

**GOSPEL REFLECTION FOR THE FIRST SUNDAY OF LENT**

**It's Tempting**



What are you giving up for Lent? Chocolates .... smoking ... television ... wine? It's tempting to think that Lent is about saying a few extra prayers and giving up sweets or alcohol, but in truth, we are in serious danger of trivialising Lent. This forty-day journey with Jesus is so much more than resisting a few bad habits.

The Spirit drove Jesus out into the desert and he remained there for forty days presumably to sort his priorities out. Whilst he was there, Satan confronted him with all the temptations we lesser mortals are great at falling for .... the promise of wealth, fame, power, and worldly success. Having overcome Satan's temptations, Jesus emerged all the stronger, and proclaiming God's gospel.

This Lent we are invited to share Jesus' wilderness experience. Over the next forty days, we are challenged to retreat into our own wilderness and face our demons. The power of evil seeks us out in our weaknesses. Lent is a time when we can strengthen the areas in our life that show weakness. Lent is a time when we can change our sinful habits, change our minds about the way we live and decide what we are really about. The wilderness is a place where we can be tested, where we can get to know ourselves better and grow in maturity.

The theme of today's gospel is the close link between the preparation by Jesus in the desert and the start of his preaching. Lent has an end result. What end result are we preparing for? In what ways could we emerge all the stronger by Easter? Could this Lent provide the starting point we need to change the direction in our lives?

**Bitesize** – "That you may retain your self-respect, it is better to displease the people by doing what you know is right, than to temporarily please them by doing what you know is wrong." ~ *William J.H. Boetcker*



**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]

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**FIRST SUNDAY OF LENT**

<b>Sunday Masses</b> [ <i>Parish Mass Book p148</i> ]		<b>Intentions</b>
Saturday,	6.00 pm	Special Int. (Mealy)
Sunday,	9.00 am	People of the Parish
	11.00 am	Robert McCarthy

**Music for Sunday Masses** - *Setting: Belmont Mass*  
**Entry:** 6pm – *Angelus (said)*. Hymn 959 – All my hope on God is founded ...  
**Offertory:** Hymn 964 – You shall cross the barren desert ...  
**Psalm Response:** (6pm & 9am – said; 11am - sung) – *Your ways, Lord, are faithfulness and love for those who keep your covenant*  
**Communion:** *Instrumental Interlude/Sacred silence ...*  
**Recessional:** 11am – *Angelus (said)*. Hymn 924 – Brother, sister, let me serve you ...

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

<b>Weekday Masses</b> [1 <sup>st</sup> week of Lent - Psalter Week 1]		<b>Intentions</b>
Mon.	10.00 am	Lent Feria
Tues.	<b>No Mass today</b>	Lent Feria
Weds.	<b>No Mass today</b>	Lent Feria
Thurs.	10.00 am	The Chair of St Peter
Fri.	10.00 am	Lent Feria
	<b>10.30 am</b>	<b>Stations of the Cross</b>
Sat.	10.30 am	Lent Feria
	6.00 pm	2 <sup>nd</sup> Sunday of Lent
		Donor's Int. Freda & Harry Wilkes
		Donor's Int.
		Donor's Int. H.A. Green

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

**Anniversaries this week:** Robert McCarthy, Gerard Keogh, Agnes Lilian Farrow, Grace Chipperfield, Isabel Joan Hooper, Bridget Dury, Vera Farmer, Dora Ellen Heasman, Frances Watson and John Edwards. *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, Robert Nicol, Shirley Liebenhals, Sarah Chaudri, Anne & Derek Williams, Rita Smith, Eileen Brockleby, Kathleen (Jenny) Rudd, Ellen Flood, Margaret Leggett, Peter Brown, Robert Anderson, Carole Whitesides, Janet Yardley, Josie Myhill, Mary Cawley, Ken Summerford, Patrick McKenna, Anna Thompkins and Andre Kanssen.

**Money Matters** – The collection last weekend for the maintenance of our parish amounted to £489.99 and during January £365 was given by Direct Debit/Standing Order. Thank you very much.

Diary Dates for this week –		
Tues. 20 <sup>th</sup> Feb.	7.30pm	Queen of Peace Prayer Group, in Emmaus Room
Weds. 21 <sup>st</sup> Feb.	7.30pm	Parish Finance Committee, in the Presbytery
Fri. 23 <sup>rd</sup> Feb.	7.15pm	Altar Servers meeting, in Emmaus Room (until 8.15pm)
Sat. 24 <sup>th</sup> Feb.	11.00am	Saturday Club meets, in Emmaus Room

**Stations of the Cross.** I will lead the Stations on Friday following Mass. Would the groups who would like to lead them in the following weeks, please let me know on which day and at which time they would like to lead them? I have left a number of copies of the Stations of the Cross on the table in the church. Please feel free to use them as you like, but please do not take them away. Treat them like the hymn books and the parish Mass Books.

**Lenten Alms.** Also on the table at the back of the church is the box for your donations during Lent for the two Diocesan Charities being supported this year. *Aid to the Church in Need*, which is supporting Christians in Syria and Iraq, and also *Don’t Screen Us Out*, which is supporting parents of Down’s Syndrome children. There is a real danger that unborn Down’s Syndrome babies can be screened and therefore aborted. The Bishop’s Pastoral Letter last weekend drew our attention to these two charities.

**Union of Catholic Mothers** – UCM members who do not receive email are asked to collect a short notice from the letter rack in the porch.

**UCM Cake Stall** – The UCM cake stall last weekend raised £10.42. Grateful thanks to all those who provided the cakes for sale and to all who gave their support.

**CAFOD Family Fast Day, Friday 23rd February** – CAFOD’s Family Fast Day this Lent is an opportunity to support our brothers and sisters who do not have enough to eat. On Friday, 23rd February, can you give up a meal, or eat a simple meal, in solidarity? With malnutrition still killing almost three million children a year, your fasting, prayers and donations will ensure more of God’s children have enough good food to eat. And this Lent, your donation will make double the difference. For every pound you donate to CAFOD, the UK Government will also donate a pound, up to a total of £5 million. Please collect your Fast Day envelope from the back of church this week and give generously. Fast Day envelopes with your donations can be returned in the retiring collection to be taken at all Masses on the weekend of 24<sup>th</sup> & 25<sup>th</sup> February. *For more information about CAFOD’s Fast Day, see the information sheet on the notice board at the back of the church.*

**Lenten Station Mass** with Bishop Alan will take place at St. George’s, Sprowston Road, Norwich on 1<sup>st</sup> March, starting with Exposition of the Blessed Sacrament at 6.00pm and Mass at 7.00pm. There is a light supper of soup and bread afterwards. Please see the poster on the noticeboards.

**Help Required** – The Community of Our Lady of Walsingham has recently acquired its first convent in Dereham. The sisters are looking for help with both secretarial and bookkeeping work. If you think you might be able to assist in one or both areas, please contact Sr. Camilla on 07931 795769, or email: [admin@walsinghamcommunity.org](mailto:admin@walsinghamcommunity.org) to discuss terms and conditions.

<i>The Angelus</i>	
V. The Angel of the Lord declared unto Mary.	R. And she conceived of the Holy Spirit. <i>Hail Mary ...</i>
V. Behold the handmaid of the Lord.	R. Be it done unto me according to thy word. <i>Hail Mary ...</i>
V. And the Word was made Flesh.	R. And dwelt among us. <i>Hail Mary ...</i>
V. Pray for us, O holy Mother of God.	R. That we may be made worthy of the promises of Christ.
LET US PRAY: <b>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</b>	

