

8th Sunday in Ordinary Time

Sunday 3rd March 2019

Year C · Weekday I · Psalter Week 4

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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 3rd March 8 th Sunday in Ordinary Time	0900 · Mass 1100 · Solemn Mass 1500 · Latin Mass (1962 Missal) 1730 · Mass	Rosemary Lesley Joyce & John Field Private intention Pro Populo
Monday 4th March Feria	0940 · Morning Prayer 1000 · Mass	Mary Fenn
Tuesday 5th March Feria	0940 · Morning Prayer 1000 · Mass 1830 · Sung Vespers 1900 · Sung Mass & Adoration	Lovick Family Russel Moore
Wednesday 6th March Ash Wednesday	0730 · Mass 0940 · Morning Prayer 1000 · Sung Mass 1230 · Mass 1900 · Solemn Mass	Holy Father Josewin Gree Pro Populo For a Good Lent Penitence
Thursday 7th March Lent Feria	0940 · Morning Prayer 1000 · Mass	Emma Kelly
Friday 8th March S Felix	0940 · Morning Prayer 1000 · Mass 1230 · Stations of the Cross 1200 · Stations of the Cross	Mary Kiely
Saturday 9th March Lent Feria	1000 · Mass & Adoration 1100 · Benediction 1600 · Polish Mass 1800 · Mass	Tom Curran James Enright
Sunday 10th March 1 st Sunday of Lent	0900 · Mass 1100 · Solemn Mass 1530 · Rite of Election 1730 · Mass	Clarke & Young Family Pro Populo Trevor Brown

Confessions: Tuesday 1930-2000 · Saturday 1030-1100 · 1530-1630 · 1900-1930

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. Maureen Dixon, Betty Marris and Lindsey Millbank (funeral at Costessey Church Friday at 11am) 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 £2,386.81 Thank you. Next Week Retiring Collection for CAFOD



ASH WEDNESDAY

Wednesday 6th March is

Ash Wednesday, which marks the beginning of Lent. This is a day of **Fasting and Abstinence**, meaning we take only one main meal and two smaller meals, and abstain from meat. We fast in imitation of Christ in the desert, who taught us that 'man does not live by bread alone, but by every word that proceeds from the mouth of God!'

Ash Wednesday **Masses** in the Cathedral will be at 7.30am, 10am, 12:30pm, and a sung Mass at 7pm where the Choir will be singing Allegri's Miserere. During each Mass ashes are imposed on our foreheads: a visible sign of repentance as we take up our Cross.

Stations of the Cross are prayed in the Cathedral every Friday during Lent at 12.30pm and 7.30pm. Please 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 support the **Lenten Lunches for Tambogrande** on the **Fridays in Lent** commencing March 8th in the Narthex at 1pm after Stations of the Cross.

Car park closure. Due to work on the equipment on the tower, a crane will be in situ on **Friday 8th March from 0800 hrs.** The front car park will be closed for the duration of the work: please use the garden car park. Any permit holders please move your cars the evening of the 7th and ensure you leave your barriers in the down position. Sorry for the inconvenience.

Lenten All-Night Adoration 8th March 2019 with mini workshops for youth starting at 5pm and continuing through the night. There is a fish and chip supper available, £3 per person – please book ahead by sending an email to Jo at stjohnfhc@gmail.com Drop in to the Cathedral to light a candle or pray, and stay for the workshops. Further details on the Cathedral website.

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

All are warmly invited to a **Day of Renewal on Saturday 9th March**, led by Fr Stefan Park, the prior of Clare Priory, at Bowthorpe Church Centre, Bowthorpe Hall Road, Norwich. The day includes Holy Mass, prayer ministry, & Reconciliation. For more details see poster in Narthex, or call Philip on 07910157584 or www.renewaleastanglia.org.

Thanks to Donors! Very many thanks to those very many people 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. Talk, chat, photographs.

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!

Duckett Library – this week marks our seventh anniversary: with over 5000 books & helpful staff a warm welcome awaits browsers & borrowers- membership is free. To mark the start of Lent we will be additionally opening on Ash Wednesday after 10.00 & 12.30 Masses – do come & choose from the large selection of Lenten & Spiritual Reading that will be on display. It's YOUR library, please use it!"

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

Prayer cards have been prepared for all of the shrines in the Cathedral; please do use them as an aid to your devotions.



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.

To read this week: Chapters 1 – 3

Three things to look out for this week:

(1) the great hymn to Christ the Eternal Word which opens the Gospel. (2) Jesus's very first words to His disciples, "What do you seek?" – a question to be pondered by every one of His disciples during Lent. (3) Mary's words to the servants at the marriage at Cana in Chapter 2: "Do whatever He tells you" – some of the best advice Our Lady ever gave!
