

FOURTH WEEK OF EASTER

3rd May 2020

Year A · Weekday II · Psalter Week 4

Provost David Paul · Cathedral Dean · 01603 728930

Father Leo Michael · 01603 728932

Father Simon Davies · 01603 728931

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The Cathedral of
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Father Laurie Locke · 01603 728934

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Liturgies in the Cathedral

The Cathedral remains closed at this time

Mass Intention

Sunday 3 rd May FOURTH SUNDAY OF EASTER	Mass	Vocations to the priesthood
Monday 4 th May ENGLISH MARTYRS	Mass	Bishop Dudley Carey-Elwes +
Tuesday 5 th May Easter feria	Mass	Eva Branff +
Wednesday 6 th May Easter feria	Mass	McLean family & friends
Thursday 7 th May Easter feria	Mass	Augustine Gannon +
Friday 8 th May Easter feria	Mass	Angela d'Souza +
Saturday 9 th May Easter feria	Mass	Brosche +
Sunday 10 th May FIFTH SUNDAY OF EASTER	Mass	Pro populo

AN ACT OF CONTRITION: *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.*

AN ACT OF SPIRITUAL COMMUNION: *Lord Jesus, though I may not at this moment receive you physically in Holy Communion, please come into my heart, your whole Soul and Divinity, and remain there, and keep me safe. I love you Jesus, always. 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. *This sick list has not been updated, and, because of GDPR, we cannot add new people for data protection reasons without their written permission. Please pray for all the sick, and let us know if a name on this list needs removing, or if you would like to be added to the list.*

Going into hospital? If you or a relative are in hospital, please inform the hospital ward itself (not the parish) that you or your relative are Catholic and would like to see the chaplain. The hospital chaplaincy arranges the Catholic chaplain to visit those who are admitted to hospital.

Priests will only be able to make physical home visits (other than phone visits) to those who are in danger of death. The chaplain can only go into the hospital in an emergency situation and by the invitation of the hospital.

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.



Today is called **Good Shepherd Sunday**, because, in the Holy Gospel, our Lord identifies Himself with the Shepherd who will lead His sheep to green pastures. He is the gate through which we pass, and which keeps us safe. To the Hebrews, the shepherd image is associated with King David, the Shepherd King. The psalm of David, "**the Lord is my shepherd**" (*Dominus regnavit me*, or *The Lord rules me*) sings of the depth of the Lord's love, and, when we place this song on our own lips, we understand ever more deeply the fullness that we are called to give of ourselves to Him in return.

On this day, we pray for **vocations to the priesthood**. The Church – all the baptised – is the living Body of Christ. Her Priests of Jesus Christ enable the sacramental power of Jesus to be transmitted through all the ages and in all circumstances. As Jesus no longer walks upon this earth in His historic form, as He ascended into heaven, He calls priests from among His people to continue His work, particularly in His function as Shepherd King. We thank the Lord for His priests; we pray for His priests who have died and ask that they receive a merciful judgement. We pray also for more priests, that the Mass may be celebrated at the sacraments ministered, and that the Gospel of Jesus Christ may be taught anew.

A MESSAGE FROM POPE FRANCIS

Dear Brothers and Sisters,

The month of May is approaching, a time when the People of God express with particular intensity their love and devotion for the Blessed Virgin Mary. It is traditional in this month to pray the Rosary at home within the family. The restrictions of the pandemic have made us come to appreciate all the more this "family" aspect, also from a spiritual point of view.

For this reason, I want to encourage everyone to rediscover the beauty of praying the Rosary at home in the month of May. This can be done either as a group or individually; you can decide according to your own situations, making the most of both opportunities. The key to doing this is always simplicity, and it is easy also on the internet to find good models of prayers to follow.

Dear brothers and sisters, contemplating the face of Christ with the heart of Mary our Mother will make us even more united as a spiritual family and will help us overcome this time of trial. I keep all of you in my prayers, especially those suffering most greatly, and I ask you, please, to pray for me. I thank you, and with great affection, I send you my blessing.

O Mary, You shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick, who, at the foot of the Cross, were united with Jesus' suffering, and persevered in your faith. Mary our Mother, you know our needs, and we know that you will provide, so that, as at Cana in Galilee, joy and celebration may return after this time of trial. Help us, Mother of Divine Love, to conform ourselves to the will of the Father and to do what Jesus tells us. For he took upon himself our suffering, and burdened himself with our sorrows to bring us, through the cross, to the joy of the Resurrection. Amen.

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](https://www.youtube.com/channel/UC1L1vHKBeZgiaUf6hUxbTOA) - You can watch any Mass afterwards on YouTube.

Weekly Mass for the sick and healthcare workers – celebrated by one of the bishops over the coming weeks on Thursdays at 7pm. Links to these Masses can be found on our website.

Lots of parishioners ask about **Canon Paul** and his health. This is wonderful, and thank you for your prayers. He is doing very well, but is not at the Cathedral, because he is isolating with support elsewhere, being in the "extra vulnerable" category. He is able to celebrate the Mass every day, and so we are all united in prayer.

Fr Andrew's Podcast - the eighth episode of Fr Andrew's podcast, *Ego Sum Via*, will be available to download on 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. Please contact Cathedral House by email or phone if you are interested and would like further details.

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.

Norfolk County Council helpline for the vulnerable in need: 0344 800 8020.

If you live in NR2, you can also contact a local group which is helping support our neighbours. Please call 07375 965 908 or visit nr2corona.canobe.com. The NR2 group are also looking for volunteers.

We fly to your protection, O Holy Mother of God; Do not despise our petitions in our necessities, but deliver us always from every danger, O Glorious and Blessed Virgin.

