

## GOSPEL REFLECTION FOR THE 12<sup>TH</sup> SUNDAY IN ORDINARY TIME



### "Those Things That Hurt, Instruct."

Benjamin Franklin once said, "Those things that hurt, instruct." He meant that by confronting our problems and solving them, we learn and become stronger mentally and spiritually. Unfortunately, most of us try to avoid problems. Problems cause us pain and difficulty. We hope that once we have cleared up one problem, we won't have any more to contend with .... then lo and behold we find yet another problem looming on life's horizon. If only we could learn to accept that problems and suffering are an inevitable part of life. If only we could learn to accept suffering as an opportunity to grow stronger and wiser.

"If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me," says Jesus in today's gospel. It doesn't sound too cheerful an invitation. Being a Christian doesn't sound much fun. Wrong! Have you ever noticed that it is those who try to hide from their 'crosses' that are the most unhappy? Psychiatrists' clinics are full of patients who have layered neurosis upon neurosis trying to pretend their problems do not exist. How many people do you know that mask their problems with alcohol, drugs, over eating or retail therapy, ultimately making their problems ten times worse? In stark contrast, we take off our hat to those who carry their cross happily and readily, sacrificing their own needs for the needs of a sick parent or child.

Life is undeniably difficult, but the minute we make a decision to confront our problems, and take up our crosses with good cheer, it instantly becomes less difficult.

**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**

### **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 Mary .**  
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.**

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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## 19<sup>TH</sup> JUNE 2016 – 12<sup>TH</sup> SUNDAY IN ORDINARY TIME

### Sunday Masses – Page 100 of Parish Mass Book

Saturday	6.00 pm	Tony Harmer
Sunday	9.00 am	People of the Parish
	11.00 am	Manuel do Monte de Abreu

### Music for Sunday Masses - *Setting: Belmont Mass*

**Entry** 6pm – *Angelus (said)*; Hymn 969 – Lord of all hopefulness ...

**Offertory** Hymn 603 – Blest are you, Lord ...

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

**Recessional** 11am – *Angelus (said)*; Hymn 962 – Firmly I believe and truly ...

## CONFESSION/RECONCILIATION - Saturday at 5.30 - 5.55 pm

### Weekday Mass Times (12<sup>th</sup> week in Ordinary Time) [*Psalter Week 4*]

Mon.	10.00 am	Fred Murphy - Feria
Tues.	<b>No Mass today</b>	- St Aloysius Gonzaga
	7.30 pm	Queen of Peace Prayer Group – in Emmaus Room
Weds.	<b>No Mass today</b>	- St John Fisher & St Thomas More
Thurs.	10.00 am	Robin Whatly - St Etheldreda
Fri.	<b>11.00 am</b>	<b>Requiem Mass for David Thompkins</b>
	5.45 pm	Exposition of the Blessed Sacrament & Silent Prayer
	6.15 pm	Evening Prayer (Vespers)
Sat.	10.30 am	Donor's Int. - Feria
	6.00 pm	Donor's Int. - 13 <sup>th</sup> 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:** John McGee, Thomas Murphy, Mary Holmes, Mary Rush, John Frizzell, Dorothy Payne and Michael Howard. *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, Anna Thompkins, Michelle Smith, Rita Smith, Eileen Brockleby, Pat Howe, Kathleen (Jenny) Rudd and Pat Grout.

**Money Matters** – The collection last weekend was £469.88 and £562 was given to the parish by Standing Order in May. Thank you for your continued generosity. Today, there is a retiring collection for *Day for Life* charities and next Sunday (26<sup>th</sup> June) there will be a retiring collection for *Peter's Pence*.

**130 Club May Draw** - 1<sup>st</sup> Prize £20 – Collette Barrow-Nessian; 2<sup>nd</sup> Prize £15 – Hilary Bushell; 3<sup>rd</sup> Prize £10 – Richard May; 4<sup>th</sup> Prize £10 – Kenneth Summerford; 5<sup>th</sup> Prize £10 – Marion Ring-Davies.

**Please note the changes in the Mass schedule this week.** There is no Mass on Wednesday because of a Deanery meeting in Cromer and David Thompkins' funeral takes place on Friday.

**Diary Dates for this week –**

- Thurs. 23<sup>rd</sup> June – Reception of Fr Tony Webb's body into St Anthony of Padua, Fakenham at 7pm, followed by Mass
- Fri. 24<sup>th</sup> June – Funeral Mass for Fr Tony Webb – 2pm at Chapel of Reconciliation, Walsingham (Bishop Alan Hopes). (The Committal will take place at Mintlyn Crematorium, King's Lynn on Monday, 27<sup>th</sup> June at 1pm.)
- Fri. 24<sup>th</sup> June – Altar Servers meet – 7.15pm in Emmaus Room
- Sat. 25<sup>th</sup> June – Saturday Club meets - 11.00am in Emmaus Room

**Redundant Photocopier** – The Parish has a large office photocopier that is no longer required and is offered free to anyone who could use it. Please see Fr Brendan if you are interested.

**Church Cleaning** - Are there any members of the congregation who feel they could help with cleaning our Church? It would be once every 7 weeks. It is not heavy work just normal housework. We normally fit it in after Mass on Thursdays but this could be flexible. We usually work in twos. Please phone Catherine on 699334 if you feel you could join the team.

**UCM Outing** - On Tuesday 21<sup>st</sup> June a group from UCM are making a visit to St John's cathedral for lunch, followed by a visit to the Plantation Garden. We will catch the No.4 bus, which leaves Dereham at 11 am, arriving around 1152. If anyone else would like to come along, they would be very welcome!

**Day for Life** – On this annual Day for Life, the special collection supports the Anscombe Centre (the Catholic centre for bioethics) and certain pro-life charities. The following prayer is taken from 'Laudato Si': **A prayer to deepen our wonder at the gift of life:** All powerful God, you are present in the whole universe and in the smallest of your creatures. You embrace with your tenderness all that exists. Pour out upon us the power of your love, that we may protect life and beauty. Fill us with peace, that we may live as brothers and sisters, harming no one." Pick up a card from the back of church. More information can be found online at [www.dayforlife.org](http://www.dayforlife.org).

**Ss Thomas More and John Fisher - 22nd June** - St. Thomas More - Beheaded on Tower Hill, London, July 6, 1535, he steadfastly refused to approve Henry VIII's divorce and remarriage and establishment of the Church of England. In 1521 John Fisher was asked to study the question of Henry VIII's marriage. He incurred Henry's anger by defending the validity of the king's marriage with Catherine of Aragon and later by rejecting Henry's claim to be the supreme head of the Church of England. He was condemned and executed, his body left to lie all day on the scaffold and his head hung on London Bridge. Two saints who teach us to stand up courageously for what is fair and just. Traditionally on this day, the Church asks us to pray for those who suffer persecution, oppression and denial of human rights.

**A day of quiet prayer at Clare - "Into a Silent Place"** on **Tuesday, June 28<sup>th</sup>, repeated on Thursday, June 30<sup>th</sup> (9.30am to 3.30pm)**. Venue: Ashen Road, Clare, Suffolk CO10 8NL (tel: 01787 277326). Theme: "Hope for the Poor". During the day we will focus upon Pope Francis' words in "*Laudato Si*", "The preservation of God's creation" We will offer our day of prayer for a new vision of God's plan for our world. A soup lunch will be provided. Cost £25.00. Please 'phone Kathy to book a place on 01787 277326.

**50th Anniversary of St. George's Catholic Parish, Norwich** - The internationally acclaimed Sheringham Shantymen perform at St. George's Catholic Church, 223, Sprowston Road, Norwich. NR3 4HZ on **Saturday 23rd July at 7.30 pm**. Tickets: £8.00 adults, £3.00 under 18s and £18.00 family (2 adults an up to 3 under 18s). Available from Prelude Records, St. Giles Street, Norwich. Tel 01603 628319 to order. Please see the poster on the notice board.

**Bite Size**

"A bend in the road is not the end of the road... unless you fail to make the turn."

*Author Unknown*