



FIFTH WEEK OF ORDINARY TIME

4th February 2024 · Year B · Weekday II · Psalter I

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Confessions

Tuesday: 6pm
Saturday: 10.30am
Saturday: 5.15pm
Sunday: 4.45pm

Rosary

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

Divine Office

Lauds is prayed in the Precious Blood Chapel.
Monday to Friday at 9:40am

TIMES OF CEREMONIES

Sunday 4 th Feb	FIFTH SUNDAY OF ORDINARY TIME		
9am	Mass		<i>Estrella Catalan +</i>
11am	Solemn Mass		<i>Jeffrey Perry +</i>
3pm	Mass [1962 Rite]		<i>Holy Souls</i>
5.30pm	Mass		<i>Pro Populo</i>
Monday 5 th	<i>S Agatha</i>		
10am	Mass		<i>John Tinker +</i>
Tuesday 6 th	<i>S Paul Miki & Comps</i>		
10am	Requiem Mass		<i>Stella Mary Brundell +</i>
5pm	Vespers		
5.30pm	Mass		<i>Winnie Rooney & Family</i>
Wednesday 7 th	<i>Feria</i>		
7.30am	Mass		<i>Thanksgiving for Fathers</i>
10am	Mass		<i>Matthew Fitzmaurice (F) +</i>
Thursday 8 th	<i>S Josephine Bakhita</i>		
10am	Mass		<i>Edward Costello +</i>
Friday 9 th	<i>Feria</i>		
7.30am	Mass		<i>Doreen Concannon +</i>
10am	Mass		<i>Barry Evans +</i>
11.30am	Requiem Mass		<i>Jack Richardson +</i>
Saturday 10 th	<i>S Scholastica</i>		
11.45am	Mass		<i>For the Sick</i>
6pm	Mass (Anticipatory)		<i>Pro Populo</i>
Sunday 11 th	SIXTH SUNDAY IN ORDINARY TIME		
9am	Mass		<i>Mr & Mrs Ric Caasi & Family</i>
11am	Solemn Mass		<i>Paul, Molly, Neville Doggett +</i>
4.30pm	Vespers & Benediction		
5.30pm	Mass		<i>For Engaged Couples</i>

The Cathedral Church is open daily from 7.30am until 7pm

Prayers for the sick: Cathy Adams, Justina Adamska, Dr Michael Anibueze, Philippa Barnes, Ian Beyts, Jennifer Boland, Eleanor Bray, Amanda Caistor, Brenda Devany, Jonathon Fitzimmons, Sophia Gough-Solar, Mary Hatcher, Joe Heaney, Niamh Hodgson, Gill Horan, Paul Horan, Nancy Horner, Joan Marshall, Joel McDonough, Anne O'Leary, Maria Osorio, Mary Newby, Gary Newton, Isobel O'Connor, Christopher Parish, Canon David Paul, Anthony Preston, Nicholle Sales, Reece Sales, Linda Sheppard, Peter Thorne, Mary Ward, Fr John Warrington, Peter Willets, Adrian Woods, the Wood Family, Patricia Woolley, Isobel Woolner and the Watson Family, Shane Wissner. [GDPR compliant] **Going into hospital?** Please inform the hospital ward itself that the Catholic Chaplain is needed.

HYMN NUMBERS FOR THE 9AM MASS

469, 427, 627/840, 456

Queueing for Communion – people attending any of our Masses are welcome to receive Holy Communion either from the Priest or from one of our Extraordinary Ministers. Many parishioners actively choose to receive Holy Communion from the Priest and to take their family for a blessing. This is their prerogative, and they are fully entitled to do so. Whilst queueing for Holy Communion this should be a time of patience and prayer and is not the time to criticise or comment on people's free choice to receive Communion from the Priest. If you would prefer not to queue, then adequate provision is made by using the side aisles and receiving Communion from the Extraordinary Minister.

Next Sunday is World Day of Prayer for the Sick, the Diocesan Day of Prayer for Engaged Couples and a Day for the Unemployed.

The Annual Mass to celebrate Our Lady of Lourdes with Anointing of the sick will take place on Saturday 10th February at **11.45am**. This will replace the 10am Mass on that day.

Blessing of Engaged Couples – will take place at the **11am Mass** on Sunday 11th February. We ask for God's help and blessing for those preparing for marriage.

Hospital Mass - 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 5th February** and then **Monday 19th February**.

Inviting young people (age 16 – 30) to Transform for Lent - it might seem that Christmas was only yesterday but already it's not long until Lent! The Ignite Team are hosting a weekend retreat for young people at Clare Priory the weekend before Lent begins (10th – 11th February). Contemporary music, inspiring talks, and passionate prayer times. For more information and to book a place see www.rcdea.org.uk/youth

On Saturday 10th February, the Vigil of the Feast Our Lady of Lourdes, please pray and fast for the end of abortion in this Country. Through God's grace we have seen thousands of Mothers in our counselling centre continue their pregnancies in very difficult circumstances. Please help us to help save lives with your prayers, fasting and support.

www.GoodCounselNetwork.com

HOLY APOSTLES CHURCH

Scarnell Road, Norwich NR5 8HT

parish@sjbcathedral.org.uk

<i>Saturday</i>	5pm	Holy Qurbana (Anticipatory)
<i>Sunday</i>	8am	Holy Qurbana
	10am	Mass & Confessions
	4pm	Holy Qurbana
<i>Wednesday</i>	6pm	Mass (UEA Chaplaincy, term time only)

“Awake Norwich – Parish Lent Retreat” – You are warmly invited to join Fr Gladson Dabre OSA and the Transform Ministries team for a weekend of healing, restoration and deepening of your faith and spirituality. The weekend will take place at St John's Cathedral on 1st-3rd March, starting on Friday evening and running through the weekend. For more information, please check out the Cathedral website.

Lenten retreats run by Clare Priory are taking place in February and March 2024. “Entering into Lent” led by Fr George Donaghy OSA 16th-18th February, and “Inner Healing Retreat” led by Fr Gladson Dabre OSA 5th-7th March. Please email clarepriory@clarepriory.net or phone 01787 277326 for more details.

Healing After Abortion - Rachel's Vineyard – Unfortunately, due to unforeseen circumstances the dates for this retreat have had to be changed and the retreat will now take place on **Friday 1st – 3rd March, in Suffolk**. Rachel's Vineyard offers Catholic retreat weekends for men and women who are suffering after an abortion/s and is a safe place to renew, rebuild and redeem hearts broken by it. The retreats offer a supportive, confidential, and non-judgemental environment where men and women can express and reconcile painful post-abortion emotions to begin the process of healing. Contact Sona on sona@rachelsvineyard.org.uk For further information, you can also visit: <http://www.rachelsvineyard.org.uk>

The Young Adult Group is a good place to make new friends and deepen your faith. It organizes social events - parties, discussions and more. We pray the rosary every Wednesday at 7 pm at the Cathedral, Walsingham Chapel. Please contact yag.sjbnorwich@gmail.com for more information.

Volunteers are needed as Cathedral Stewards to assist at all Sunday Masses and other major functions in the Cathedral throughout the year. Please contact Teresa if you are interested **07919 455836**.

Loved Ones' Afternoon Tea – will be served in the Cathedral Garden café for Valentine's Day from the 12th – 16th February from 11am-1pm.

Medjugorje Irish Centre Pilgrimages April - Oct 2024: Tel. 020 3239 8662 or website www.med-irishcentre.com for more details.