

HOLY WEEK

AND THE SACRED PASCHAL TRIDUUM

5th April 2020

Year A · Weekday II · Psalter Week 2

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Liturgies in the Cathedral

The Cathedral remains closed at this time

Mass Intention

Sunday 5 th April PALM SUNDAY	Mass	Michael and Mary Lynch +
Monday 6 th April Holy Monday	Mass	Mary Kelly
Tuesday 7 th April Holy Tuesday	Mass	Nicolo Dispenseri +
Wednesday 8 th April Holy Wednesday (Spy Wednesday)	Mass	Emma Rout +
Thursday 9 th April Holy Thursday (Maundy Thursday)	Mass of the Lord's Supper	Maria Gunton +
Friday 10 th April Good Friday	Solemn Liturgy of the Lord's Passion	<i>The Sacrifice of the Mass is not celebrated on Good Friday, because the Lord Himself confects the sacrifice upon the Holy Cross</i>
Saturday 11 th April Holy Saturday	Sacred Paschal Vigil	East Anglian RFA
Sunday 12 th April EASTER DAY	Mass	Margaret Dickson

CONFESSIONS: we are invited to remain at home as much as possible at this time. Always remember that we can make a perfect act of contrition at home, by begging God's pardon for our sins, saying that, while we desire to go to confession to confess our sins and receive His absolution, it is nearly impossible to do this easily. Therefore, I ask your pardon now, Lord, and at the earliest opportunity, I shall go to confession. Meanwhile, we can make a perfect act of contrition, saying: *Oh my God, I am very sorry for having offended you, and I detest all my sins, because they offend you, my God, who are deserving of all my love. Firmly I resolve, by the help of your grace, to sin no more. Amen.*

Prayers for the sick: Canon Paul, Fr John Warrington, Peter Warrington, Paul Horan, Liam McKenna, Philippa Barnes, Anthony Preston, Nancy Horner, Joan Marshall, Wood Family, Eleanor Bray, Lily Reid, Joe Heaney, Nina Strivens, Mary Ward, Dianne Yeadon, Chris Gillham, Peter Willets, Justina Adamska, Reece Sales, Nicholle Sales, Amanda Caistor, Patrick Campion and Brian Whitlam.

*If you would like your name or that of a relative added to the list, please take a GDPR form from the back of the church; do be aware that if it is for a relative he/she must give consent themselves. **Going into hospital?** Please inform the ward clerk at the hospital itself that you or your relative needs to see the Catholic Chaplain.*

Thank you for your continued financial support for the Church at this difficult time.

If you are interested in setting up a standing order or gift aid donation, please contact Cathedral House.

www.sjbcathedral.org.uk



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HOLY WEEK

Holy Week this year will be very strange for most of us. Without participating physically in the rich symbols and rites of the Church, we will therefore not process with palms, we will not venerate the Wood of the Cross, we will not rush to the empty Tomb. **We can, however, participate spiritually.** This time presents us with an opportunity to experience the paschal mystery in a deep way, and our desire to participate in the rites itself teaches us how much we hunger for the Lord Jesus.

The mysteries of our salvation march on regardless – our need of salvation is great especially in time of distress. **The Victorious and Risen Christ is the light of salvation in the midst of all darkness.** Jesus walks from Bethany – where he wept for Lazarus – down to Jerusalem, where he is greeted by jubilant crowds. But acclamation quickly descends into scorn, as He was rejected and betrayed. Sitting down at home with His friends, the Lord Jesus took bread and wine, and gave us the great Sacrament of His love. He sweated blood in the garden for love of you; He took upon His shoulders your own weight and wounds, and bore the marks of your suffering in His own flesh upon Calvary. He sunk into the depth of death, teaching us that there is nothing that we must fear. Finally, victorious over the ancient serpent, He rose from the dead, and appearing to Magdalen, the Apostles, and the disciples wandering down the road, He encouraged them with His Word, He forgave them with His Wounds, and He nourished them with His Body and Blood.

Easter Duties – Roman Catholics have an obligation to receive Holy Communion between Ash Wednesday and Trinity Sunday, which was once called the “Easter Duty.” This obligation has been dispensed by the bishop this year for all those who are bound by this obligation.

Supporting one another – one of the many silver linings to this viral cloud has been the enormous outpouring of kindness that many people have been showing one another. **Praise God for this miracle of love.** Here at the Cathedral, we will try to make sure that our sick and housebound that we know about are called and supported where possible. If you know of any parishioners that may have been left out, please let Fr Simon know (fathersimondavies@gmail.com).

Norfolk County Council helpline for the vulnerable in need: 0344 800 8020. Please also remember all those helping the poor and needy in our city, such as the **Foodbank** and **St Martin’s Housing Trust**.

Priests will only be able to make physical home or hospital visits (other than phone visits) to those who are in **danger of death**.

Confession – at this time, if we cannot get to a priest, we can turn to God and tell him what weighs on our conscience. We can ask his forgiveness and healing, and make a perfect act of contrition (an example printed overleaf). We have the full intention to go to confession, but, for whatever reason, it may be impossible to actually go to confession. In an act of contrition, we say sorry to God for our sins, because we love him, not out of fear, and we resolve to change our ways. If we do find a priest for confession, he will invite us to respect the need for social distancing.

Daily Live Broadcasts from the Cathedral: view Mass online at **10am every day** on our parish website sjbcathedral.org.uk or directly on the Cathedral YouTube channel youtube.com/channel/UC1L1vHKBeZgiaUf6hUxbTOA - You can watch Mass afterwards on YouTube.

This week is Holy Week, and so during the Paschal Triduum (Thursday, Friday Saturday) our live broadcasts are at different times:

Holy Thursday:	10am	Tenebrae
	8pm	Mass
Good Friday:	10am	Tenebrae
	3pm	Sacred Liturgy
Holy Saturday:	10am	Tenebrae
	8pm	Mass
Easter Day:	10am	Mass

Live broadcasting from the Cathedral has proved popular, not only in our parish, but also around the country, and beyond! We hope now to be able to **continue broadcasting** from the Cathedral after the current crisis, both daily Mass and other liturgies (such as sung vespers, adoration and benediction) and the great diocesan events which we host, being the Mother Church for the whole of East Anglia. **We need financial help to set this up**, because our current infrastructure is poor and we need to improve our camera facilities in time for the Cathedral re-opening. If you or someone you know may be able to help finance this project, please contact Cathedral House. These are difficult and uncertain times, and there are many worthy causes. This project would be a wonderful **legacy and a gift**, not only to our parish, but to the wider Church around the world.

Fr Andrew’s Podcast – the fourth episode of *Ego Sum Via* is available to download from Sunday at egosumvia.podbean.com, and will include the readings and homily for Sunday’s Mass.

The **Young Adults Group** – open to those aged 18-35 – is still able to meet... online, through Zoom, for prayer and a talk. Please contact Cathedral House by email or phone if you are interest and would like further details.

Our **Pilgrimage to the Holy Land** is postponed until next year – watch this space!

It is still possible to help the work of the Church with our **Sunday offerings by standing order**, or by gift aid. Please contact the Cathedral if you are interested, and we can send you everything you need by post.

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A prayer in time of pandemic (from the Roman Missal): “Almighty and eternal God, our refuge in every danger, to whom we turn in our distress; in faith we pray look with compassion on the afflicted, grant eternal rest to the dead, comfort to mourners, healing to the sick, peace to the dying, strength to healthcare workers, wisdom to our leaders and the courage to reach out to all in love, so that together we may give glory to your holy name. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.”
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