

GOSPEL REFLECTION FOR THE SECOND SUNDAY OF ADVENT

Choose A New Direction - We embark on a diet and the days of lettuce and low-calorie drinks loom gloomily. We embark on a fitness regime and our subconscious whispers, "Fifteen more minutes under a warm duvet versus a jog round a freezing park I know what I'd choose!" In today's gospel, John the Baptist preaches "Repent for the Kingdom of Heaven is at hand." The idea of 'repentance' fills us with about as much excitement as a cold shower on a winter's morning, but it doesn't have to be like that. Diets, fitness regimes and repentance all have one thing in common we emerge as new people as a result of choosing a new direction. Repentance doesn't mean throwing ourselves round in fits of Catholic guilt, it simply means having a change of heart, and becoming new and better individuals as a result. There are areas in all our lives that can be improved or turned around. The idea of repentance is actually quite exciting.



John's Advent call for a change of heart is for each and every one of us. We might think we are good enough as we are, but that's probably how the Pharisees and Sadducees in today's reading also felt. True enough they turned up for John's baptism, but had they really turned up in a spirit of repentance? John is clearly suspicious of their motivation, and challenges them to prove their commitment. Declaring our intention to change is all well and good, but our commitment must also 'bear fruit' ... show results.

At this time of year, every year, we are asked to change our lives. For the less optimistic amongst us, the idea reminds us of new year resolutions; easily made, easily broken and all a little bit pointless. John's message is a tough one. Changing our lives is far from easy. One of the problems of course is that when we try to change, we usually rely solely on our own will power, which is notorious for letting us down. John the Baptist reminds us that when we are baptised in the name of Jesus, we will receive the Holy Spirit, a divine power that will help us towards God when our will power fails. All we have to do is ask and keep on asking.

Change is not beyond any of us however much you think it probably is. John might have given the Pharisees and Sadducees a hard time but in truth the message is clear. "There is none so lost, they cannot be found, none so helpless that their life cannot be changed."



PARISH PRAYER – Father, pour out your Spirit upon our parish. Grant us a new vision of your glory, a new faithfulness to your Word and a new consecration to your service, that your love might grow among us and your kingdom come, through Christ our Lord, Amen.

Useful links: Diocesan Safeguarding – <https://www.rcdea.org.uk/safeguarding/>
 Diocesan Website – <http://www.rcdea.org.uk>
 Notre Dame High School, Norwich – <http://www.ndhs.org.uk>
 Daily Liturgy Website – www.universalis.com

PARISH OF THE SACRED HEART AND ST. MARGARET MARY [Registered Charity 278742]

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8TH DECEMBER 2019 – 2ND SUNDAY OF ADVENT – Year A

[2nd Week of Advent, Weekday Year II, Psalter Week 2]

Mass Times for the Week			Intentions
Sat. 7 th Dec.	6.00 pm	2 nd Sunday of Advent [Parish Mass Book p85]	Phyllis Thurstance Tba The People of the Parish
Sun. 8 th Dec.	9.00 am 11.00 am		
Mon. 9 th Dec.	10.00 am	The Immaculate Conception of the BVM	Tba
Tues. 10 th Dec.	-	Blessed Martyrs of East Anglia	No Mass today-PP's day off
Weds. 11 th Dec.	-	Advent Feria	No Mass today
Thurs. 12 th Dec.	10.00 am	Advent Feria	Tba
Fri. 13 th Dec.	10.00 am	S Lucy	Kalavryta (Massacre 1943) (Foundation Mass)
Sat. 14 th Dec.	10.30 am	S John of the Cross	Tba
Sun. 15 th Dec.	6.00 pm	3 rd Sunday of Advent	Tba John Perkins The People of the Parish
	9.00 am 11.00 am		

Music for 2nd Sunday of Advent – Setting: *Sacred Heart: Kyrie & Sanctus/Belmont Mass*

Entry: 6pm – Angelus (said); Hymn 94 – On Jordan's bank the Baptist's cry ...

Psalm: (11am sung) R: *In his days justice shall flourish and peace till the moon fails.*

Offertory: Hymn 881 – God of day and God of darkness ...

Memorial Acclamation 1

Recessional: 11am – Angelus (said); Hymn 92 – Hark! A herald voice is calling ...

Confession/Reconciliation: Saturday at 5.30pm, or by request/appointment

The parish newsletter (incl. back copies) is available to view on the parish website from Friday onward each week.

Anniversaries this week: Susan Frosdick, Olive Maude Thompson, John Hauzoter, Mary Rayner, Ethel Seabrook and Bridget Earthy. *May their souls and the souls of all the faithful departed rest in peace.*

Hospital Visits: If you or family members are admitted to the Norfolk & Norwich Hospital (NNUH) or Queen Elizabeth II Hospital, King's Lynn (QEII), and would like a visit from the Roman Catholic Chaplain, please call either St. John's Cathedral, Norwich (01603 624615) for visits to NNUH, or call the NNUH Hospital Chaplaincy direct on 01603 287470 for people needing urgent spiritual attention, or for visits to QEII Hospital, call Fr. Peter Rollings on 01553 772220. If you would like to receive the Sacrament or Anointing of the sick before going to hospital, please contact Fr. Brendan on 01362 694066.

Sick & Housebound [with GDPR Permissions] – Please pray for: Janet Yardley, Jenny Rudd, Carol Whitesides, Robert Nicol, Eileen Brocklesby, Shirley Liebenhals, Catherine Carter, Alf Charlton, Frances Saville King, Una McWeeny, Derek Williams.

Money Matters: Thank you for your offering of £457.61 for the maintenance of our parish last weekend. **Next weekend** there will be a retiring collection for the Diocesan Dependent Priests' Fund.

Diary Dates for this week -		
Tues. 10 th Dec.	7.30pm	Queen of Peace Prayer Group – Emmaus Room
Weds. 11 th Dec.	11.00am	UCM monthly meeting – Emmaus Room
Weds. 11 th Dec.	6.30pm	Music selection & practice – Presbytery & Church. All volunteers welcome to make a joyful noise to the Lord!
Sat. 14 th Dec.	11.00am	Saturday Club - Emmaus Room

Mass Times this week – I will be attending the Ministry to Priests Programme at Clare Priory this week, hence no Mass on Wednesday.

Nativity Play – The children will be presenting their Nativity Play next **Sunday, 15th December at 2.00pm in the Church.** We hope as many people as possible will be able to join us for this seasonal festivity.

Advance Notice of Christmas Mass Times –



- ❖ **Tuesday, 24th December (Christmas Eve) –**
- 6.00pm: First Mass of Christmas
- 10.00pm: Mass during the Night
- ❖ **Wednesday, 25th December (Christmas Day) –**
- 10.00am: Mass during the Day

Readers and Lay Ministers of Communion and Offertory Collectors – *Volunteers are needed to assist with the Christmas Liturgy – if you will be attending one of the Christmas Masses, please could you help by signing up for one of the vacancies on the Christmas Mass rota at the back of church. Thank you very much.*

Festival of cribs, Sacred Heart Convent, Swaffham - You are invited to view a selection of cribs from around the world from Thursday 5th - Sunday 15th December, 2.00pm - 5.15pm or by appointment. Please ring 01760 724577 or email srfrancis8@hotmail.co.uk. Christmas items for sale. Refreshments. There is also a request for unusual cribs to borrow for our festival and volunteers to be present.

Walsingham Vigil, Friday 13th and Saturday 14th December, 9.00pm – 12.00 Midnight - Come and pray at the Church of the Annunciation, with Exposition of the Blessed Sacrament, devotions, silent prayer and meditations by Mons. John Armitage and Fr. Stephen Boyle. A great way to spiritually prepare for Christmas.

In Joyful Hope - A service of Advent Carols, Antiphons and Readings - Sunday 15th December 2019 at 3.00 pm in the Chapel of Reconciliation, Catholic National Shrine of Our Lady, Walsingham. All welcome.

Epiphany Candlelight Mass - Sunday 5th January at 5pm - For all young people and their families from across the diocese. Followed by hot dogs, a bonfire and fireworks. There will be a collection of presents for children who are refugees (please bring wrapped presents and indicate whether suitable for a boy or girl or either, and approximate age). Held at The White House, 21 Ugate, Poringland, Norwich. Organised by the Diocesan Youth Service.

Thank You - The UCM would like to thank all parishioners for their support for the raffle and gift stall last weekend. Tickets still on sale next week. The raffle will be drawn on December 11th and a notice of winners posted in the church. We would also like to say thank you for the magnificent response to the Norwich Open Christmas Appeal, where hats, gloves, scarves and socks have been collected. We have sent literally a car boot full to the collection point at UEA, from where it will be distributed. Many homeless people in Norwich will be warmer thanks to your generosity.

Bitesize - 'When you blame others, you give up your power to change.' ~Author Unknown

The Angelus

- ☩. The Angel of the Lord declared unto Mary. **R.** *And she conceived of the Holy Spirit.*
Hail Mary ...
- ☩. Behold the handmaid of the Lord. **R.** *Be it done unto me according to thy word.*
Hail Mary ...
- ☩. And the Word was made flesh. **R.** *And dwelt among us.* *Hail Mary ...*
- ☩. Pray for us, O holy Mother of God. **R.** *That we may be made worth of the promises of Christ.*

Let us pray: Pour forth, we beseech thee, O Lord, thy grace into our hearts, that we to whom the Incarnation of Christ thy Son was made known by the message of an angel may, by his Passion and Cross, be brought to the glory of his Resurrection, through the same Christ, our Lord. Amen.