

1st WEEK OF LENT

5th MARCH 2017

Year A · Weekday I · Psalter Week 1

Provost David Paul · Cathedral Dean · 01603 728930

Father Arockiya Seelan · 01603 728932

Father Henry Whisenant · 01603 728931

Father Laurie Locke (*in residence*) · 01603 728934

Deacon Patrick Limacher · 01603 624615

Deacon Andrew Eburne · 01603 592168

Narthex Office · 01603 724380



The Cathedral of
St John the Baptist

Liturgies in the Cathedral

The Cathedral is open every day from 0730-1830

		Intention
Sunday 5th March 1st Sunday of Lent	0900 · Mass 1100 · Solemn Mass 1600 · Rite of Election 1730 · Mass [St Mark's, Lakenham 1800 · Lithuanian Mass	Pro Populo David Rees Holy Souls
Monday 6th March Lent Feria	0730 · Mass 0940 · Morning Prayer 1000 · Mass	Gerry Mulligan Susanna Meeks
Tuesday 7th March Lent Feria	0940 · Morning Prayer 1000 · Mass 1830 · Sung Vespers 1900 · Sung Mass 1930 · Adoration	William Ewers William Ewers
Wednesday 8th March St Felix B. Feast Secondary Patron of the Diocese	0940 · Morning Prayer 1000 · Mass 1900 · Mass	Denise Diocesan Vocations
Thursday 9th March Lent Feria	0940 · Morning Prayer 1000 · Mass	Private Intention
Friday 10th March Lent Feria	0630 · Mass at the N & N Hospital 0940 · Morning Prayer 1000 · Mass 1230 · Stations 1930 · Stations	Yoskyl Brackley Clarke & Young Fly (F)
Saturday 11 th March Lent Feria	1000 · Mass 1030 · Exposition 1600 · Mass in Polish 1800 · Mass	Pridie Family David Orrell

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Last Week's Collection £2,199.24. Next Week's Retiring Collection for CAFOD

Please remember in our prayers all those who are sick: Clive & Dorothy Wood, Joe Heaney, Timmy Fisher, Emma Cressey, Minoo Dawabi, Gilbert Losasso, Roger Waterton, Lyndall, Fr Gordon Cordy, Anthony Preston, Pauline Ward, Walter Roe, Peter Warrington, Joanne O'Brien, Heather Reyes, Joan Smithurst, Rita Tringali, Nina Strivens, Liam McKenna, Anne Hendrie, Mark Taylor, Joan Marshall, Francesco Bagnoli, David Lamb, Angela Cooper, Paul Horan, Ilona Auchan Gray, Simon Spence, Lyndall Passerini, Sheridan Winn & Parents, Andrea Cope, Frank Keating, Annette Hulme, Denise Grey, Fred Limacher, Kochuthresia Mathew and Joseph Morris. **Recent Deaths:** Yoskyl Brackley. We keep Yoskyl's family in our prayers.

We Welcome Fr Henry Whisenant to the Parish and I know we will extend our best wishes and prayers for his priestly ministry in the Cathedral.

Lent is a wonderful opportunity to clear out our souls, and to make space for the Lord by our threefold discipline of prayer, fasting and almsgiving. The more generous we are with him in this season, the more generous he is with us!

Please remember the extra Devotions - Mass at 7.30am on Monday and 7pm on Wednesday. Stations of the Cross Friday at 12.30 and 7.30pm.

Wednesday Evening Lenten Reflections

Every Wednesday in the cathedral after the 7 pm Mass there will be a 20 minute reflection on the theme "Finding God in the Desert", about how we can fruitfully enter into this penitential season and find God's word for us in prayer, simplicity and silence.

The scripture group will be meeting on 6th March in the Narthex from 7.30pm until 9.00pm. All are welcome.

Flame 2017 youth conference – the response has been amazing – there are 65 young people going from our parish – which is a double blessing! Please do keep them in your prayers as they travel down to London to join over 9000 other young people for this national youth conference.

Given this wonderful response there is now a shortfall in funds for the trip and we would like to make up the £800 deficit by a **car-wash this Sunday**. So please bring our cars in need of a wash to the Cathedral car park on 5th March from 9am – 2pm and for a reasonable fee the youth group will wash away that winter grime and have your cars shining ready for spring.

Thank you very much for your generosity in supporting our fundraising efforts for Flame. We raised over £370 at the Great Cathedral Bake-Off last Sunday and enjoyed some stunning and delicious cakes – shout out to Fr Seelan and Monica Barnham for winning the Show Stopper with his NCFE Mango and Banana Cake.

Thank you also to everyone joining in the **First Friday Adoration** and all-night Vigil on Friday 3rd March, when over 100 young people from across the diocese will keep prayerful vigil before the Blessed Sacrament through the night until 8.00am on Saturday morning.

CAFOD Lent Fast Day is Friday 10 March. Sr Yvonne from Zambia spoke at the Cathedral last Saturday and told us of the great work CAFOD's partners are doing in her country to support widows and orphans in rural communities. Please take an envelope after Mass and return it next weekend with your Fast Day contribution to help this work to continue.

Tambogrande Lenten Lunches - Join us for soup lunches in the Narthex hall on Fridays in Lent from March 3rd till April 7th following Stations of The Cross devotions at 12.30pm. Come & support raising funds Suggested donation £3 upwards.

The Parish Annual General Meeting – to which all parishioners are invited – has been arranged for Sunday 21st May, to start shortly after the end of 11.00h Mass. Further Details will appear in the Parish Newsletter shortly. (Parish Groups: early receipt of their reports for inclusion in the Annual Report will be much appreciated.)

Monday 9th March in the Narthex Café - The way forward for social Experience for Alzheimer memory loss, patients and their carers at 2.30pm. It will involve reminiscence therapy, conversation, art & music for more able people. Contact 01603 502355

Reminder that An Introduction to Godly Play is 11th March in the Narthex with Rebecca Nye. 9.30-2.30. Come and experience this inspirational way to work with the liturgy and get to know our new resources. Contact k.sullivanking@gmail.com

Fairtrade Fortnight ends 12th March! Visit the Cathedral shop or sample Fair-trade coffee & tea in the Garden Café. Profits made from these sales help growers to have a better life.

Mother's Day Lunch, Sunday 26th March – Bookings required. Please contact the Narthex on 724380.

Saturday 18th March at 3pm at Hollywood Cinema Anglia Square, Norwich, there will be a charity screening of the film 'Apparition Hill', which investigates the alleged apparitions of the Blessed Virgin Mary at Medjugorje. **All proceeds donated to Marys Meals** which feeds over a million chronically hungry children. Tickets available online www.apparitionhillnorwich.co.uk

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