

GOSPEL REFLECTION FOR THE SEVENTH SUNDAY IN ORDINARY TIME



Friend or Foe?

What strange advice! "If anyone strikes you on the right cheek, turn the other also." "If anyone forces you to go one mile go also the second mile...." "If anyone sues you for your outer garment, give them your undergarment too." Jesus tells us not to resist evil. Does he mean us to roll over and allow our enemies to walk all over us?

It's very easy for us to love our friends. Only loving those who are easy to love doesn't provide very much of a challenge, and consequently doesn't earn us much of a reward. The challenge Jesus poses today is to meet our enemies with love. Jesus' advice is to meet violence with non-violence and to meet force with acquiescence. If we only love those who love us back we are not doing anything more than anyone else, but if we love our enemies, we show ourselves to be true disciples of Christ.

In our conflict-ridden world, today's gospel has never been more relevant. Never has there been a better time for Christians to get more involved in campaigning for non-violent strategies. Jesus isn't suggesting we roll over and allow our enemies to walk all over us, nor is he suggesting we turn a blind eye. What he is suggesting is that we always make a stand for justice in the spirit of love and not aggression. There are a million and one little things we can do each and every day to help tackle the causes of poverty, prejudice and oppression. The world has never been more ready.

Bitesize –

"Don't be yourself - be someone a little nicer."

Mignon McLaughlin



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

PARISH OF THE SACRED HEART AND ST. MARGARET MARY

[Registered Charity 278742]

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Parish Music Leader: Michael King: Email: michaeljwking@gmail.com

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23RD FEBRUARY 2020 – 7TH SUNDAY IN ORDINARY TIME – Year A

[7th Week of the Year, Weekday Year II, Psalter Week 3]

Mass Times for the Week			Intentions
Sat. 22 nd Feb.	6.00 pm	7 th Sunday in Ord. Time [Parish Mass Book p139]	TBA
Sun. 23 rd Feb.	9.00 am 11.00 am		Alex Eldred The People of the Parish
Mon. 24 th Feb.	10.00 am	Feria	Elizabeth Geoghan
Tues. 25 th Feb.	-	Feria	No Mass today
Weds. 26 th Feb.	10.00 am 7.30 pm	ASH WEDNESDAY	TBA TBA
Thurs. 27 th Feb.	10.00 am	Lent Feria	TBA
Fri. 28 th Feb.	10.00 am 10:30am	Lent Feria Stations of the Cross	TBA
Sat. 29 th Feb.	10.30 am	Lent Feria	TBA
Sun. 1 st Mar.	6.00 pm 9.00 am 11.00 am	1 st Sunday of Lent	Elizabeth Geoghan TBA The People of the Parish

Music for 7th Sunday in Ord. Time – Setting: New People's Mass

Entry: 6pm – Angelus (said); Hymn 475 - Here in this place...

Psalm: (sung at 9am and 11am Mass) **R:** *The Lord is compassion and love, slow to anger and rich in mercy.* The psalm can be found in the hymn book, number 54.

Offertory: Hymn 607 - Let all mortal flesh keep silence...

Memorial Acclamation: A(1)

Recessional: 11am – Angelus (said); Hymn 969 - Lord of all hopefulness...

Music for Ash Wednesday - see next page

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

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

Music for Ash Wednesday – *Setting*: Belmont Mass
Entry: Hymn 206 - Forty days and forty nights... vv. 1-3
Memorial Acclamation: A(1)
Recessional: Hymn 206 - Forty days and forty nights... vv. 4-6

Anniversaries this week: Isabel Joan Hooper, Bridget Dury, Vera Farmer, Dora Ellen Heasman, Frances Watson, John Edwards, Cecilia Stack, Maria Amaral, Ruth Fahey, Jolyon Hooley and Robert Secker. *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, 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: Janet Yardley, Jenny Rudd, Carol Whitesides, Robert Nicol, Eileen Brocklesby, Shirley Liebenhals, Catherine Carter, Alf Charlton, Frances Saville King, Una McWeeny, Derek Williams, Teresa Kendall.

Money Matters: Thank you for your offering of £452.07 for the day to day maintenance of our parish.

Diary Dates for this week -		
Tues. 25 th Feb.	7.30pm	Queen of Peace Prayer Group - Emmaus Room
Thur. 27 th Feb	6.30pm	Music selection & practice – Presbytery & Church. All volunteers welcome to make a joyful noise to the Lord!
Fri. 28 th Feb.	7.15-8.15pm	Altar Servers' meeting – Emmaus Room
Sat. 29 th Feb.	11.00am	Saturday Club classes resume - Emmaus Room

Bishop Alan will preside at the 9.00 and 11.00 am Masses this weekend and enrol the Confirmation Candidates at the 11.00 am Mass.



Ash Wednesday, 26th February 2020 - Lent is upon us.
 Please note that Ash Wednesday and Good Friday are the two days in the year when we are asked to fast and abstain from eating meat.
 Masses will be celebrated at 10am and 7.30pm and Ashes will be blessed and distributed during both Masses.

We are invited for forty days to set aside more time for prayer and fasting in preparation for Easter. The Ashes, made in the sign of the cross on our foreheads on this day, are an outward sign of our inward sorrow for our sins and of our commitment to Jesus as Our Lord and Saviour.'

Stations of the Cross will take place each Friday during Lent at 10.30am.

Dereham Churches Fellowship Evening. The next combined fellowship evening will be held on **Tuesday 3rd March, 2020, hosted by Sacred Heart Church at 7.30pm.** Please pick up a leaflet from the table at the back of the church. It is hope that as many people as possible will join us for Sung Vespers (Evening Prayer of the Church).

Parish Open Meeting: At our recent Parish Finance Meeting we set the date of May 10th for our Parish Meeting following the 11.00am Mass. This will provide the opportunity to present the Parish Accounts and discuss and pressing issues. Our Parish Report will have the reports from all the groups working in the parish. I would like to ask all the groups to send them in as soon as possible.

130 Club – A reminder to members, please, if you have not already done so, to collect their renewal envelopes from the back of church. Members are kindly asked to ensure that their renewals are returned as quickly as possible and before the end of March at the latest. Thank you.

Day of Prayer for the Unemployed Sunday 23rd February

On this day we pray for those who have lost their job and who are worrying about how to support their families. We pray for the long term unemployed and for those suffering specific difficulties and barriers. We pray for those who are unhappy in their jobs and for those who feel under-employed and underpaid.

Fairtrade Fortnight 2020 24th February – 8th March

Calling all chocolate fans and fighters for fairness! In 2020 Fairtrade will continue its mission to ensure that all farmers are paid fairly for their work and are able to earn a living income, starting with cocoa farmers in West Africa. Perhaps one of the simplest ways to support cocoa farmers around the world, is by buying Fairtrade chocolate and cocoa. While this doesn't immediately solve all the issues, keeping up the demand allows farmers to sell more of their cocoa on Fairtrade terms thus increasing their income.

Across Pilgrimage to Lourdes via Jumbulance

Across is organising two pilgrimages to Lourdes from East Anglia. 20-28 August 2020 coinciding with the Diocesan pilgrimage and 10-18 September 2020. The cost of the 10-day pilgrimage by Jumbulance is £850 staying in a four star hotel, full board. Across take the sick, disabled and terminally ill, and also need doctors, nurses and helpers for the pilgrimages. Further information from or Fr Warrington 07773 478835 or Fr Quigley 01284 829026.

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 worth 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.