

**Gospel Reflection for the First Sunday of Lent  
Growing closer to God!**

On the first Sunday of Lent we are always taken into the wilderness and told the story of how Jesus was confronted with temptation and how he overcame it. As children the story 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 '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 isn't. In the context of the first Sunday of Lent, a temptation is anything that takes you further away from God. If having an extra cream cake has nothing to do with your relationship with God than it's totally unimportant.

Friday 27th. is CAFOD Family Fast Day. There will be a retiring collection for this after each Mass. Please collect a CAFOD envelop for this purpose.

*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, EAST DEREHAM, NORFOLK**

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**22nd February 2015 : 1st Sunday of Lent**

**Weekend Masses – Page 148**

Saturday	6.0pm	Int	Priest's Intention	Hymns	( <i>Angelus</i> ) TBA
Sunday	9.0am	Int	People of the Parish	Hymns	TBA
	11.0am	Int	Alex Aldred	Hymns	TBA, ( <i>Angelus</i> )

**Confession/Reconciliation 5.30 – 5.55pm Saturday**

In today's Gospel Jesus shows us how to confront temptation. First of all Jesus spent a lot of time working out who he was and what he was about. If you have a clearly identified agenda then you can more clearly identify your temptations too. 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 a hard time. Tempted?

Deanery Lenten Station Mass Thursday 26th February at 7pm in Holy Family Church Gaywood, Kings Lynn. There will be Exposition of the Blessed Sacrament and Confessions from 6pm. After Mass there will be a simple supper of soup, bread and cheese for any parishioners who would like refreshments.

**Weekday Service**

Monday	23rd	No Mass Today	
Tuesday	24th	10.00am Joe & Brenda Brock	Feria
		7.30pm Queen of peace Prayer Group in Emmaus room	
Wednesday	25th	10.00am Tom Ryan	Feria
		7.30pm SVP in Emmaus room	
Thursday	26th	10.00am Freda and Harry Wilkes	Feria
Friday	27th	10.00am Priest's intentions	Feria
Saturday	28th	10.30am Priest's intentions	Feria
		6.00pm Priest's Intention	2nd. Sunday of Lent.

<b>Recently deceased:</b>	<b>Anniversaries</b>
Laura O'Halloran, & Magdolna Toth	Bridget Dury 2004, Frances Watson 2007, Vera Farmer 2013, Cecilia Stack 2007,
<b>Sick:</b> Ann Dent, Polly Hooley and Veronica Bell.	Maria Amaral 2012, Ruth Fahey 2013, and Jolyon Hooley 2010.

Money Matters Collection last weekend was £469.95

## **Retreat in Everyday Life at Clare Priory April 18th to May 16th**

For many people the idea of making a retreat, although appealing, is likely to be impossible. The commitments of work and family take up the whole of life. It is not practical to get away for any length of time. However, there is another way.

Clare Priory "Silent Prayer" ministry team will be offering a supported retreat that could fit into the ordinary life of most people.

The retreat will run from Saturday 18th April to Saturday 16th May, 2015. There will be a full day at Clare Priory on Saturday 18th April and another on

Please see the flyer at the back of the church.

### **Mission Appeal at Dereham**

Would someone be so kind as to accommodate and feed Sr. Daphne when she comes in June. Please let Fr Brendan know if you would be able to look after Sister Daphne.

### **Saturday 21st March, 2015 Quiet Day – The power of Silent prayer**

'Be still and know that I am God' 10.00am to 3.30pm at All Saints Church, Landbeach (North of Cambridge), led by Magdalen Houlihan. Please bring a packed lunch, tea and coffee provided. £10 donation towards costs, if possible. To secure a place, leave your name and contact number at 01223 864262 or email pamandtrevorthorn@btinternet.com.

### **CAFOD's Harvest Fast Day Friday 27th March**

This Lent, the generosity of the Catholic community is being recognised by the UK Government. Under the UK Aid Match scheme, they will match pound for pound every donation given to CAFOD up to the value of £3.5 million. This is a unique opportunity. So, for every pound you are able to give, CAFOD will receive an extra pound to help thousands of people in some of the poorest communities, to live sustainably and with dignity by adapting to the threat of storms, cyclones, tidal waves and droughts.

### **Lenten Fuel Fast**

There is a danger during Lent to revert to the way we approach Lent as children. We gave up sweets and crisps with no real understanding of why. What we do during Lent should firstly change us in a way that allows us to get closer to God. Secondly, we must change in a way that will benefit others. When we think of fasting, we usually think of food, but this Lent, try fasting from fuel. Leave the

Saturday 16th May. Between these two dates the retreatants will be asked to commit to two periods of silent prayer each day, possibly of between 20 and 30 minutes each. Each retreatant will be accompanied by a retreat companion who will be in contact with the retreatant once each week. This will either be in person or via the telephone or email. The purpose of this contact will be to encourage and support the retreatant.

The cost of the retreat is £70 payable on 18th April. This includes the two full days with a buffet lunch provided. We will be open @ 9.15am on Saturday 18th April at Clare Priory. If you live a long distance from Clare, it is possible to book overnight accommodation at the Priory.

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The Dereham Churches Together invite you to an Evening of Praise, Prayer and Fellowship hosted by St. Nicholas Parish Church (Church Street, Dereham) Tuesday 3rd March at 7.30 pm

car at home and walk to work. You will save money to donate to your favourite charity, you will be doing your bit for the planet, and you will discover that walking is a great way of freeing the mind!

### **Super Soup Lunch 2015 Be a "Souper" hero!**

Everyone has a favourite soup – whether it be a tempting tomato, a delicious dhal or a mouth watering mulligatawny. This Lent, join forces with thousands of souper heroes across Britain by hosting a soup lunch. Easy to plan, they are fun, a tasty way to bring friends and family together. Use your souper powers this Lent and help end poverty!  
Donate online at [www.christland.org.uk](http://www.christland.org.uk)

