

1st Week of Lent

Sunday 10th March 2019

Year C · Weekday I · Psalter Week 1

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The Cathedral of
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Liturgies in the Cathedral

The Cathedral is open daily from 0730-1830

Intention

Sunday 10th March 1st Sunday of Lent	0900 · Mass 1100 · Solemn Mass 1530 · Rite of Election 1730 · Mass	Clarke & Young Family Pro Populo Trevor Brown
Monday 11th March Lent Feria	0940 · Morning Prayer 1000 · Mass	Ken Summerford
Tuesday 12th March Lent Feria	0940 · Morning Prayer 1000 · Mass 1830 · Sung Vespers 1900 · Sung Mass & Adoration	Pridie Family
Wednesday 13th March Lent Feria	0730 · Mass 0940 · Morning Prayer 1000 · Chapter of Canons 1300 · Midday Prayer	Esmerelda Keller Arthur Holland
Thursday 14th March Lent Feria	0940 · Morning Prayer 1000 · Requiem Mass	David Whayman
Friday 15th March Lent Feria	0940 · Morning Prayer 1000 · Mass 1230 · Stations of the Cross 1830 · Ordination Sam Randall	Thanksgiving Holy Family
Saturday 16th March Lent Feria	1000 · Mass & Adoration 1100 · Benediction 1600 · Polish Mass 1800 · Mass	Juliette Simpson John Kiely
Sunday 17th March 2 nd Sunday of Lent	0900 · Mass 1100 · Solemn Mass 1530 · Rite of Election 1730 · Mass	Pro Populo Dominic & Paula Lickert Mgr John Drury

Confessions: Tuesday 1930-2000 · Saturday 1030-1100 · 1530-1630 · 1845-1930

The Rosary is prayed in the Walsingham Chapel after the 1000 Mass Monday–Friday

Prayers for the sick: Fr John Warrington, Peter Warrington, Paul Horan, Liam McKenna, Philippa Barnes, Anthony Preston, Nancy Horner, Diane Downing, Joan Marshall, Wood Family, Eleanor Bray, Lily Reid, Joe Heaney, Andrea Cope, Nina Strivens, Mary Ward and Dianne Yeadon. Under the new data protection law (GDPR) we need 'explicit consent' in order to print in the newsletter the names of those sick parishioners from whom we are praying. If you would like your name or that of a relative added to the list, please take a form from the back of the church. Please be aware that if it is for a relative he or she must give consent themselves.

Last Week's Collection £2,553.35 Thank you. Next Weeks Retiring Collection for CAFOD

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Ordination of Deacon Sam Randall. The Ordination of Deacon Sam Randall takes place on Friday 15th March at 6.30pm. Sam is a former Anglican clergyman who converted to Catholicism a few years ago, and this Friday will be the joyful culmination of a long journey of faith for him. Please join us for this sacred liturgy as we support Sam in his generous response to God's call to the priesthood.

Lenten Alms. Giving alms is one of the pillars of devotion in Lent. Our Lenten charities this year are **Aid to the Church in Need**, which supports persecuted Christians around the world, especially rebuilding churches and communities destroyed by Daesh in Iraq; and the **Cambridge Nazareth Trust**, which provides education for poor children in the Holy Land. You can make your offering in the Lenten alms box at the back of the Cathedral.

Stations of the Cross are prayed in the Cathedral every Friday during Lent at 12.30pm and 7.30pm. Do join us in this traditional Lenten devotion as we follow in the footsteps of Jesus Himself on the *Via Dolorosa*, or Way of Sorrow towards the Cross. (Please note that there will be no Stations on Friday 15th March at 7.30pm because of the Ordination Mass.)

The **Lent Station Mass** for the Norwich Deanery will be celebrated by Bishop Alan and the Norwich clergy at **St George's, Sprowston on Thursday 21st March at 7pm.** Please join us for this traditional Lent liturgy when there will be opportunities for our **Lent Confession** throughout the evening.

Please support the Lenten Lunches for Tambogrande on the **Fridays in Lent** in the Narthex at 1pm after Stations of the Cross.

Thursday 14th March the Julian Chapter Benedictine prayer group will hold their regular monthly meeting at Our Lady & St Walstan's Church, Costessey, from 11am. All welcome! For Information contact Diana 01603 412158

CAFOD Lent Family Fast Day is on Friday 15th March. Envelopes are available this weekend and will be collected on the 16/17th March. This year's appeal focuses on the plight of people affected by climate change and its effects on their livelihood; details are on the cathedral website. Many thanks for your generosity.

The next meeting of '**Lectio Divina**' (praying with Scripture) will be **on Monday 18th March at 6.30pm*** in the **Meeting Room** at St George's Sprowston. All welcome. Just turn up or see flyers for more information. Contact Monica Barnham 07963 526486. (Please note change of time and venue for this month only).

Each Wednesday during Lent starting **Wednesday 20th March** there will be Exposition of the Blessed Sacrament in the Cathedral for Prayer and Adoration for the intention of the **Sanctity of Life.** Adoration will take place between **12-1pm**, and will begin with a Rosary for Life followed by silent prayer. Please join in prayerful support. Thank you.

The next Baptism Preparation Class will be on **Saturday 16th April** at 4pm in the choir sacristy.

The Music List for this term is available at the back of the Cathedral and on the website – please do take one.

The Diocesan Newspaper can be found at the back of the cathedral. They are Free!

Diocesan Yearbook for 2019 is available for £2 in the Cathedral Shop.

Dementia Friendly coffee mornings 11am-1pm on the **second Thursday** of every month (except September, December & January) in the **Narthex bar.** A friendly environment bringing people together to chat, enjoy various fun activities, learn new skills together and feel empowered to take advantage of other local support and services. Refreshments available, just turn up. More information email heritage@sjbcathedral.org.uk



Lent with the Gospel of St John

Throughout Lent we are reading the Gospel of St John, as a way of journeying more closely with Our Lord. Reading ½ a chapter each day, we will complete the Gospel by Easter Sunday.

To read this week: Chapters 4 – 6

Three things to look out for this week:

- (1) Jesus's encounter with the Samaritan woman at the well in Chapter 4, which echoes Jacob's meeting of his wife Rachel beside a well.
- (2) Jesus's healing of the man paralysed for

Thanks to those who contributed light-weight clothes for the Volunteers to take to the **Missionaries of the Poor in Jamaica**. There will be a reunion in **Mac's Bar** on **Saturday 16th March**, please join us from 11am-1pm.

38 years, which recalls the 38 years the people of Israel wandered in the Wilderness.
(3) The feeding of the 5,000 in Chapter 6, which points us to the miracle of the Real Presence in the Eucharist: 'I am the bread of life!'