Altar Servers are all needed for all the Liturgies.

**Mysterium** (March 29th - April 1st) - An Easter Triduum retreat for 18 - 35s. Journey through the Triduum as a community of young adults in the intimate surroundings of Dowry House, Walsingham. Led by the Ignite Team. See [www.rcdea.org.uk/youth](http://www.rcdea.org.uk/youth) for more details.

**Too Late for Lent?** – So, you haven't done anything for Lent yet and wonder if it's too late? Are you thinking that you might as well forget about it now and try it next year instead? The answer is that it's never too late to do anything for God. Even if there is only one day left to do something, it's worth the effort because, after all, an effort made even if it is small and late, it is still an effort God will see. It's not too late to do something for Lent and one of the places we might start is to say we are sorry, whether to God or to another person.

**Exploring Mark: The Gospel of St Mark** - The Gospel According to St Mark is the shortest of the four gospels but often tells of Jesus’ ministry in more detail. The Catholic Church of England and Wales has posted a series of short films on its website, called 'Exploring Mark'. The films aim to bring us a little closer to Mark the Evangelist and his account of Jesus, his life and His ministry. The commentary is provided by the excellent Nicholas King SJ - an eminent author and Bible scholar. Watch online at [www.catholic-ew.org.uk/Home/Featured/Lent/Exploring-Mark-The-Jesus-of-St-Mark-s-Gospel](http://www.catholic-ew.org.uk/Home/Featured/Lent/Exploring-Mark-The-Jesus-of-St-Mark-s-Gospel)

**Lætare Sunday: "Happy Mothering Sunday"** - The Fourth Sunday of Lent is traditionally called Lætare Sunday, a celebration very much like Gaudete Sunday in Advent. For each of those Sundays, we can use rose-coloured vestments, and both Latin words can be translated as “rejoice.” They announce that we are drawing closer to the feast for which we are preparing. Lætare Sunday has also come to be known as 'Mothering Sunday'. 400 years ago, people made a point of visiting their nearest big church (the Mother Church) on the 4th Sunday of Lent. Young people 'in service' were only allowed one day to visit their family each year, and this was usually Mothering Sunday. Often the housekeeper or cook would allow the maids to bake a cake to take home for their mother. Sometimes a gift of eggs; or flowers from the garden was allowed. 'Mothering Sunday' does not have the same origins as 'Mother's Day', but it has become a tradition to show our mothers our appreciation on this Sunday. Happy Mothering Sunday!

