

## Quick Fix Remedy?

Do you bound out of bed each morning eager to get to work, enthusiastic about all the challenges that lie ahead? Well probably not! Life is a series of highs and lows, but we all know that the 'highs' are few and far between. For most of us life is a series of chores and we can often feel burdened by drudgery and frustration.

In today's gospel reading, Peter, James and John are feeling demoralised and fearful about talk of Jesus' imminent death. Perhaps the disciples felt that the goal they had been working towards was not the goal of which Jesus is now talking. We have all felt like this at some time. Even the most motivated amongst us will slump from time to time. We might all have felt at some point debilitated by fear and anxiety, or overwhelmed by tiredness. At times like these, a life mentor might advise us to re-visualise our goals. We might be advised to find inspiration and get excited. We might be advised to focus on our most important priorities and not set too many goals which will eventually sap all our energy. Funnily enough, two thousand years before the terms 'life mentor' or 'life coach' were coined, these were exactly the strategies that Jesus used to motivate Peter James and John in this difficult period of their discipleship. Jesus leads them up a high mountain where they see a vision of a transfigured Jesus in dazzling white accompanied by Moses and Elijah.
Peter, James and John had a moment of revelation that day on the mountain top, and although they could not capture that moment by erecting tents as Peter proposes, they had that glimpse of glory to remember and keep with them forever through the testing times ahead.
Christians do not have a quick fix remedy for making problems in life go away, but we share the same motivating vision of God's kingdom as we struggle with life's lows.

Bitesize - If you don't know where you are going, you will probably end up somewhere else. ~Lawrence J. Peter


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.

## Sacred Heart \& St Margaret Mary



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Sunday $25^{\text {th }}$ February 2024-2 ${ }^{\text {nd }}$ Sunday of Lent - Year B [2nd Week of Lent, Weekdays Year II, Psalter Week 2]

| MASSES in the PARISH |  |
| :---: | :---: |
| Saturday 24 $^{\text {th }}$ February |  |
| 18.00 First MASS of Sunday | Thanksgiving for Prince Kurian |
| Sunday $\mathbf{2 5 ~}^{\text {th }}$ February | $2^{\text {nd }}$ Sunday of Lent |
| 09.00 MASS | For the People of the Parish |
| 11.00 MASS Live streamed | +Robert McCarthy (G. \& J. McC.) |
| Monday $\mathbf{2 6}^{\text {th }}$ February | Lent Feria |
| 10.00 Service of the Word \& Holy Communion |  |
| Tuesday $\mathbf{2 7}^{\text {th }}$ February | Lent Feria |
| 10.00 MASS | English Family (Foundation Mass) |
| Wednesday $288^{\text {th }}$ February | Lent Feria |
| 10.00 MASS | +Fr. Neville McClement (Northampton Dio.) |
| Thursday 29 ${ }^{\text {th }}$ February | Lent Feria |
| 10.00 MASS \& ADORATION | +William Murphy Jnr. |
| Friday $1^{\text {st }}$ March | St David, Patron of Wales (Lent Fast Day) |
| Stations of the Cross |  |
| World Day of Prayer Service (Churches Together) at Sacred Heart |  |
| 17.30 Stations of the Cross |  |
| Saturday ${ }^{\text {nd }}$ March | Lent Feria |
| 18.00 First MASS of Sunday | For the People of the Parish |
| Sunday $3^{\text {rd }}$ March | $3^{\text {rd }}$ Sunday of Lent |
| 09.00 MASS | +Albert Foley (Foundation Mass) |
| 11.00 MASS Live streamed | +Annie Ritchie (KB) |

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

[^0][^1]Anniversaries this week: Cecilia Stack, Maria Amaral, Ruth Fahey, Jolyon Hooley, Robert Secker, Dorothy Anne Gordon, Michael Joseph Carroll. 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 01553772220 . 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: Shirley Liebenhals, Derek Williams, Patsy Gray, Colette Barrow-Nessian, Betty Reavey, William Dunne, Pauline Buckland, Gretta Cummings, Katherine Vella, Pauline Organ, Kevin Pugh, Joy Bussey.
Money Matters: Offering for last Sunday: Plate $£ 319.50$ and collection for Easter flowers $£ 123.61$, plus $£ 35$ for new church heating fund. Thank you.
CAFOD Lent Fast Day - There will be a retiring collection after all Masses this weekend for CAFOD; envelopes are available at the back of church.

Deanery Lenten Station Mass 2024 - Our Deanery Lenten Station Mass will be celebrated at the Cathedral on Tuesday March 12 ${ }^{\text {th }}$, with Adoration and Confessions from 1800 followed by Mass at 1900. Priests will be available for Confession from across the Deanery; this is an excellent opportunity for your Lent Confession, especially if you prefer to have your Confession heard anonymously.
Chrism Mass Coach Hire - At the moment, there are 18-seats reserved, but we need at least 25 -seats. If we cannot have that number, then we may better commute. Deadline will be on the first week of March.

Altar Servers - A meeting for Easter Triduum preparation will take place on Friday, $8^{\text {th }}$ March at 1915 in the Emmaus Room.
Queen of Peace Prayer Group - After a long absence, the parish's Queen of Peace Prayer Group is being re-instituted. The Group will be meeting weekly in the Emmaus Room commencing on Wednesday, 28 $^{\text {th }}$ February at 14.30 and is open to all parishioners, who would be made most welcome.
Parish Volunteers - We offer a warm welcome to the new roster of Parish Volunteers as they endeavour to help fill the need of service in our Parish life.

Lectors and Eucharistic Ministers Training and Re-training - Inviting those who have signed up to volunteer for Lectors and Eucharistic Ministers, or are interested in these roles, please attend the training and retraining on Saturday, $27^{\text {th }}$ April, at 1300 in the Church.

World Day of Prayer, Friday $1^{\text {st }}$ March 2024 at 2.00pm at Sacred Heart Church, Dereham, followed by refreshments - The World Day of Prayer is a global, ecumenical grassroots movement of Christians. Its centrepiece is a church service in which the liturgy is prepared in a different country each year. It is celebrated worldwide on the first Friday in March. This year, the Christian Women of Palestine are calling us to connect with the land from where Jesus came; where he was born, ministered and died - and from where our faith began and is rooted. Despite living in an area of the world where there is ongoing conflict and the future is uncertain, the women of Palestine are sharing with love a reminder that they are there, and they want to give hope to everyone. The theme of the service 2024 'bear with one another in love' seems very appropriate for these women who will not give up witnessing the love of Jesus Christ.

| Parish Events for the week 25 ${ }^{\text {th }}$ February - 2 |  |
| :--- | :--- |
| Sunday: 1100 | No Children's Liturgy (half-term holiday) |
| Tuesday: 1900 | Youth Club Chess \& Table Tennis - Emmaus Room. |
| Wednesday: 1430 | Queen of Peace Prayer Group - Emmaus Room |
| Thursday: $1730-1830$ | First Communion Class - Emmaus Room |
| Friday: 1130 \& 1730 | Stations of the Cross - Please note there is no lent lunch <br> this week after the 1130 service. |
| Friday Garden Club - Volunteers are asked to please contact Sonia on 07985 <br> 521578 for next meeting date. |  |

Reordering and organizing the Sacristy - Fr Jay is planning to organize the Sacristy to make it proper at some point. This will be a part of the Alive in Faith Project Proposal as Sacristy is not a workroom. We are reclaiming the Sacristy as a place of prayer and preparation.
Church Heating System - You will be aware that the church heating has been condemned. The Parish Finance Committee has considered the way forward in conjunction with the Chairman of the Parish Council. Given the lack of Parish resources and that all the Alive in Faith projects have been completed, it was agreed that the cost of replacing the heating system and the making good of the Church décor be met from the balance remaining in Alive in Faith fund. Quotations for the work are now being sought before submitting the scheme to the Diocese. Any Parishioners who wish to comment should contact Father Jay. A form is available at the back of the Church for you to sign up and for your suggestions.
Catholic Prison Chaplain required at Bure HMP - For more details, go to Ministry of Justice website or follow this link:
84536-C-Roman-Catholic-Deacon-Religious-Brother-Sister-Lay-Person-Part Time/-MoJ (tal.net)

We thank all our parish volunteers for their help each week, including our florists for last week's Church's flower decoration, our foodbank regular givers, Mass collection counters, church cleaners' team, and the greeters' guild.


[^0]:    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.

[^1]:    Permanent Deacon: Rev. Martin Sanderson
    Parish Music team: Judy Reid, Kathleen Edmunds \& William Preddy.
    Parish Safeguarding Representative: Kathleen Edmunds
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