

GOSPEL REFLECTION FOR THE ASSUMPTION OF THE BLESSED VIRGIN MARY



The Key to Life's Challenges

How do we live our lives? Do we feel overworked, overwhelmed anxious and tired? Do we feel unable to make an impact on the world around us? Do we suffer from negative feelings of inadequacy, failure, boredom or of panic? When we are at our lowest ebb we might ask for God's help, but few of us would consider completely putting our trust in God or expecting any fulfilment in return. It's exactly this that makes the Blessed Virgin Mary so special. Mary's trust in God and her lifelong fidelity have made her the model disciple.

Mary presents to us the key to life's challenges when she says, "...He has shown strength with his arm; he has scattered the proud in the thoughts of their hearts. He has brought down the powerful from their thrones, and lifted

up the lowly; he has filled the hungry with good things, and sent the rich away empty...." Mary addresses two driving forces that come up again and again in our lives and our society; self-interest and the use of power to get our own way.

How would Mary behave if she were suddenly amongst us today? Almost certainly she would be leading the way, making Jesus' vision of a world free of poverty and abuse a reality. Almost certainly she would be showing us how to live faithful and fulfilled lives. Mary is the model of trust and fidelity.

Saying 'yes' to God is important, but in some ways it's not the hardest part. Making discipleship real day in and day out as Mary did is the really hard part, and our challenge for today.

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]

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14TH AUGUST 2016 - THE ASSUMPTION OF THE BLESSED VIRGIN MARY

Sunday Masses - Page 188 of Parish Mass Book

Saturday	6.00 pm	People of the Parish
Sunday	9.00 am	Norah Ryan
	11.00 am	Manuel do Monte De Abreu

Music for Sunday Masses - Setting: Dom Gregory Murray Mass

Entry: 6pm - *Angelus (said)*; Hymn 779 - O God, you search me and you know me ...

Offertory: Hymn 366 - Holy Virgin, by God's decree ...

Communion: *Instrumental Interlude/Sacred silence ...*

Recessional: 11am - *Angelus (said)*; Hymn 356 - Hail, Queen of heav'n, the ocean star! ...

CONFESSION/RECONCILIATION: Saturday at 5.30pm, or on request / by appointment

Weekday Mass Times (20th week in Ordinary Time) [Psalter Week 4]

Mon.	10.00 am	William Pritchard - Feria
Tues.	No Mass today	- Feria
	7.30 pm	Queen of Peace Prayer Group - in Emmaus Room
Weds.	10.00 am	Sid Gledhill - Feria
Thurs.	10.00 am	Jacqui Horton - Feria
Fri.	10.00 am	Fr Michael Adams - Feria
	5.45 pm	Exposition of the Blessed Sacrament & Silent Prayer
	6.15 pm	Evening Prayer (Vespers)
Sat.	No morning Mass	- St Bernard
	6.00 pm	Donor's Int. - 21 st Sunday in Ordinary Time

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

Anniversaries this week: Patricia Ann O'Connor and William Barton. *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, Shirley Liebenhals, Sarah Chaudri, Anne & Derek Williams, Anna Thompkins, Michelle Smith, Rita Smith, Eileen Brockleby, Pat Howe, Kathleen (Jenny) Rudd, Ellen Flood, Margaret Leggatt, Diana Cater, Ken May and Muriel Harmer.

Money Matters – The collection last weekend was £472.76p. Thank you all very much.

130 Club – July Draw Winners – 1st Prize £20 – Sarah Chaudri; 2nd Prize £15 – Amy Tripp; 3rd Prize £10 – Joan Thomson; 4th Prize £10 – Pat Grout; 5th Prize £10 – Teresa Fryer.

Upcoming Diary Dates

- Sun. 4th Sept. – **Parish BBQ.**
- Tues. 6th Sept. - Dereham Quarterly Fellowship Evening Joint Worship at Sacred Heart at 7.30 pm
- Sat. 10th Sept. – Norfolk Churches Trust Bike Ride – see leaflets at back of church.
- Saturday Club is on holiday until 10th September.

Visitors: Welcome to our visitors who have joined us for Mass this weekend. We hope that you enjoy your stay with us at Sacred Heart and that your time in Norfolk is a refreshing experience for you. The fact that you found us is very heartening.

First Communion – Preparation classes will be starting in September for First Holy Communion in July 2017. Children must be in Year 3 or above and be aged 8 in July 2017. Classes take place on Saturday morning from 10.30am until 11.30am.

Confirmation – We are hoping to start preparation sessions for candidates who are aged 13 and above in September 2016 for Confirmation in 2017, and I would like to invite expressions of interest for candidates who feel they are ready to prepare for the Sacrament, which completes their initiation as members of the Church.

Application forms for First Holy Communion and Confirmation preparation are available from Fr Brendan or Robbie Meehan (Catechist).

Finding a Church on Holiday - In the old days it could be sometimes tricky finding a Catholic Church on holiday, but the internet has changed all that. For those holidaying within the UK www.findachurch.co.uk/ lists Church information on over 45000 UK Christian churches, with photo, map, description, contact details, and visitor information. Well worth a look.

Christian Gap Year - A gap year can be a great idea for those who would like a different perspective on life before gaining full time employment. Here are some starting points - www.oneworld365.org/company/catholic-gap-year/; www.prayerereven.org/more/give-a-year-to-god/; www.year4god.com/

The World Has No Need of Couch Potatoes - Pope Francis warned young people during 'World Youth Day' that the world has no need of "couch potatoes" who take to a sofa to "escape into the world of video games". He said, "Dear young people, we did not come into the world to 'vegetate' ... We came for another reason: to leave a mark," He warned of a "harmful and insidious paralysis" that comes from "confusing happiness with a sofa...a sofa that keeps us safe from any kind of pain and fear". This is an invitation not just for young people but for all of us, to contemplate on how we could be better spending our lives.

Marriage Care (England and Wales) - Marriage Care is a national charity that helps couples and individuals to build and sustain strong, fulfilling healthy relationships, as well as providing counselling support in times of relationship difficulty. They've been doing this for 70 years this year! There are over 50 centres and more than 100 counselling locations across England and Wales. To find a centre visit www.marriagecare.org.uk/

Bite Size

"You may be deceived if you trust too much, but you will live in torment unless you trust enough." ~ *Frank Crane*

The Angelus

V. The Angel of the Lord declared unto Mary. **R. And she conceived of the Holy Spirit. Hail Mary**

V. Behold the handmaid of the Lord. **R. Be it done unto me according to thy word. Hail Mary.**

V. And the Word was made Flesh. **R. And dwelt among us. Hail Mar.**

V. Pray for us, O holy Mother of God. **R. That we may be made worthy 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**