

GOSPEL REFLECTION FOR THE SEVENTH SUNDAY IN ORDINARY TIME



The Politics of Peace

In his fiftieth message for World Peace Day last month, Pope Francis said, "... I would like to reflect on nonviolence as a style of politics for peace. I ask God to help all of us to cultivate nonviolence in our most personal thoughts and values. May charity and nonviolence govern how we treat each other as individuals, within society and in international life. When victims of violence are able to resist the temptation to retaliate, they become the most credible promoters of nonviolent peace-making."

Pope Francis takes his lead from Jesus' teachings. "If anyone strikes you on the right cheek, turn the other also." "If anyone forces you to go one mile go also the second mile..." "If anyone sues you for your outer garment, give them your undergarment too." Jesus tells us not to resist evil. Does he mean us to roll over and allow our enemies to walk all over us?

It's very easy for us to love our friends. Only loving those who are easy to love doesn't provide very much of a challenge, and consequently doesn't earn us much of a reward. The challenge Jesus poses today is to meet our enemies with love. Jesus' advice is to meet violence with non-violence and to meet force with acquiescence. If we only love those who love us back we are not doing anything more than anyone else, but if we love our enemies, we show ourselves to be true disciples of Christ.

In our conflict-ridden world, today's gospel has never been more relevant. Never has there been a better time for Christians to get more involved in campaigning for non-violent strategies. The world has never been more ready.

Bitesize

"Non-violence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him."

~ Martin Luther King, Jr.

**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 Website: <http://www.rcdea.org.uk>
Notre Dame High School, Norwich: Website <http://www.ndhs.org.uk>

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

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19TH FEBRUARY 2017 – 7TH SUNDAY IN ORDINARY TIME

Sunday Masses – Page 139 of Parish Mass Book

Saturday	6.00 pm	Donor's Int.
Sunday	9.00 am	Int. People of the Parish
	11.00 am	Int. Robert McCarthy

Music for Sunday Masses - *Setting: Belmont Mass*

Entry 6pm – *Angelus (said)*; Hymn 967 – O the love of my Lord is the essence ...

Offertory Hymn 934 – Dear Lord and Father of mankind ...

Communion *Instrumental Interlude/Sacred silence ...*

Recessional 11am – *Angelus (said)*; Hymn 721 – O Lord my God, when I in awesome wonder ...

CONFESSION/RECONCILIATION: Saturday at 5.30pm, or on request / by appointment

Weekday Mass Times (7th week of the year) [Psalter Week 3]

Mon.	10.00 am	Feria – Int. Freda Wilkes
Tues.	No Mass today	Feria
	7.30 pm	Queen of Peace Prayer Group – in Emmaus Room
Weds.	No Mass today	The Chair of St Peter
Thurs.	No Mass today	St Polycarp
Fri.	No Mass today	Feria
Sat.	No morning Mass	Feria
	6.00 pm	8 th Sunday in Ordinary Time (<i>Mission Appeal</i>)

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

Anniversaries this week: Gerard Keogh, Agnes Lilian Farrow, Grace Chipperfield, Isabel Joan Hooper, Bridget Dury, Vera Farmer, Dora Ellen Heasman, Frances Watson, John Edwards, Cecilia Stack, Maria Amaral and Ruth Fahey. *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 (QEII), King’s Lynn, 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 Fr Peter Rollings (01553 772220) for visits to QEII. If you would like to receive the Sacrament of Anointing of the sick before going to hospital, please contact Fr. Brendan on 01362 694066.

Sick List - Please pray for: Joan Blakiston, David Peek, Robert Nicol, Shirley Liebenhals, Sarah Chaudri, Anne & Derek Williams, Michelle Smith, Rita Smith, Eileen Brockleby, Pat Howe, Kathleen (Jenny) Rudd, Ellen Flood, Margaret Leggett, Peter Brown, James Maxwell, Pamela & Catherine Evans and Robert Anderson

Money Matters – The collection for the maintenance of the parish last weekend was £334.33. Thank you. A cheque for £161.31 has arrived from the Norfolk Churches Trust from the Sponsored Cycle Ride. Please see the letter on the notice board.

130 Club January Draw – 1st Prize £20 – Andrew Cwiczek; 2nd Prize £15 – Catherine Evans; 3rd Prize £10 – Sarah Chaudri; 4th Prize £10 – Catherine Carroll; 5th Prize £10 – Michelle Smith.

Diary Dates for this week –

- Mon. 20th Feb. – AA group meets - 7.30pm - 9.00pm in Emmaus Room
- Tues. 21st Feb. – Women’s World Day of Prayer rehearsal – 2.30pm
- Weds. 22nd Feb. – SVP Conference meets – 2.00pm in Emmaus Room
- Fri. 24th Feb. – Confirmation Candidates meet – 7.15pm in Emmaus Room
- Sat. 25th Feb. – Saturday Club meets - 11.00am in Emmaus Room

Holiday. I will be away from the parish from Feb. 23rd to Mar. 2nd. On the weekend of the 25th /26th February, the annual Mission Appeal on behalf of the Kiltegan Fathers, St. Patrick’s Missionary Society will be made by Fr. Francis Ayogu MSP. He will also promote the Africa magazine. Please give him your warmest welcome and your fullest support. Please see the poster on the noticeboard.

Dereham Churches Fellowship Evening. The next combined fellowship evening will be on March 7th at the Wellspring Family Church. All welcome.

UCM Cake & Produce Stall – An appeal to all UCM members and other generous souls, for cakes, jams and other produce to be sold on our stall next weekend - 25th/26th February, after all Masses. The proceeds of this sale will go to Charity. Mary Shutt will be in Church from 4.45pm on Saturday 25th to receive donations, or you can just bring them before the Mass you attend. Many thanks in advance for your kind generosity.

Students’ Sunday, 19th February - ‘Students’ Sunday’ focusses on the work of the ‘Students Christian Movement’. If you are a student, this group helps you to link up with likeminded students whilst you are at university. The website promotes groups that you might like to join, campaigns that you might want to support and advertises both volunteering and paid opportunities. Visit the website at www.movement.org.uk

Come to Flame - March 11th - Flame is the National Catholic Youth event at Wembley Arena aimed at those in Year 10 and above. 10,000 young people will gather to receive faith-filled inspiration from world class speakers interspersed with music from Grammy award winner Matt Redman, and times of prayer. The Diocese is taking a group, offering subsidised tickets and arranging transport. Please see www.rcdea.org.uk/youth for more details.

Women’s World Day of Prayer Service on Friday, 3rd March at 2.30pm. This year the liturgy has been prepared by the women of the Philippines and will be held in our church. Ladies are encouraged to attend in their national costume. If you have not attended one of these services before do come and join us. You will not be disappointed.

The Real Easter Egg – *The egg that shares the Easter story launched:* The new look Real Easter Egg 2017 range has been launched and churches are being asked to encourage people to support this unique way of sharing the story of Easter. Out of the 80 million Easter eggs sold in this part of the world every year, The Real Easter Egg is the only one which as a copy of the Easter story in the box, is made of Fairtrade chocolate and makes a donation to charity from sales. The Real Easter Egg was launched in 2010 but the supermarkets turned down the idea. It was left to churches and church schools to place orders to fund The Meaningful Chocolate Company to make the Real Easter Egg. David Marshall, creator of the Real Easter Egg, said: “With the support of churches, more than one million eggs have been sold, with 750,000 of these sent through the post directly to churches and schools. The rest have been sold through independent retailers and supermarkets. Over £250,000 has been raised from sales for charitable causes...”
Where to buy: The whole range can be ordered online at www.realeasteregg.co.uk (with free delivery) or from Traidcraft, Eden.co.uk, TLM trading.com, Embrace the Middle East. Christian bookshops and some cathedrals also have stock. You can also buy the blue Original egg from Tesco, Waitrose and Morrisons.

The Angelus

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