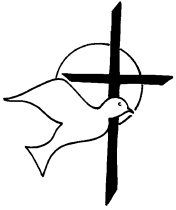


GOSPEL REFLECTION FOR TRINITY SUNDAY

Who is God?



As children we might have wondered what God was like. We might have pictured an old man with a fluffy white beard and a kind face. As we get older we stop wondering what God is like and think about who God is. We might think that the trinity is some theological mystery, but perhaps it isn't as much a mystery as we think. We already know a lot. We know that God is the Father who created a world for us to cherish, and who created each of us for an individual purpose. God is the Son who came and lived among us, teaching us how to become a part of God's Kingdom and saving the world from sin. God is the Holy Spirit left with us always to guide us towards truth. God is three persons but one God. God is certainly a mystery, but as Jesus himself points out, we are not expected to understand everything all of the time. All that is expected is that we keep searching for better understanding.

In Jesus' farewell to his disciples he says, "I have much more to tell you, but you cannot bear it now. But when he comes, the Spirit of truth, he will guide you to all truth." It is clear that Jesus is teaching his disciples in stages. Like every good teacher, Jesus knows that we can only digest so much new information at a time. The original disciples had to learn to walk before they could run, and that goes for us too.

We are all at different stages in our journey of faith, but that journey should never become static. "I have much more to tell you, but you cannot bear it now." Jesus implies that we will be ready to learn more at some future date and he is leaving us the Spirit of truth to guide us towards revelation. It is tempting in the face of great mysteries like the Trinity to give up and leave theology to the great academics; but we are reminded that God has revealed truth to all sorts of people from small children to acclaimed philosophers, and from simple fishermen to learned theologians.

God is a sensitive teacher, but we have to play our part and be willing students. In an age of improved communications, discussion groups, television, competitive publishing and the internet, there's not much excuse for us to cease searching for insight and truth.

**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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Parish website: <http://www.sacredheartdereham.org.uk>

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

email: dcnmsanderson@hotmail.com

Parish Music Leader: Michael King - email: michaeljwking@gmail.com

Parish Safeguarding Representative: Kathleen Edmunds -

email: kathleenedmunds@yahoo.com

22ND MAY 2016 - TRINITY SUNDAY

Sunday Masses – Page 81 of Parish Mass Book (Year C, Vol.2)

Saturday	6.00 pm	Donor's Int.
Sunday	9.00 am	Fred Lennon (Baker)
	11.00 am	People of the Parish

Music for Sunday Masses - Setting: Belmont Mass

Entry 6pm – *Angelus (said)*; Hymn 962 – Firmly I believe, and truly ...

Offertory Hymn 314 – Lord of earth and heaven ...

Communion *Instrumental Interlude/Sacred silence ...*

Recessional 11am – *Angelus (said)*; Hymn 468 – Holy, holy, holy, Lord God almighty! ...

CONFESSION/RECONCILIATION - Saturday at 5.30 - 5.55 pm

Weekday Mass Times (8th week in Ordinary Time) [Psalter Week 4]

Mon.	10.00 am	Pam Clark (Wilkes) - Feria
Tues.	No Mass today	- Feria
	7.30 pm	Queen of Peace Prayer Group – in Emmaus Room
Weds.	10.00 am	Sheamus Meally - St Bede the Venerable
Thurs.	10.00 am	Mary Moffatt - St Philip Neri
Fri.	10.00 am	William Wells - St Augustine of Canterbury (Feast)
	5.45 pm	Exposition of the Blessed Sacrament & Silent Prayer
	6.15 pm	Evening Prayer (Vespers)
Sat.	10.30 am	Sheamus Meally - Feria
	6.00 pm	Sister Ann - THE BODY & BLOOD OF CHRIST (CORPUS CHRISTI)

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

Anniversaries this week: Margaret Shelock, William Reavey, Mary & Gerard Ring-Davies, Michael McErleane, Florence Sayer, Thomas Eden, John Joseph Nally, Annie Murtagh, Joan Pagano and Hilda Crick. *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, David & Anna Thompkins, Michelle Smith, Rita Smith, Rhonda Darby, Eileen Brockleby, Pat Howe, Kathleen (Jenny) Rudd and Pat Grout.

John Conway – The funeral for John Conway who died during the week will take place at Sacred Heart on Wednesday, 1st June.

Money Matters – The collection last weekend was £449.46. Thank you for your generosity.

Diary Dates for this week –

- Sat. 28th May – Saturday Club is on half-term holiday – restart on 11 June.

St Philip Neri - 26th May - At an early age, Philip abandoned the chance to become a businessman, moved to Rome from Florence and devoted his life and individuality to God. He made a prayer that many of us in our stress filled world could do well to adopt. He famously prayed "**Let me get through today, and I shall not fear tomorrow.**"



Our Lady Help of Christians - 24th May - Become a Barnabas Fund 'Voluntary Partner' - We are promised that as Christians, Mary will come to our aid and in today's climate of great uncertainty for Christians around the world; this is a very relevant feast day. If you share a passion for serving persecuted Christians and have the time and desire to help others understand their plight, then you are invited to apply to become a voluntary Barnabas Fund Partner. You will be

given resources and training days, and you will be asked to promote the Barnabas Fund in your area or within your church community. Learn more at www.barnabasfund.org/Get-Involved/Partnership.

Power to the People (From the comfort of your armchair) - One in five of our brothers and sisters around the world don't have the electricity they need to power school, clinics, homes and businesses. Local, renewable energy is a practical, affordable way for the poorest people to benefit. It helps tackle climate change and poverty. We know it works, and we urgently need our government to support it. Access to this energy can

transform lives: children can study longer at school, clinics can stay open at night, farmers can irrigate their crops, and water can be purified so that it is safe to drink. Email the UK's Development Minister today and ask him to support energy services overseas that the poorest people can access. You can petition online at www.cafod.org.uk/Campaign/One-Climate-One-World/Power-to-the-People



The Fortieth Anniversary of The Catholic Diocese of East Anglia, 1976 - 2016. The Rt. Rev. Bishop Alan Hopes warmly invites you to join with the Diocese in the Cathedral of St. John the Baptist, Norwich on the Solemnity of the Sacred Heart of Jesus, **Friday, 3rd June at 6.30 pm** for **Solemn Concelebrated Mass of Thanksgiving. Preacher: H.E. Cardinal Vincent Nichols, Archbishop of Westminster.** Mass will be followed by refreshments in the Cathedral grounds. We could hire a coach for this if enough people are interested. As it is our Feast Day, our Cathedral and our Diocese and it's close by, it should be an easy decision! ***There is a list at the back of church for names for travel by coach to the Cathedral.***

Bite Size

"All truths are easy to understand once they are discovered; the point is to discover them."

- Galileo Galilei, Italian astronomer & physicist (1564 - 1642)

With the ending of the Eastertide season last week, we return to reciting **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.