

GOSPEL REFLECTION FOR THE FOURTH SUNDAY OF ADVENT



The Promise of a Lifetime

It's easy for us to take promises with a pinch of salt. Whilst growing up, we've learned that promises are easily made and easily broken. We make promises of our own with varying degrees of commitment. In short, promises are not always made to be kept, and our faith in a promise is seriously undermined. No wonder the promises we read in the bible don't always make us jump for joy.

Does a promise made to us by God carry any more weight? If we were truly convinced that God was making us a promise then it probably would. There's a saying that goes, "We question all our beliefs, except for the ones we really believe, and those we never think to question." It seems that belief is key in getting excited about a promise.

Mary obviously had no doubts; this is illustrated in her promptness to act on his commands. We might not confess to doubts, but why then do we hedge our bets. Why do we squash God into a small corner of our busy lives and get on with other things.

Mary is a perfect role model for us all. She believed in God's promise. She acted on God's commands. She didn't push God into a small corner of her life God was her life. "Blessed is she," writes Luke in today's gospel, "who believed that the promise made her by the Lord would be fulfilled."

Today's gospel is an invitation for us to take God's promises to heart, to make them real in our minds, and act on them.



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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23rd DECEMBER 2018 – 4th SUNDAY OF ADVENT – Year C

[4th Week of Advent, Weekday Year I, Psalter Week 4]

Mass Times for the Week			Intentions
Sat. 22 nd Dec.	6.00 pm	4 th Sunday of Advent [Parish Mass Book p90]	Tony, George & Agnes Harmer
Sun. 23 rd Dec.	9.00 am 11.00 am		Frances Lynch People of the Parish
Mon. 24th Dec. CHRISTMAS EVE	6.00 pm 10.00 pm	First Mass of Christmas Mass during the Night [Parish Mass Book p97]	Private Int. Private Int.
Tues. 25th Dec. CHRISTMAS DAY	10.00 am		People of the Parish
Weds. 26th Dec. (Boxing Day)	12 noon	St. Stephen	New members of the Guild of St Stephen are enrolled at this Mass
Thurs. 27 th Dec.	10.00 am	St. John	Holy Souls
Fri. 28 th Dec.	10.00 am	Holy Innocents	Fr. John Barnes (Sick)
Sat. 29 th Dec.	-	St. Thomas Becket	No morning Mass
Sat. 29 th Dec.	6.00 pm	The Holy Family of Jesus, Mary and Joseph	Holy Souls
Sun. 30 th Dec.	9.00 am 11.00 am		Deceased of the Kalavryta Massacre 1943 People of the Parish

THERE WILL BE 30 MINUTES OF CHRISTMAS CAROLS BEFORE EACH OF THE CHRISTMAS MASSES – See inside on p2 for all Mass music

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.

MUSIC FOR 4TH SUNDAY OF ADVENT – *Setting: The Belmont Mass*

Entry: 6pm – Angelus (said); Hymn 113 – The angel Gabriel from heaven came ...
Psalm (said) - R. *God of hosts, bring us back; let your face shine on us and we shall be saved.*
Offertory: Hymn 87 – Creator of the stars of night ...
Recessional: 11am – Angelus (said); Hymn 880 – Tell out, my soul, the greatness of the Lord!

CHRISTMAS CAROLS – 30 MINUTES BEFORE EACH CHRISTMAS MASS



- 1) 127 – O little town of Bethlehem
- 2) 133 – While shepherds watched their flocks by night
- 3) 144 – In the bleak midwinter
- 4) 135 – It came upon the midnight clear
- 5) 126 – A noble flow'r of Juda
- 6) 129 – God rest you merry, gentlemen
- 7) 150 – The first Nowell the angel did say
- 8) 152 – Unto us is born a Son
- 9) 155 – Hark! The herald angels sing
- 10) 156 – Joy to the world, the Lord has come!

HYMNS FOR ALL CHRISTMAS MASSES – *Setting: The New People's Mass*

Entry: Hymn 128 – Once in royal David's city
Offertory: Hymn 136 – Silent night, holy night
Recessional: Hymn 159 – O Come, all ye faithful

Anniversaries this week: Genevieve Smith, Dorothy Jones, Frederick Power, Joseph Murphy, Ivy O'Shea, Charlie Secker, Mary Reeder, Charles Wilfred Hunt and Dorothy Pinner. *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:** David Peek, Janet Yardley, Jenny Rudd, Peter Gormans, Sarah Chaudri, Rita Smith, Carol Whitesides, Catherine (Kay) Garrard and Robert Nicol.

Money Matters: Thank you for your offering of £440.47 last weekend for the maintenance of our parish and for £236.32 for the Dependent Priests'. The collections taken during the Christmas Masses are the traditional Christmas Offering to the Parish Priest.

Diary Dates for this week -

Weds. 26 th Dec.	12 noon	Altar Servers' Mass. All Altar Servers are asked to attend Mass and renew their commitment in the Guild of St. Stephen at 12 Noon on St. Stephen's Day (Boxing Day). Three new Servers will also be enrolled at the Mass.
Sat. 29 th Dec.	11.00am	Saturday Club is on Christmas holidays. Classes resume on 5 th January.

I would like to wish you all a very happy and joyful Christmas. The Saviour's birth brings renewal to all of us. I hope everyone has a peaceful and joyful Christmas. I would like to extend a welcome to any and all visitors who are with us at Sacred Heart for Christmas and a welcome back to those who have come home for Christmas.

Fr. John Barnes: Fr. John has written to say he will be going into Papworth Hospital for heart surgery: on Friday, December 21st ready for surgery on Saturday 22nd. He visited Papworth last week and met his surgeon, who has said that his heart is in a bad way and that unless this surgery takes place his life expectancy will only be something over one year. We send our good wishes and prayers to Fr. John for a successful operation and a speedy recovery.

Epiphany Candlelight Mass: Saturday, 6th January, 5.00pm - A celebration 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 Upgate, Poringland, Norwich. Organised by the Diocesan Youth Service.

