

## GOSPEL REFLECTION FOR THE FIRST SUNDAY OF LENT



### Tempted to Distraction?

If we are not criminals, and we don't particularly consider ourselves to be sinners, do we really need to worry about the devil, or the dangers of temptation? If the temptations in our lives are simply to sit at the computer too long, or indulge in the odd tippie, how much does that really matter?

On the first Sunday of Lent we are always treated to the same lesson. We are asked to consider what we are about, how the devil might put spanners in the works, and what we can do about it. Today the devil finds Jesus in the wilderness. He finds him when he is hungry and weak and tempts him with attractive options, food, fame and protection. We don't see Jesus dithering, not even for a minute. Jesus is able to put the temptation behind him because he knows what he is about. Jesus understands his mission and it isn't about materialistic benefit or power. Jesus is able to put aside the temptation because he is confident that the same Holy Spirit that has taken him into the wilderness will lead him back out.

The wilderness comes in all shapes and sizes. For us it could be moments when we're feeling lost, broken, unloved, tired or overburdened. In these moments of weakness this is when we are most at danger. These are moments when the devil can come to us offering comfortable and attractive options. Comfortable and attractive options can tempt us to make poor decisions; decisions that provide distractions. The devil can be subtle. Temptations rarely lead the majority of us into crime or even into sin. Being tempted to finish off a bottle of wine or spend longer than we ought on Facebook doesn't seem so bad, but are the tens of little distractions we succumb to each and every day taking us away from who we really are, and from what is genuinely important?

Every day the Holy Spirit is guiding us towards our specific missions in life. Do we say 'yes' to the work God has lined up for us, or do we fall for all those comfortable little distractions?



**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 Representatives:** Paul McIntee & Kate Meehan

## Sacred Heart & St Margaret Mary



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SacredHeartDereham.org.uk

### Sunday 9<sup>th</sup> March 2025 – 1<sup>st</sup> Sunday of Lent

[Sundays Year C, 1<sup>st</sup> Week of Lent, Weekdays Year I, Psalter Week 1]

#### MASSES in the PARISH

<b>Saturday 8<sup>th</sup> March</b>		
18.00	<i>First MASS of Sunday</i>	Joan Wells+ (RB)
<b>Sunday 9<sup>th</sup> March</b>		<b>1<sup>st</sup> Sunday of Lent</b>
09.00	MASS	Joy Bussey (RB)
11.00	MASS <i>Live streamed</i>	For the People of the Parish
<b>Monday 10<sup>th</sup> March</b>		<b>Lent Feria</b>
-	No Mass today	-
<b>Tuesday 11<sup>th</sup> March</b>		<b>Lent Feria</b>
10.00	MASS	Joan Wells+ (CP)
<b>Wednesday 12<sup>th</sup> March</b>		<b>Lent Feria</b>
10.00-10.30	Parish Lenten Retreat	
10.45	MASS	Betty Reavey+ (CP)
<b>Thursday 13<sup>th</sup> March</b>		<b>Lent Feria</b>
-	No Mass today	
<b>Friday 14<sup>th</sup> March</b>		<b>Lent Feria</b>
11.30	Stations of the Cross, followed by soup & rolls	
17.30	Stations of the Cross	
<b>Saturday 15<sup>th</sup> March</b>		<b>Lent Feria</b>
18.00	<i>First MASS of Sunday</i>	For George & Peggy Mealy (Wedding Anniversary)
<b>Sunday 16<sup>th</sup> March</b>		<b>2<sup>nd</sup> Sunday of Lent</b>
09.00	MASS	Tony Whitehouse+ (RB)
11.00	MASS <i>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:** Elizabeth Mary O'Donnell, Roy Smith, Michael John Irvine Barty, Henry Durham, Ronald Jack Heasman, Catherine Honora Hare, Charles Christie, Pauline Fenton, John Le Milliere, Deidre Brewer, Winifred Wake, Fr. John Joseph Ketterer (*3<sup>rd</sup> Priest at Dereham*), Betty Lynch, Deanne Andrews, Peggy Free, Robert Shutt, Maurice Anthony de Chenu, Stan Bennett, Eugenie Beckett. *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, William Dunne, Pauline Buckland, Greta Cummings, Katherine Vella, Pauline Organ, Pat Grout, George Mealy, Peggy Mealy, Richard Allison, Marion Ring-Davies, Patsy Thompson, Ann McWilliams, Diana Banks-Conney.

**We are deeply saddened to share the passing of the following members of our community. Our heartfelt condolences go out to their families and loved ones.**

- +Joan Wells – Funeral Service on 17<sup>th</sup> March at St Faith's Crematorium
- +Kathleen Mohan – Funeral Service on 25<sup>th</sup> March at Breckland Crematorium
- +Betty Reavey – Funeral Mass, 26<sup>th</sup> March at 1100
- +Joy Bussey - Funeral Mass, 8<sup>th</sup> April at 1030

*May their souls and the souls of all the faithful departed through the mercy of Christ rest in peace. Amen.*

**Money Matters:** Offering for last Sunday: Plate £289.11. Thank you.

**Wednesday, 12<sup>th</sup> March 2025 | Parish Lenten Retreat 1000-1030, followed by Mass at 1045 and Lenten Lunch at 1200.**

**Thursday, 13<sup>th</sup> March | No Mass today.**

**Friday Stations of the Cross, beginning on 14<sup>th</sup> March |** Mornings at 1130 followed by soup & roll; Evenings at 1730. Led by Parish groups (a form is provided for the dates at the back of church). Donations this year are in support of orphanages & schools in Cambodia.

Diary for the week Sunday 9 <sup>th</sup> March – Saturday 15 <sup>th</sup> March	
Sunday: 1100 Mass	<b>Children's Liturgy – for children in Yr1 to 1<sup>st</sup> Holy Communion age.</b>

Diary for the week Sunday 9 <sup>th</sup> March – Saturday 15 <sup>th</sup> March	
Monday: 1400-1600	<b>Tea Buddies:</b> Monthly get-together for a friendly natter over a cuppa – Emmaus Room. All welcome. Every second Monday of the month.
Monday: 1730-1830	<b>Baptism Group – Emmaus Room</b>
Monday: 1900-2030	<b>AA Group Meeting - Emmaus Room</b>
Wednesday: 1430	<b>Queen of Peace Prayer Group – Emmaus Room.</b> All welcome.
Wednesday: 1900-2000	<b>RCIA Group- Emmaus Room</b>
Thursday: 1030-1230	<b>Our Lady of Pity, Swaffham – Monthly coffee morning in the Parish Rooms.</b> Open to all.
Thursday: 1730-1830	<b>First Communion Class – Emmaus Room</b>
<b>Parish Garden Club – To volunteer, please contact Sonia on 07985 521578.</b>	

**Chrism Mass Coach to the Cathedral | 15<sup>th</sup> April at 1130** - This year's Chrism Mass, for a 33-seater coach could cost us £370. We shall proceed with hiring once we have at least 25 confirmed interests. If this number is not reached, we shall consider other options. A form is provided at the back until the 3<sup>rd</sup> week of March.

**Volunteer Lectors and Washing of the Feet are also needed for the Easter Triduum.** Forms for this are available at the back of church.

#### Easter Triduum Schedule

- 17 April, Maundy Thursday: 1930 - Mass of the Lord's Supper
- 18 April, Good Friday: 1030 - Children's Stations of the Cross  
1500 Celebration of the Lord's Passion
- 19 April, Holy Saturday: 2000 – Easter Vigil
- 20 April, Easter Sunday 0900 – Mass  
1100 – Mass

**Easter Sunday, 20<sup>th</sup> April | Parish lunch and BBQ after the 1100 Mass** - Bring and share lunch in the Parish Garden

**Best Design Easter Egg Contest** - We shall be having the best design Easter Egg Contest on Easter Sunday at the 1100 Mass. Open to kids to young adults. Further details to follow.

**Bitesize** - You have to decide what your highest priorities are and have the courage — pleasantly, smilingly, non-apologetically — to say "no" to other things. And the way to do that is by having a bigger "yes" burning inside.

~Stephen Covey



We thank all our many parish volunteers and groups for their help each week in supporting the running and daily and spiritual life of the parish.