

# PENTECOST OR WHITSUN & 9<sup>TH</sup> WEEK OF ORDINARY TIME

31<sup>st</sup> May 2020

Year A · Weekday II · Psalter Week 1

Provost David Paul · Cathedral Dean · 07445 818 415

Father Leo Michael · 01603 728 932

Father Simon Davies · 01603 728 931

Father Andrew Eburne (UEA Chaplain) · 01603 592 168

The Cathedral of  
St John the Baptist

Father Laurie Locke · 01603 728 934

Deacon Patrick Limacher · 01603 728 934

Cathedral House · Unthank Road · Norwich · NR2 2PA

Tel: 01603 624 615 · [enq@sjbcathedral.org.uk](mailto:enq@sjbcathedral.org.uk)

## Liturgies in the Cathedral

		Celebrant's Intention
Sunday 31 <sup>st</sup> May PENTECOST	Mass · 1000 Rosary · 1400 Vespers & Benediction · 1630	For the people
Monday 1 <sup>st</sup> June Mary, Mother of the Church	Mass · 1000	John Fitzmaurice +
Tuesday 2 <sup>nd</sup> June Feria ( <i>Ninth week of Ordinary Time</i> )	Mass · 1000 ( <i>Votive Mass of the Holy Spirit</i> )	Mgr Harry Wace +
Wednesday 3 <sup>rd</sup> June S Charles Lwanga & Companions	Mass · 1000	Maureen Sizeland +
Thursday 4 <sup>th</sup> June JESUS CHRIST, ETERNAL HIGH PRIEST	Mass · 1000	Helen & Nick
Friday 5 <sup>th</sup> June S Boniface	Mass · 1000	June Lincoln +
Saturday 6 <sup>th</sup> June BVM	Mass · 1000	Harry & Mary Riches +
Sunday 7 <sup>th</sup> June HOLY TRINITY	Mass · 1000 Vespers & Benediction · 1630	For the people & Harry Smith +

**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.

# PENTECOST

The fiftieth day after Passover marked the Hebrew Feast of Weeks (Shavuot) – or Pentecost. This feast commemorated the presentation of the **first fruits** and, in the Temple, the **first loaves** from the new wheat. It also commemorated the **giving of the Law** to Moses on Mount Sinai: **freed from slavery** to Pharaoh, the People of God were now **committed to His service, sealed with His sign.**

The same is true for the People of God now. Freed from sin, the Holy Spirit seals us with His Divine Power, and breathes life into us: physical redemption from Egypt becomes deeper, spiritual reality. He bestows upon us His eternal Law, the Law of the Spirit through His seven-fold gift (**knowledge, understanding, wisdom, courage, fortitude, piety and fear of the Lord** – these gifts are traditionally matched up to the Beatitudes, the Christian fulfilment of the old Law) made visible in our lives and in the world by spiritual fruitfulness (**charity, joy, peace, patience, benignity, goodness, forbearance, gentleness, faith, modesty, chastity, and self-control**).

The Holy Spirit is Himself God, the Third Person of the Trinity. The Father speaks, the Word is spoken: the Spirit is the sigh of love between the Two. Because God is one of us – God-made-Man – the Holy Spirit dwells within us. He *is* God working in us, the Father's creative Power. He *is* the sigh of love made by the Son when we pray, either privately or liturgically. **Mary is the spouse of the Holy Spirit**, because by Him did she conceive; she was the first to be overshadowed again by His gift on the day of Pentecost: she softens our hearts to receive those gifts today.

**Opening for private prayer** – thanks to those who have volunteered to help when the times comes for the Cathedral to re-open. If you would still like to put your name forward, please e-mail Fr Simon [fathersimondavies@gmail.com](mailto:fathersimondavies@gmail.com)

## During Lockdown:

We can have an abortion, but not a baptism  
We can buy a car, but not a candle  
We can go to a supermarket, but not a sanctuary  
We can get divorced, but not married  
We can break the rules, but not receive absolution

**Write to the government** – to support opening our places of worship for simple private prayer under safe conditions. When writing it may be worth mentioning that many Catholics would happily volunteer to help disinfect churches as frequently as necessary; and that for Catholics the ability to pray in the presence of the Blessed Sacrament in the Tabernacle has a special significance, even if public ceremonies cannot be held. You can write to:

Rt Hon. Robert Jenrick,  
Housing, Communities and Local Government,  
2 Marsham Street,  
London SW1P 4DF

See also <https://forms.communities.gov.uk/>

**Daily Live Broadcasts from the Cathedral:** view Mass online at **10am every day**. Visit: [sjbcathedral.org.uk/live](http://sjbcathedral.org.uk/live)

**Every Sunday at 4.30pm** we celebrate **vespers and benediction**. To help us orient ourselves to the Lord's Day more fully while at home to help distinguish it from other days, this will be broadcast.

**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.

**Rosary Rally** – on this last day of May, the feast of Pentecost, we are encouraged to join in a national Rosary rally. Each of the cathedrals and major shrines around the country will take the lead; here at St John's, **Bishop Alan will lead the Rosary at 2pm.**

**The Bishop's intentions** for these prayers specifically are "for faith, the sanctity of life and peace in the world; for an end to the current pandemic, for the sick and dying, for the dead and the grieving, for all health workers and carers, for those researching for an anti-virus; for the protection of the common good and people's economic livelihoods; for the poor, homeless and destitute, and that the Holy Spirit will preserve us from disaster and war."

**Fr Andrew's Podcast** - the twelfth episode of Fr Andrew's podcast, *Ego Sum Via*, will be available to download on Sunday at [egosumvia.podbean.com](http://egosumvia.podbean.com), and will include the readings and homily for Sunday's Mass.

**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](http://nr2corona.canobe.com). The NR2 group are also looking for volunteers.

**The Justice and Peace Group invite you to pray** with us for all those vulnerable people in Norwich, living in temporary or unsafe conditions, including those who are homeless, asylum seekers, refugees and those at risk from domestic violence. During the pandemic we have been able to support the work of The Anon Street Team, who are providing a daily hot meal to 45 homeless people temporarily housed in a hotel. Grants from our funds purchased kettles, foil containers for the food and a grant from Caritas (St Edmund's Fund) will help provide food and essential items for the team, going forward. Please contact Sarah Ebelewicz (group chairperson) on [scmebelewicz@hhotmail.com](mailto:scmebelewicz@hhotmail.com) for further information.

**Canon Paul** is doing very well, and is now helping with pastoral work. Although he is not yet resident in Norwich, he is now contactable by phone on 07445 818 415. Hopefully, in short order, he'll be able to come back to Norwich. He also celebrates his birthday this week.

