



FIRST WEEK OF LENT

26th February 2023 · Year A · Weekday I · Psalter I

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sjbcathedral.org.uk/live

TIMES OF CEREMONIES

Day	Time	Ceremony	Minister
Sunday 26th Feb	FIRST SUNDAY OF LENT		
	9am	Mass	Jean Green+
	11am	Solemn Mass	Mary Grace de Jesus
	3:30pm	Rite of Election	
	<u>NB: No Vespers today</u>		
Monday 27th	<i>Lent Feria</i>		
	10am	Mass	Mary Kiely +
Tuesday 28th	<i>Lent Feria</i>		
	10am	Mass	John Dower +
	7pm	Mass & Adoration	C & J
	7.30pm	Confessions	
Wed 1st March	S DAVID		
	7.30am	Mass	Henry, Duke of Norfolk (F) +
	10am	Mass	Sybil Cushing (F) +
Thursday 2nd	<i>Lent Feria</i>		
	10am	Mass	Nuccia Cipro +
Friday 3rd	<i>Lent Feria</i>		
	7.30am	Mass	Mary Fenn (F) +
	10am	Mass	Roland Sarrazyn +
Saturday 4th	<i>Lent Feria</i>		
	10am	Mass	Lovick Family (F) +
	10.30am	Confessions	
	5.15pm	Confessions	
	6pm	Mass - Anticipatory	Julie Evans +

Next Sunday: 6pm [Saturday], 9am, 11am, 3pm [Old Rite Latin], 5.30pm · **Confessions** 4.45pm

Vespers & Benediction 4.30pm · **Lauds at 9.40am Monday - Saturday** in the Precious Blood Chapel

The Rosary is prayed in the Lady Chapel Monday to Friday after the 10am Mass.

Adoration: Tuesday 7.30pm, First Friday 10.30am until 4pm & Saturday 10.30am

Prayers for the sick: Cathy Adams, Justina Adamska, Dr Michael Anibueze, Philippa Barnes, Ian Beyts, Jennifer Boland, Eleanor Bray, Amanda Caistor, Anne Clark, Brenda Devany, Ann Dunning, Anthony Edmunds, Jonathon Fitzimmons, Sophia Gough-Solar, Joe Heaney, Gill Horan, Paul Horan, Nancy Horner, Joan Marshall, Maria Osorio, Sarah McLean, Gary Newton, Christopher Parish, Canon David Paul, Anthony Preston, Nicholle Sales, Reece Sales, Linda Sheppard, Peter Thorn, Mary Ward, Peter Warrington, Fr John Warrington, Peter Willets, Adrian Woods, the Wood Family, Patricia Wooley, the Watson Family, and Dianne Yeadon. [GDPR compliant] **Going into hospital?** Please inform the hospital ward itself that the Catholic Chaplain is needed.

The Cathedral Church is open daily from 7.30am until 6pm

Please do take away copies of our Lent booklet which has details of devotions and ceremonies taking place during Lent, and time of Masses during Holy Week and the Paschal Triduum.

Lenten Lectures - This year's Lenten lectures will be hosted by Fr Denys Lloyd over three weeks on Friday evenings at 7pm. They will be held in the Narthex Hall on 3rd March, 10th March and 17th March. The topic for this year will be on *The Theology of the Body* and will be based on Pope Saint John Paul II's lectures which he gave between 1979 and 1984 explaining his integrated vision of the human person. All are very welcome to attend.

Holy Hours for Life – will take place on 9th and 30th March from 6.30pm-7.30pm. Please do come and join us for some time before the Blessed Sacrament to pray specifically for the Sanctity of Life.

Many thanks to all who supported last weekend's **cake and book sale** organised by the Parish Catechists for Aid to the Church in Need's Earthquake Appeal - the amount raised was £1200.

First Friday Adoration will be between 10.30am and 4pm on Friday 3rd March (the Blessed Sacrament will be reposed between 12.15-1.15 while Stations of the Cross is prayed). The Chaplet of Divine Mercy will be prayed at 3pm. We ask for prayers on each First Friday of the month especially for Bishop Peter and all our diocesan priests. Please do sign up for a slot on the Rota at the back of the church to ensure a presence throughout the day. All welcome

Hospital Mass - Holy Mass is celebrated at 12 noon on the 1st and 3rd Monday of every month in the Norfolk and Norwich University Hospital Chapel (Centre Block, Level 1). Our next Mass will be on **Monday 6th March**.

Tambogrande Lenten Lunches - We will be running simple soup lunches on Fridays during Lent, from the 24th of February to the 31st of March. These lunches are in support of our twinned project in Tambogrande, Peru. If you are you able to help serve, clear tables, or pay towards the cost of these lunches, which would otherwise be met by the Justice and Peace Group funds, please contact the Tambogrande coordinator on 07928082177, or email, Sarah Ebelewicz scmebelewicz@hotmail.com. Any profits raised will help to support Wilma, whose work on the Dare to Dream Reading Project is sponsored by this Parish. Many thanks for your generosity.

Young Adults' Rosary for 18–35-year-olds is held every Wednesday at 7pm, in the Cathedral Church.

Noah's Ark Baby & Toddler Group meet from 10.30am-12.30pm in the Narthex Hall. For more information cathedralplaygroup@outlook.com

HOLY APOSTLES CHURCH

Scarnell Road, Norwich NR5 8HT

parish@sjbcathedral.org.uk

<i>Sunday</i>	10am	Mass
	11am	Confessions
	4pm	Holy Qurbana

Cafod's Family Fast Day will be on Friday 3rd March. This year we are asked to pray for communities trying to recover from the damage and loss following floods and cyclones and other effects of climate change. This includes planting of resistant trees and building other defences to prevent further erosion of the soil. To support these communities, please take a Cafod envelope from the back of the Cathedral, insert your cheque and send to Cafod via Freepost. Alternatively, you can donate online at www.cafod.org.uk. If possible, please choose to Gift Aid your donation.

The café will be holding monthly **Sunday Lunches** in the Narthex. Choose from 1 course £9.95, 2 courses £15.95 or 3 courses £19.95, with tea or coffee to follow. Sittings at 12pm or 1.30pm and the bar will be open to purchase drinks. Pre-booking is essential – contact the kitchen, admin office or email cateringmanager@sjbcathedral.org.uk.

Sunday 19th March – Mothering Sunday Special – all mums in the party will receive a free glass of wine!

Starters Roasted Tomato & Red Lentil Soup or Chicken Liver Pate with red onion marmalade and melba toast.

Mains Roast Chicken served with stuffing, chipolata, Yorkshire pudding, roast potatoes, roast parsnips, carrots, savoy cabbage, and cauliflower cheese or Nut Roast - with all the above except sausage and stuffing.

To Finish Sticky Toffee Pudding, toffee sauce and vanilla ice-cream or Egg Custard Tart with Earl Grey soaked sultanas and cream

We are pleased to announce that Vivien Thomas has been appointed as the **Shop Supervisor**. We have a vacancy for a regular shop volunteer for Saturdays from March. This could be on a rota system and full training would be provided. If you are interested, please contact Vivien on 01603 728937 or shop@sjbcathedral.org.uk

Gap Year opportunity: Are you 18-30, or do you know someone who is? Do you want to develop a wide range of skills including leadership while learning about global justice and inspiring others to use their faith in action? CAFOD, the Catholic Agency for Overseas Development, believes in equipping and inspiring young adults to contribute to a more just and peaceful world. Step into the Gap is a fully funded year of volunteering, with food, accommodation, stipend and training within a UK placement plus a Rome and Assisi pilgrimage. Visit the CAFOD website for more information: www.cafod.org.uk/gapyear