

*Gospel Reflection continued from page 3 ...*

At this time of year, we are asked to 'repent'. We are asked to turn away from things in our lives that are not working well or are wrong. That will be different for all of us, so we need to sit down in a quiet space and work out what we need to do. How we need to change should be something more important than those new-year resolutions we all make and break. Next, we need to identify the barriers that stop us making those changes. Withdrawing from worldly comforts might be part of this barrier which is where fasting or giving up TV might come in. Lastly, we need to resist the temptation to give up on plans to change ourselves and the world around us, and that's the hardest bit of all.

Today's gospel is presented to us with an accompanying illustration of the devil complete with huge bat like wings a scaly tail and horns. How easy to resist temptation packaged so obviously as a 'bad choice'. The trouble with temptation is it rarely comes packaged as a 'bad choice'. Often temptation comes as a fairly harmless choice or even as an attractive or intelligent option. How harmless does it seem to sip half a glass of wine when you're supposed to be quitting. How harmless does it seem to 'borrow' a little cash from the office tea fund ... you can always pay it back later.

There's lot of talk about what is classed as a temptation and what isn't. In the context of the first Sunday of Lent, a temptation is anything that takes you further way from God. If having an extra cream cake takes you further way from God, then it's a temptation ... if having an extra cream cake has nothing to do with your relationship with God than it's totally unimportant.

When it comes to temptation, a simple rule of thumb is to ask yourself in each of your daily decisions: Will this decision bring me nearer to God or take me further away? Knowing who you are and what you are trying to achieve in life not only helps you to identify your temptations, but also gives you a reason and strength of character when it comes to resisting. Today is the day we start giving the devil are hard time. Tempted?

**Bitesize** – Becoming Christlike is a lifetime pursuit and very often involves growth and change that is slow, almost imperceptible. ~ *Ezra Taft Benson*



**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.

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

**Parish Priest: Fr. Brendan Moffatt – Telephone: 01362 694066**

**Email: [Brendan.Moffatt@rcdea.org.uk](mailto:Brendan.Moffatt@rcdea.org.uk)**

**Address: The Presbytery, 35 London Road, Dereham NR19 1AS**

Parish Website: <http://www.sacredheartdereham.org.uk>

Permanent Deacon: Rev. Martin Sanderson: Tel: 01362 822590

Email: [martin.sanderson@rcdea.org.uk](mailto:martin.sanderson@rcdea.org.uk)

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)

**21<sup>ST</sup> FEBRUARY 2021 – 1<sup>ST</sup> SUNDAY OF LENT – Year B**

[1<sup>st</sup> Week of Lent, Weekday Year I, Psalter Week 1]

Mass Times for the Week			Intentions
Sat. 20 Feb.	6.00 pm	1 <sup>st</sup> Sunday of Lent	Patsy Gray
Sun. 21 Feb.	9.00 am 11.00 am		Holy Souls The People of the Parish
Mon. 22 Feb.	10.00 am	<b>The Chair of St Peter</b>	Geno (Paine)
Tues. 23 Feb.	-	Lent Feria	<b>No Mass today</b>
Weds. 24 Feb.	10.00 am	Lent Feria	Carolyn & Paul Salter (Mealy)
Thurs. 25 Feb.	10.00 am	Lent Feria	Patsy Gray (Mealy)
Fri. 26 Feb.	10.00 am 10.30 am	Lent Feria – <b>Lent Fast Day</b> Stations of the Cross (Live Streamed)	Private Intention
Sat. 27 Feb.	-	Lent Feria	<b>No morning Mass</b>
Sun. 28 Feb.	6.00 pm 9.00 am 11.00 am	2 <sup>nd</sup> Sunday of Lent	Stephen Mealy (Mealy) Jean Donaghy (Goldner) The People of the Parish

*All Celebrations of Mass are live-streamed on YouTube*

*The Church is open daily until 4:00pm*

**Anniversaries this week:** Grace Chipperfield, Margaret Kirk, Isabel Joan Hooper, Bridget Dury, Vera Farmer, Dora Ellen Heasman, Frances Watson, John Edwards, Cecilia Stack, Maria Amaral, Ruth Fahey, Jolyon Hooley, Robert Secker. *May their souls and the souls of all the faithful departed rest in peace.*

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)

**MASS LIVE STREAM** – Search for **Dereham Catholic Church on YouTube,**

*Or use the following link:*

<https://www.youtube.com/channel/UCR-qWs-B40VTvbzeZ83MxQ/videos?view=2&flow=grid>

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

**Hospital Visits:** If you or family members are admitted to the Norfolk & Norwich Hospital (NNUH) or Queen Elizabeth II Hospital, King's Lynn (QEII), 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 call the NNUH Hospital Chaplaincy direct on 01603 287470 for people needing urgent spiritual attention, or for visits to QEII Hospital, call Fr. Peter Rollings on 01553 772220. If you would like to receive the Sacrament or Anointing of the sick before going to hospital, please contact Fr. Brendan on 01362 694066.

**Sick & Housebound [with GDPR Permissions] – Please pray for:** Jenny Rudd, Carol Whitesides, Shirley Liebenhals, Frances Saville King, Derek Williams, Greta Cummings and Patsy Gray.

**Money Matters:** For those who would like to make their regular offerings by Standing Order, the information you need is: Account name: **Catholic Church of Dereham**. The Sort Code is: **40-20-08** and the Account number is: **11311115**. If you are a tax payer, please also consider **Gift Aid**. This is a great way for the parish to get additional funds from the tax reclaim benefits scheme; with this scheme you do not need to commit to a fixed amount as it will just be based on your total annual contribution. Let Fr. Brendan know if you would like to sign up to Gift Aid.



**Newsletter by Email** - Please let Fr. Brendan know if you would like to receive the parish's weekly bulletin by email. We have a GDPR compliant list of names for this purpose.

**CAFOD Family Fast Day Friday, February 26<sup>th</sup>** - Abdella lives in an extremely remote and mountainous part of Ethiopia. It takes him 10 hours a day to collect water. He says that his life is being wasted as he has no time for anything else. Give today to reach vulnerable communities around the world with water and to provide other vital support. Donate online at [www.cafod.org.uk/give](http://www.cafod.org.uk/give) or by using the envelopes or give £10 by text. Text LENT to 70460 to donate £10\*. *\*Texts cost £10 plus one standard rate message: you'll be opting in to hear more about CAFOD's work and fundraising via telephone and SMS.* If you'd like to give £10 but do not wish to receive marketing communications, text LENTNOINFO to 70460. For more information, please see CAFOD's Privacy Policy: [www.cafod.org.uk/Legal-information/Privacy-notice](http://www.cafod.org.uk/Legal-information/Privacy-notice)

**Stations of the Cross** - Stations of the Cross will take place after Mass on each Friday of Lent and will be livestreamed. The church is open until 4.00 pm each day if you wish to make this Lenten devotion in private. I cannot leave out any books for the Stations for reuse because of the virus.

**Chrism Mass 2021-** The Chrism Mass this year will be taking place on **Tuesday, 30<sup>th</sup> March at 12 noon**. There will be a booking system (via Eventbrite) for lay people and it is hoped there will be some representatives from across the Diocese. The Cathedral will ensure everything is in place for safe gathering. The Mass will be live-streamed.

**Teenage Glow:** The Ignite Team invite all aged 13 to 19 to **Glow**, an afternoon online event with other young people featuring inspiring workshops, lively music and powerful prayer.

**Saturday, 27<sup>th</sup> February, 2:00 – 4:00 p.m.** Register now at [www.rcdea.org.uk/youth](http://www.rcdea.org.uk/youth) or contact [igniteteam@rcdea.org.uk](mailto:igniteteam@rcdea.org.uk) for more information. All welcome – why not bring a friend?!

**Jesuits in Britain: Knowing Jesus: Lent Online Retreat 2021** – Walk with us through Lent and Easter and really come to understand and love Jesus. We will ponder Gospel stories, reflect on their meaning and see how startlingly relevant Jesus is to living a truly human life in the 21<sup>st</sup> Century. Follow the retreat online, and sign up to an online group (places limited): <https://www.onlineprayer.net/>. Registration to lead Lent Groups is also still open – link on the above page. This includes an invitation to a training day. Sign up to receive daily emails during Lent and additional resources: <http://eepurl.com/hnIXAn>. Follow the Lent Retreat on the Jesuits in Britain social media channels: Facebook, Twitter and Instagram. For further information go to: <https://www.pathwaystogod.org/pandemic-resources>.

### Prayer for the Election of a Bishop

O God, eternal shepherd, who govern your flock with unfailing care, grant in your boundless fatherly love a pastor for your Church who will please you by his holiness and to us show watchful care. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God forever and ever. Amen.

Our Lady of Walsingham, Pray for us.

St. Felix, Pray for us.

All Holy Martyrs and Saints of East Anglia, Pray for us.

### GOSPEL REFLECTION FOR THE FIRST SUNDAY OF LENT



**What is Lent all about?** - To understand Lent, we need to look to the wilderness story which we are told on the first Sunday of Lent every year. Every year on the first Sunday of Lent we are told how Jesus went into the wilderness for forty days to fast and to reflect on the job he was about to do here on Earth. We are told how he was confronted with temptation and how he overcame it. There are three elements to this story. Jesus withdrew from worldly distractions and fasted, he reflected on who and what he was about, and he overcame temptation.

The problem is, we all seem to latch onto the first bit of the story about fasting and forget the two more important elements. Jesus reflected on the importance of the ministry he was about to undertake and he refused to be swayed from it. This is the important bit. This is how we need to understand and live our next forty days. *(continued on back page)*