

GOSPEL REFLECTION FOR THE EIGHTH SUNDAY IN ORDINARY TIME



Don't Worry. Be Happy!

Imagine shouting at the bailiffs through the letterbox that you haven't paid your bills because you have been living your life like the lilies of the field or the birds of the air. How far would it get you? Jesus' advice not to worry about financial concerns rings hollow in our twenty first century ears, and so we switch off and dismiss Jesus' advice as a little idealistic to say the very least. But is

Jesus' advice as idealistic as we suspect?

Recently, a breakfast television programme invited its viewers to participate in a 'happiness challenge'. Part of the programme looked at how meditation can actually change the brain. Studying brain scans, scientists suggested that an eight-week meditation programme appeared to make measurable changes in brain regions associated with memory, sense of self, empathy and stress. It's interesting that we can look at a scientific experiment as though it were telling us something new. The study only tells us what Jesus was telling us over two thousands year ago. Worry is counterproductive and anxiety is a poor master. Of course we have to work to pay our bills and clothe our children, but once we start to get worried and depressed about our day-to-day responsibilities then we become enslaved and blinkered. If our daily goal is simply to put a meal on the table then we must eventually ask the question, are we working to live or living to work?

It's a poor master that motivates us by worry and gives us no fulfilment in return. Jesus urges us to overcome our worldly concerns to create a culture of Godliness and ultimate fulfilment.

Bitesize

"People gather bundles of sticks to build bridges they never cross." ~*Author Unknown*

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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26TH FEBRUARY 2017 – 8TH SUNDAY IN ORDINARY TIME

Sunday Masses – Page 142 of Parish Mass Book

Saturday	6.00 pm	Mission Appeal
Sunday	9.00 am	Mission Appeal
	11.00 am	Mission Appeal

Music for Sunday Masses - Setting: Belmont Mass

Entry 6pm – *Angelus (said)*; Hymn 706 – Praise to the Lord, the Almighty ...

Offertory Hymn 608 – Take my hands and make them as your own ...

Communion *Instrumental Interlude/Sacred silence ...*

Recessional 11am – *Angelus (said)*; Hymn 898 – Make me a channel of your peace ...

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

Weekday Mass Times (8th week of the year) [Psalter Week 4]

Mon.	No Mass today	Feria
Tues.	No Mass today	Feria
	7.30 pm	Queen of Peace Prayer Group – in Emmaus Room
Weds.	10.00 am	ASH WEDNESDAY Mass & blessing and imposition of Ashes
	7.30 pm	Liturgy of the Word with imposition of blessed Ashes & Holy Communion
Thurs.	No Mass today	Lent Feria
Fri.	10.00 am	Lent Feria – Int. Holy Souls
	2.30 pm	Women's World Day of Prayer Service
Sat.	10.30 am	Lent Feria – Donor's Int.
	6.00 pm	1 st Sunday of Lent – Donor's Int.

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

Anniversaries this week: Jolyon Hooley, Robert Secker, Dorothy Anne Gordon, Michael Joseph Carroll, Thomas Arbuthnot and Billy Reavey. *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 parish last weekend was £510.74. Thank you all very much.

Mission Appeal – The annual Mission Appeal on behalf of the Kiltegan Fathers, St. Patrick's Missionary Society will be made by Fr. Francis Ayogu MSP at all Masses this weekend. He will also promote the Africa magazine.

Diary Dates for this week –

- Mon. 27th Feb. – AA Group meets – 7.30pm in Emmaus Room
- Fri. 3rd Mar. – SVP 'First Friday' Coffee Morning – 10.30am after Mass. All welcome.
- Fri. 3rd Mar. – Altar Servers meet – 7.15pm in Emmaus Room
- Sat. 4th Mar. – Saturday Club meets - 11.00am in Emmaus Room



Ash Wednesday, 1st March - Ash Wednesday is the first day of Lent, and the day we come to church to be reminded of our need to repent. Ash Wednesday is a day of fasting and abstinence. We are reminded that fasting means cutting down on the amount of food we eat, abstinence means abstaining from something altogether.

Stations of the Cross during Lent. As in previous years, it would be great if the various groups/organisations in the parish would lead The Stations of the Cross. Please let me or Elaine know the day and time of your choice for inclusion in the Newsletter.

Women's World Day of Prayer, Friday 3rd March 2017 at 2.30pm at Sacred Heart Church, Dereham – World Day of Prayer is a worldwide movement of Christian women of many traditions who come together on the first Friday of March each year to observe a common day of prayer. Each year the resources are prepared by a different community of women. This year's theme "Am I Being Unfair To You?" has been developed by a committee of women in the Philippines. Too often, women have the most intimate experiences of



armed conflict, violence, social injustice, and human rights violations. What might we learn from women of the Philippines? How will we answer the question to those living on the front line of poverty and climate change, "Am I being unfair to you?" On this day we learn about, pray and celebrate in solidarity. **Please see the notice on the board.**

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.

A Retreat with a Difference - A Foyer de Charité Retreat will be held at the new Retreat Centre in Walsingham, from Sunday 30 April (6pm) – Saturday 6 May (2pm). The theme is **God's Plan for the Fullness of Time**, and the preacher will be Mgr. Keith Barltrop, with help from Foyer members and past retreatants. Foyer retreats are held mainly in silence, with three talks a day, and offer a holistic way of deepening our faith in the Church's teaching and our life in Christ. The Foyers are communities of consecrated lay people living with a priest in order to help others grow closer to Christ and live the Catholic faith more fully. For further information or to book a place, contact Mgr. Barltrop: keithbarltrop@rcdow.org.uk; 07879 953953; St. Mary of the Angels, Moorhouse Road, Bayswater, London W2 5DJ

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 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**