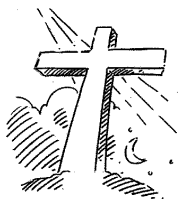


OSPEL REFLECTION FOR THE FOURTH SUNDAY OF LENT



How To Make Good Choices

From the minute we open our eyes in the morning, we are faced with choices. By the end of the day we have made hundreds of choices and not all of them good. In fact, we probably fail to choose God in a hundred and one different ways, yet God still loves us. How do we know? We know because every time we look at a Crucifix, we are reminded of the sacrifice Jesus made out of love for us. Just as Moses held up a bronze snake on a pole to remind the Israelites of God's love, so we look to the Crucifix as a reminder that God doesn't condemn us for our mistakes, but offers us a second chance of salvation. Too often we take God's love for granted. How could we make ourselves more deserving? We could begin by looking at all those choices we make on a daily basis. Do we choose to fritter our lives away in inconsequential activities, or do we choose to make the world a better place? Do we choose to bury our heads in the sand when we see someone bullied at work, or do we make a brave stand? Do we determine to look after ailing family members or do we put it off until we are less busy? Do we shroud our decisions in darkness and secrecy, or do we walk in the light with our heads held high?

But how do we start making good choices when we have spent so much time making poor ones? This is the beauty of reconciliation; our mistakes are part and parcel of making better choices from now on. We remember how it felt to make a bad choice and we don't want to go there again. Knowing what we are about is also a part of making good choices. Jesus knew what he was about and so must we. There's no better time than Lent to sit down and think about who we want to be. Lastly, once we have decided what choices we are going to make, we mustn't procrastinate. The Bible never tires of telling us that time is of the essence.

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 Deacon: Rev. Martin Sanderson
Parish Music team: Judy Reid, Kathleen Edmunds & William Preddy.
Parish Safeguarding Representative: Kathleen Edmunds
kathleenedmunds@yahoo.com

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



SacredHeartDereham.org.uk

Sunday 10th March 2024 – 4th Sunday of Lent (*Lætare Sunday*) – Year B [4th Week of Lent, Weekdays Year II, Psalter Week 4]

MASSES in the PARISH		
Saturday 9th March		
18.00	<i>First MASS of Sunday</i>	+T.C. Kurian (SJ)
Sunday 10th March		4th Sunday of Lent (<i>Lætare Sunday</i>)
09.00	MASS	For the People of the Parish
11.00	<i>MASS Live streamed</i>	+Patricia Duffy (CW)
Monday 11th March		Lent Feria
10.00	Service of the Word & Holy Communion	
Tuesday 12th March		Lent Feria
10.00	MASS	+Kath Davis & Family (<i>Foundation Mass</i>)
19.00	Deanery Lenten Station Mass at St John Cathedral, Norwich	
Wednesday 13th March		Lent Feria
10.00	MASS	+Lilian Carter (<i>Foundation Mass</i>)
Thursday 14th March		Lent Feria
10.00	MASS & ADORATION	+Sidney Carter (<i>Foundation Mass</i>)
Friday 15th March		Lent Feria
11.30	Stations of the Cross & Lent Lunch	
17.30	Stations of the Cross	
Saturday 16th March		Lent Feria
18.00	<i>First MASS of Sunday</i>	+Nell Bradley (<i>Foundation Mass</i>)
Sunday 17th March		5th Sunday of Lent
09.00	MASS	+Mgr. Harry Wace (<i>Foundation Mass</i>)
11.00	<i>MASS Live streamed</i>	For the People of the Parish
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.

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: Henry Durham, Ronald Jack Heasman, Catherine Honora Hare, Charles Christie, Pauline Fenton, John Le Milliere, Deidre Brewer, Winifred Wake, Fr. John Joseph Ketterer (3rd Priest at Dereham), Betty Lynch, Deanne Andrews, Peggy Free, Robert Shutt, Maurice Anthony de Chenu, Stan Bennett, Eugenie Beckett, John Hogan. *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: Shirley Liebenhals, Derek Williams, Patsy Gray, Colette Barrow-Nessian, Betty Reavey, William Dunne, Pauline Buckland, Greta Cummings, Katherine Vella, Pauline Organ, Kevin Pugh, Joy Bussey, Peter Knight and Dorothy Edwards.

Money Matters: Offering for last Sunday: Plate £285.05 and additional CAFOD Fast Day donation: £10.00. Thank you.

For those who would like to make their regular offerings by Standing Order, the information you need is: Account name: **Catholic Church of Dereham.** The Sort Code is: **40-20-08** and the Account number is: **11311115.** If you are a tax payer, please also consider **Gift Aid.** **Gift Aid forms** are available at the back of church. This will help to maximize our donations in the Parish.

2023 Norfolk Churches Trust – A cheque for £163.28 from the Norfolk Churches Trust has been received, being the share of proceeds to the parish (comprising £130.63 half-share of sponsorship monies and £32.65 half-share of gift aid) raised from last September's sponsored Bike Ride & Walk. Many thanks to all who took part or supported the event in any way.

130 Club Renewals – Final call for 130 Club members, if you have not already done so, to please return your renewal slip and subscription monies as quickly as possible and by no later than 24th March. There are still some numbers available for anyone who would like to take an extra number or anyone interested in joining.

Deanery Lenten Station Mass – Our Deanery Lenten Station Mass takes place this coming Tuesday, 12th March at 1900 at St John's Cathedral, Norwich. Mass will be preceded by Adoration and Confessions from 1800.

World Day of Prayer, 1st March - Many thanks for all the wonderful help at the World Day of Prayer service held at Sacred Heart last Friday given by Readers, furniture mover, cake makers, refreshment organisers, welcomers, and all that I have missed and all who came to support both our Church AND the people of

Palestine. Because of all of you, it went extremely well and was very poignant. All who came were very impressed with the friendly atmosphere in our Church despite the cold. Thank you.

Parish Events for the week 10th – 16th March	
Sunday: 1100	Children's Liturgy (for children in Y1 to 1st Holy Communion age)
Monday: 1400-1600	Tea Buddies – Emmaus Room. Monthly afternoon tea & chat. All welcome. Every 2 nd Monday.
Tuesday: 1900	Youth Club Chess & Table Tennis – Emmaus Room.
Wednesday: 1430	Queen of Peace Prayer Group – Emmaus Room. All welcome.
Thursday: 1730-1830	First Communion Class – Emmaus Room
Saturday	Veiling of the Sacred Images in the Church.
Friday Garden Club – Volunteers are asked to please contact Sonia on 07985 521578 for next meeting date.	

Holy Week Liturgies – Volunteers are needed for the various Liturgies during Holy Week, i.e. Readers, Eucharistic Ministers, or washing of the feet at the Mass on Holy (Maundy) Thursday. If you can help, please sign up on one or more of the lists available at the back of church. Thank you.

Laetare Sunday: "Happy Mothering Sunday" - The Fourth Sunday of Lent is traditionally called Laetare Sunday, a celebration very much like Gaudete Sunday in Advent. For each of those Sundays, we can use rose-coloured vestments, and both Latin words can be translated, "rejoice." Both also announce to us that we are drawing ever closer to the feast for which we are preparing (Christmas for Gaudete Sunday, and Easter for Laetare Sunday). This day has also come to be known as 'Mothering Sunday'. Four hundred years ago, people made a point of visiting their nearest big church (the Mother Church) on the fourth Sunday of Lent. Young girls and boys 'in service' were only allowed one day to visit their family each year, and this was usually Mothering Sunday. Often the housekeeper or cook would allow the maids to bake a cake to take home for their mother. Sometimes a gift of eggs; or flowers from the garden was allowed.
A day to show our mothers our appreciation. Happy Mothering Sunday!



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