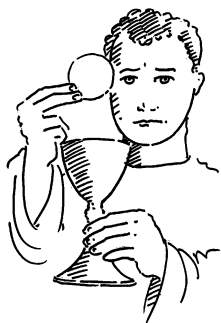


GOSPEL REFLECTION FOR CORPUS CHRISTI



The Spiritual Diet

The uncanny thing about being out of shape is that none of us consciously allow ourselves to become that way; it's something that creeps up on us. The extra pounds that pile on around our waistlines are the result of making wrong choices on a daily basis. Just as we can become physically unfit so we can become spiritually unfit. None of us make bad choices on purpose, but nonetheless if we make choices on a daily basis that are not based on God's values we can easily feel weighed down, dissatisfied and unhappy.

The feeding of the five thousand is prophetic. Jesus is showing us that God's reign is about satisfying both human spiritual and physical need. The importance of the miracle is not so much about the multiplication of food, but the message that God can provide for all our needs. On the Solemnity of the Most Holy Body and Blood of Christ, we are reminded that in just the same way as we care for our physical diet, we need to make Jesus part of our spiritual diet both in communion and in our daily choices to live as Christians so that we might be spiritually whole. We are invited to feel alive and rejuvenated and ready to impact the world around us.

Jesus was all about sharing. He gave his time, his love and finally his body and blood. When we receive Holy Communion in Mass our action is twofold. The Eucharist is a banquet for the multitudes in which we remember Jesus' sacrificial self-giving. More than this, we remember the promise that anyone who eats his bread and drinks his blood will share eternal life.

Bite Size

"Man is an animal which, alone among the animals, refuses to be satisfied by the fulfilment of animal desires."

*Alexander Graham Bell
US (Scottish-born) inventor (1847 - 1922)*

**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]

Parish Priest: Fr. Brendan Moffatt - email: brendanmoffatt@yahoo.co.uk

Address: The Presbytery, 35 London Road, Dereham NR19 1AS

Telephone: 01362 694066.

Parish website: <http://www.sacredheartdereham.org.uk>

Permanent Deacon: Rev. Martin Sanderson - Tel: 01362 822590

email: dcnmsanderson@hotmail.com

Parish Music Leader: Michael King - email: michaeljwking@gmail.com

Parish Safeguarding Representative: Kathleen Edmunds -
email: kathleenedmunds@yahoo.com

29TH MAY, 2016 - THE MOST HOLY BODY AND BLOOD OF CHRIST (CORPUS CHRISTI)

Sunday Masses - Page 83 of Parish Mass Book

Saturday	6.00 pm	Sister Ann
Sunday	9.00 am	People of the Parish
	11.00 am	Manuel Do Monte De Abreu

Music for Sunday Masses - Setting: Belmont Mass

Entry 6pm - Angelus (said); Hymn 659 - Father and life-giver ...

Offertory Hymn 609 - In bread we bring you, Lord, ...

Communion Instrumental Interlude/Sacred silence ...

Recessional 11am - Angelus (said); Hymn 644 - Alleluia, sing to Jesus ...

CONFESSION/RECONCILIATION - Saturday at 5.30 - 5.55 pm

Weekday Mass Times (9th week in Ordinary Time) [Psalter Week 1]

Mon.	10.00 am	Una O'Dwyer - Feria
Tues.	No Mass today	- The Visitation of the BVM (Feast)
	7.30 pm	Queen of Peace Prayer Group - in Emmaus Room
Weds.	10.00 am	Funeral for John Conway
Thurs.	10.00 am	Mgr Harry Wace (Foundation Mass) - Feria
Fri.	10.00 am	Pam Clark - THE MOST SACRED HEART OF JESUS (SOLEMNITY)
	6.30 pm	40 th Anniversary of Foundation of the Diocese of East Anglia Mass at St John's Cathedral, Norwich
Sat.	10.30 am	Pam Clark - Immaculate Heart of the BVM.
	6.00 pm	Sheamus Meally - 10 th SUNDAY IN ORDINARY TIME

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

Anniversaries this week: Alexandro Eldred, Irene Jackowski, Ann Rolph, Robert Woolward, Mr. Goodenough, Frances Hunt, Bill Shaw, Joan Stimson, Ivan Lyons, Irene Ann Knight and James Farmer. *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, Michael Reavey, Robert Nicol, Doreen Kanssen, Shirley Liebenhals, Sarah Chaudri, Anne & Derek Williams, David & Anna Thompkins, Michelle Smith, Rita Smith, Eileen Brockleby, Pat Howe, Kathleen (Jenny) Rudd and Pat Grout.

Money Matters – The collection for the parish last weekend amounted to £511.87 and the retiring collection for the Catholic Trust was £145.01. Thank you for your continuing generosity.

130 Club April Draw – 1st Prize £20 – Lynda Hogan; 2nd Prize £15 – Andrew Cwiczek; 3rd Prize £10 – Chris Sayer; 4th Prize £10 – Derrick Harris; 5th Prize £10 – Kath Davis.

Diary Dates for this week –

- Fri. 3rd June – 'First Friday' Coffee Morning – after 10.00am Mass. All welcome.
- Fri. 3rd June – Please note there is no Exposition & Evening Prayer today due to the Diocesan 40th Anniversary Mass at 6.30pm at St John's Cathedral, Norwich.
- Sat. 4th June – Saturday Club is on half-term holiday – restarts on 11th June.

Diocesan 40th Anniversary – There do not appear to be enough names on the list at the back of the church to warrant the hire of a bus to the Mass at the Cathedral to celebrate the 40th Anniversary of the Foundation of the Diocese on 3rd June. Therefore, I suggest that we go privately by car.

The Feast of the Sacred Heart - 3rd June - The heart has always been seen as the "centre" or essence of a person ("the heart of the matter," "you are my heart," "take it to heart," etc.) and the wellspring of our emotional lives and love ("you break my heart," "my heart sings," etc.) Devotion to the Sacred Heart of Jesus is devotion to Jesus Christ Himself, but in particular it is a chance for us to remember all the manifestations of His love for us.

Dereham Churches Together Quarterly Fellowship Evening – The next fellowship evening takes place on Monday, 6th June at 7.30pm at Trinity Methodist Church. All are welcome to attend.

A Farewell – Rhonda Darby will be moving away from Dereham in a few weeks' time and wishes to say a fond farewell to her many friends she and her family have made here in the parish over the last 22 years. Rhonda will be moving to Colchester to embark on a degree in Paramedic Sciences at Anglia Ruskin University at Chelmsford, while also working on ambulances in North London, as well as continuing with her existing career in operating theatres as an Operating Department Practitioner. So a busy and challenging time ahead. We wish Rhonda and her family every success and happiness for the future.

Letter from our Rome Correspondent – "Hard though it is to believe, this is already my last communication to you for the current academic year, as we students in Rome begin our final few weeks of the second semester before we head off to our home dioceses for summer placements and some holiday time. So yes, that means that I hope to see all of you sometime soon, or at least before we return here in mid-September! The next few weeks are not to be quiet and restful, however – we are finishing with lectures this week, but afterwards have ten days of examinations, and a number of special liturgies and events to manage before the ordination of third year students as deacons on June 15th. The responsibility for running the house in terms of work in the sacristy, refectory and administrative departments has now been turned over to us first years by our seniors, as is traditional in late May, and so much of the organisation of these occasions will now be in our hands.

"I mentioned in my last note to you that on May 11th we were to be instituted as lectors as the first formal step in our preparation for ministry; it was a wonderful and very moving service, as we were pledged to proclaim the word of God in scripture within whatever places we find ourselves in the worldwide Church. This represents an office and responsibility in the liturgy that must be granted before the candidate can proceed to the next stage of formation for the priesthood, and is given only once, and is formally recorded at the diocese and the curia as per the requirements of Church law. Although the ritual is simple and took place within the context of a weekday mass, I found myself very struck by the progression that has taken place in this last year for me and my fellow seminarians. If things go according to plan, another three years will elapse before I am considered for priestly ordination, and that seems like a comfortably long time away to allow for further reflection; but then again, it was three years ago that I began my discernment of pursuing this vocation, and that seems like only yesterday.

"Once again I humbly ask for your prayers and wish to express my appreciation for your ongoing support over this last year. I can now say with greater certainty that soon I should be able to thank you all in person. Until then, my best wishes and deepest gratitude. - *In Christ, Mike Brookes.*"