

GOSPEL REFLECTION FOR THE FIRST WEEK OF LENT

The Devil's Attention

If we imagine that temptation never seems to come our way, could it be that we're not worth the devil's attention? We tend to think of temptation as something that will lead us into a life of crime or immorality, but temptation is simply anything that threatens to take us away from God. If temptation never seems to come our way, perhaps it's because we are not trying to be close to God in the first place.

Many of us fail to recognise temptation, and the reason we fail is because we don't really know who we are or what we're about. It's surprising that we can get so far on in years without being about to answer simple questions like "What are you doing for God?" "How would you like to be remembered?" The reason we struggle with questions like these is because as human beings we are governed hugely by self interest. Self interest is essential for survival and it's in all of us, but as Christians we have to put self interest on a back burner and put in the time and effort into defining who we really would like to be. Once we have achieved this, then the devil's temptations are suddenly crystal clear. After all, we can't be tempted away from our path in life if we've no idea what our path in life is. If we have no plan, we are hardly worth the devil's attention.

When we choose to give up something this Lent, perhaps it should be something that reflects the path we have chosen and the temptation we are trying to transcend. If we decide to give up red wine for instance, with the intention of dropping a couple of dress sizes, God won't be hugely impressed and the devil won't be remotely interested. If we give up wine because we have identified that it is stopping us from doing some important work of God's making, our Lenten journey will take on a life changing significance. Jesus gives us an important clue; "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" When we make our daily choices ask, "Is this about me.... or is it about God?"

Beginning Lent

"Insanity is defined as doing the same thing over, and over again, yet expecting different results." This is the time of year to ask some uncomfortable questions. Today we pray for all those who genuinely desire a change of heart.

Bitesize - 'It's not hard to make decisions when you know what your values are'.
Roy Disney



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.

Permanent Deacons: Revs Martin Sanderson & Richard Jones (deaconrick@gmail.com)
Parish Music team: Judy Reid, Kathleen Edmunds & Paul McIntee.
Parish Safeguarding Representatives: Paul McIntee

Sacred Heart & St Margaret Mary



Parish Priest: Fr Jay T. Magpuyo
35 London Road, Dereham, Norfolk, NR191AS
Tel: 01362 694066. Email:
edsacredheart@gmail.com
Registered Charity No. 278742
www.sacredheartdereham.org.uk



Sunday 22nd February 2026 – 1st Sunday of Lent
[Sundays Year A, 1st Week of Lent, Weekdays Year II, Psalter Week 1]

MASSES in the PARISH	
Saturday 21st February	Lent Feria
18.00 <i>First MASS of Sunday</i>	For the People of the Parish
Sunday 22nd February	First Sunday of Lent
09.00 MASS	Elaine Wilkes + (CP)
11.00 MASS <i>Live streamed</i>	Michael & Anna Mealy (PM)
Monday 23rd February	Lent Feria
- No Mass	
Tuesday 24th February	Lent Feria
1000 MASS	The Holy Souls in Purgatory + (SS)
Wednesday 25th February	Lent Feria
1000 MASS	The English Family + (Fdn)
Thursday 26th February	Lent Feria
1000 MASS	Teofilo Montero + (SS)
Friday 27th February	Lent Feria (LENT FAST DAY)
- No Mass	
Saturday 28th February	Lent Feria
18.00 <i>First MASS of Sunday</i>	For the People of the Parish
Sunday 1st March	Second Sunday of Lent
09.00 MASS	Anisha Cyriac + (CC)
11.00 MASS <i>Live streamed</i>	Elaine Wilkes + (A & M W)
SACRAMENT OF RECONCILIATION: Thursday after 10.00 Mass and Saturday at 17.30	
EXPOSITION & BENEDICTION: Thursday after Mass	

Rosary & Morning Prayer are said weekdays before Mass from 09:15.

Please note the 18.00 and 11.00 weekend Masses are normally sung.

*For Live Streamed Masses Search for **Dereham Catholic Church** on YouTube, or use the link on the parish website.*

The parish newsletter is available on the parish website from Friday each week.

Anniversaries this week: Margaret Kirk, Isabel Joan Hooper, Bridget Dury, Vera Farmer, Dora Ellen Heasman, Frances Watson, John Edwards, Cecilia Stack, Maria Amaral, Ruth Fahey, Jolyon Hooley, Robert Secker. *May their souls and the souls of all the faithful departed rest in peace.*

Hospital Visits: If you or any member of your family is admitted to the Norfolk and Norwich Hospital and would like to have a visit from a Catholic Priest, please inform a nurse on the ward and contact will be made through the Chaplaincy. If you are admitted to the Queen Elizabeth Hospital in King's Lynn, please contact Fr. Peter Rollings at the Presbytery on 01553 772220. If you would like to receive the Sacrament of the Sick before going into hospital, please contact Fr. Jay either by phone or by email.

Sick & Housebound [with GDPR Permissions] – Please pray for: Derek Williams, Patsy Gray, Colette Barrow-Nessian, William Dunne, Pauline Buckland, Katherine Vella, Frank Vella, Pauline Organ, Pat Grout, George Mealy, Peggy Mealy, Richard Allison, Marion Ring-Davies, Patsy Thompson, Ann McWilliams, Margaret Glendon-Doyle, Mila Kaunaite, Anne Sibley, Terri Sanderson, Pat Sutton, Hillary Bushell, Ann Williams, Richard Grout, Kathleen Doyle, Matthew Williams.

Money Matters: Offerings for the week was as follows:
Sunday 15th February 2026 Plate: £359.83.

Bank Details. Our new banking details are: The Sacred Heart Church, S/C 52-41-29, A/C 44725132. Please use these details for any new BACS payments. There is no need to alter your standing orders yet - your current standing orders will be forwarded automatically. Watch the newsletter for information in January. Any queries please send to treasurer@sacredheartdereham.org.uk. If a tax payer, please consider Gift Aid (forms at back of church, or contact Rex Baker: Telephone 01362 694801 or email rexbaker27@btinternet.com). This will help to maximize donations.

130 Club Envelopes - Please hand to Fr Jay or drop them at the Presbytery.

Upcoming Parish events:

Diary for week Sunday 22nd February 2026 - Saturday 28th February 2026	
Monday: 1900 - 2030	AA Group Meeting - Emmaus Room
Tuesday :1830 - 2000	RCIA Meeting – Dumpling Green
Wednesday:1130 - 1230	Finance Committee Meeting - Presbytery
Thursday: 1730 - 1830	First Communion Group – Emmaus Room
Friday: 1130	Stations of The Cross – Chapel (followed by Lenten Soup) – All welcome
Friday: 1915 - 2045	Confirmation Group – Emmaus Room
Parish Garden Club – To volunteer, please contact Sonia on 07985 521578.	

+Shirley Liebenhals | Eternal rest grant unto her, O Lord... - The Funeral Mass for our beloved Shirley will take place on 4th March at 1100. In the meantime, we continue to pray for the repose of her soul, and for the comfort and consolation of her family at this difficult time.

Lenten Alms - This year, our Lenten Alms will be directed to support the vital work of Aid to the Church in Need. As part of our works of charity during Lent, please consider contributing to this appeal, helping to support persecuted and suffering Christians around the world.

Stations of the Cross During Lent - We encourage everyone to join us for Friday Stations of the Cross, at 1130 on Friday mornings during Lent. From Friday 27 Feb 26 the Stations observance will be followed by a Lenten soup lunch. Any monetary donations from attendees will be given to the charity 'Aid to the Church in Need'. If anyone would like to volunteer to make soup, could they please contact Donal. If you prefer to pray privately, **Walk With Me** booklets are available at the back of the Church for £1 per copy.

Deanery Lenten Station - 17th March at SJB Cathedral at 1800.

Chrim Mass - 31st March SJB at 1130 - We are encouraged to join the Chrim Mass at the Cathedral on 31st March at 1130 in St John the Baptist Cathedral. If you could arrange your own transport to Norwich, that would be great.

Cancellation of Altar Servers' Mass - This year's Altar Servers' Mass will be cancelled, given its vicinity to the Diocesan Jubilee celebration which will be on 26th of June at the SJB Cathedral.

World Day of Prayer - There will be a Ecumenical service for the World Day of Prayer on Friday 6th March 2026 at Trinity Methodist Church, Dereham.

Parish Retreat - The Parish Retreat day for Lent will be on the Saturday 7 Mar 26, with Deacon Rick, from 1100 – 1600 hours in the Emmaus Room. Come and take some time out for God in Lent, to learn more about and contemplate on how we can make the most of this Lenten season. All welcome. Please bring a packed lunch, as no food provided. Tea & coffee will be provided.

Retreat for Healthcare Workers and Researchers - The Diocese of East Anglia invites those working in healthcare and the life sciences to a retreat focused on integrating Catholic faith and professional practice. The retreat will share the fruits of an ongoing research project exploring ways to support doctors, nurses, pharmacists, other healthcare professionals, and researchers in living their faith within their working environments. This retreat will take place at Buckden Towers and is offered at no cost, thanks to generous grant funding. Those interested in taking part are invited to complete the online form to register their interest. <https://forms.office.com/e/8pfmyEeQHv>