

GOSPEL REFLECTION FOR THE FIRST SUNDAY OF LENT



Keeping True to Yourself

Most of us are basically good people, and as such, we fondly imagine that temptation is something that we have under control. Temptation is something other people succumb to, not us. Temptation is the reason people end up in prison or on the street. Temptation is the domain of the weak or the greedy, but not us. We need to re-think. Temptation rears its ugly head on a daily basis; we just fail

to recognise it. Temptation doesn't appear to us with horns and a scaly tail. Temptation appears to us as sensible and attractive choices. The devil is far cleverer than we give him credit for.

We are tempted by all the things we are taught to strive for as children. If we work hard we are told, we will get good grades and go on to get a good job, be successful, and have lots of money. This is temptation at its most dangerous. Temptations are presented to us as things that will make us happy. We believe we will be happy if we rise to the top of our profession. We think we will be happy if we earn huge amounts of money.

In today's gospel, the devil tempts Jesus with all of this. "I will give you all this power and all this wealth," the devil tells him, "It has all been handed over to me, and I can give it to anyone I choose." The trouble with the things the devil would have us believe bring happiness, are that they are like a mirage. Once we have them, the happiness we thought we'd have as a result evaporates. The very things we thought might make us happy have the power to change us to destroy us even.

Jesus came to us with a special mission and it wasn't a mission to become rich and successful. Jesus wasn't about to be side tracked or have his identity changed by wealth or power. At the beginning of Lent we remind ourselves that life is full of choices, not all obviously right or wrong. We remember that the bad choices, although seemingly attractive and desirable, are the choices that side track us in our mission and change our identity.

**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 Website: <http://www.rcdea.org.uk>
Notre Dame High School, Norwich: Website <http://www.ndhs.org.uk>

PARISH OF THE SACRED HEART AND ST MARGARET MARY [Reg. Charity 278742]

Parish Priest: Fr. Brendan Moffatt - email: 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

14TH FEBRUARY 2016 – 1ST SUNDAY OF LENT

Sunday Masses – Page 153 of Parish Mass Book

Saturday	6.00 pm	E. Maguire (Fdn. *)
Sunday	9.00 am	People of the Parish
	11.00 am	Manuel Do Monte De Abreu

Music for Sunday Masses - Setting: *The New People's Mass* (Gregory Murray)

Entry 6pm – *Angelus (said)*; Hymn 206 – Forty days and forty nights ...

Offertory Hymn 204 – Lord Jesus, think on me ...

Communion *Instrumental Interlude/Sacred silence* ...

Recessional 11am – *Angelus (said)*; Hymn 212 – All ye who seek a comfort sure ...

CONFESSION/RECONCILIATION - Saturday at 5.30 - 5.55 pm

Weekday Mass Times (1st week of Lent) [Psalter Week 1]

Mon.	10.00 am	Neil Bradley (Fdn. *) - Lent Feria
Tues.	No Mass today	- Lent Feria
	7.30 pm	Queen of Peace Prayer Group – in Emmaus Room
Weds.	10.00 am	Laura Cox O'Flynn - Lent Feria
Thurs.	1.30 pm	Requiem Mass for Sheila Christie
Fri.	10.00 am	Robert McCarthy - Lent Feria (LENT FAST DAY)
	12.00 Midday	Stations of the Cross
	5.45 pm	Exposition of the Blessed Sacrament & Silent Adoration
	6.15 pm	Evening Prayer (Vespers)
Sat.	10.30 am	G. Maguire (Fdn. *) - Lent Feria
	6.00 pm	Nora Casey - 2 nd Sunday of Lent

*Fdn. = Foundation Mass

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

Anniversaries this week: Joseph McHendrie, Nell Bradley, Antero Ribeiro, Alice Wyand, Michael Triggs, Joan Bedwell, Robert McCarthy, Gerard Keogh and Agnes Lilian Farrow. *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: Joan Blakiston, David Peek, Michael Reavey, Robert Nicol, Doreen Kanssen, Shirley Liebenhals, Sarah Chaudri, Anne & Derek Williams, David & Anna Thompkins, Michelle Smith, Rita Smith, Rhonda Darby, Collette Barrow-Nessian, Eileen Brockleby, Pat Howe, Kathleen (Jenny) Rudd and Pat Grout.

Money Matters – The collection last weekend was £563.80 and Standing Orders for the parish in January amounted to £422.00. Thank you very much for your generosity. Next Sunday, retiring collection for CAFOD Lent Fast Day.

Diary Dates for this week –

- Weds. 17th Feb. – SVP meets – 7.30pm in Emmaus Room
- Sat 20th Feb. – Saturday Club is on half-term holiday. Club resumes next Saturday.

Parish Open Meeting – takes place this Sunday, 14th February, after 11.00am Mass, preceded by Midday Prayer from the Divine Office and a buffet lunch. Agenda and reports are available at the back of church and also on the parish website. Everyone invited and welcome.

CAFOD Lent Fast Day Appeal (England and Wales) - Friday 19th February - Donate to CAFOD's Lent Appeal and the UK government will match what you give, £1 for £1. Watch CAFOD's Lent Appeal film at www.cafod.org.uk and find out how the money you give this Lent will change lives. Collect your donation envelope from the back of church and return it next weekend or soon after.

Stations of the Cross – Some groups in the parish have taken up the challenge: the UCM, the Servers, the Queen of Peace Prayer Group and the Justice & Peace Group and the SVP. Please take note of the different times and the days that these will take place on.

Easter Cards and Gifts – Now available from the Repository (located next to the Sacristy at the back of church) a good selection of Easter cards and other religious items for sale – missals & bibles, mass cards, First Holy Communion cards and gifts, new baby and birthday cards, rosaries, statues, children’s books, candles, etc. All at reasonable prices. The shop is open after weekend Masses and weekdays.

Holiday – I will be in Ireland between February 23rd and March 3rd. The Mission Appeal for the Spiritans, aka The Holy Ghost Fathers, will take place that weekend.

Food bank - We have received a certificate of thanks from the Mid Norfolk Food bank. In 2015 our church donated 832.7 kg of food, which is enough food to feed at least 104 people for three days. Your donations really do make a difference to the lives of those experiencing hardship.

Lenten Alms 2016 – Your support is asked for two charities as part of our Lenten almsgiving this year. The first is the **Depaul Trust’s ‘40 Nights of Nightstop’** programme, which provides an emergency safety net for young people who are rough sleeping or staying in an unsafe place and also acts as a stepping stone to accessing other services that can help them. The second is **CAFOD’s UK Aid Match**, whereby every pound you donate to CAFOD during Lent will be matched by the UK government, doubling the impact of all your donations. An alms box for these charities will be placed at the back of church during Lent from Ash Wednesday (10th February) onwards. See the posters at the back of church for more details.

BBC Radio 4 Lent Talks - Starts Wednesday 17th Feb., 8.45-9.00pm - The Christian season of Lent is traditionally a time for self-examination and reflection on the events leading up to Jesus’ crucifixion. Throughout Lent, six writers will reflect on these events through a variety of locations as they explore the theme of *“Lent in the Landscape”*. The first of six episodes.

Recommended Lent Resources - Website: www.lentpilgrimage.org.uk provides an online weekly 'pilgrimage' put together by 'Churches Together In Britain and Ireland' primarily group conversation but also suitable for individuals. Definitely worth a read.

Reading: ‘Journeying with Jesus’ by Denis McBride, C.Ss.R. Journeying with Jesus is a deeply spiritual and lavishly resourced programme of study for those who want to journey side by side with our Lord during Lent, either individually or in small groups.

Online calendar: An online Lenten calendar, found at www.ewtn.com/faith/lent which goes much further than sound-bites of reflection. This is an excellent resource that sets out to define the meaning of Lent.

Women’s World Day of Prayer - The Mid Norfolk Branch of the Woman's World Day of Prayer will be holding this year’s service at Foulsham Baptist Church on Friday, 4th March at 2pm. The speaker is Mrs Ann Adeney who will speak on this year’s theme that has been prepared by the Ladies of Cuba entitled ‘Receive Children. Receive Me’.

Bite Size

“Self-respect is the root of discipline: the sense of dignity grows with the ability to say no to oneself.”

Abraham Joshua Heschel