



FOURTH SUNDAY OF ADVENT

22nd December 2024 · Year C · Weekday I · Psalter IV

Cathedral House, Unthank Road, Norwich, NR2 2PA

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Cathedral Office: 01603 624615

Cathy Casey [weekdays 9am-1pm]

TIMES OF CEREMONIES

Sunday 22nd Dec	FOURTH SUNDAY OF ADVENT [Rex Gentium]		
	9am	Mass	<i>George Leverage</i>
	11am	Solemn Mass	<i>Roger & Sally Pearson (F)</i>
	4.30pm	Vespers & Benediction	
	5.30pm	Mass	<i>Pro Populo</i>
Monday 23rd	<i>Advent Feria (O Emmanuel)</i>		
	10am	Mass	<i>Holy Souls in Purgatory</i>
Tuesday 24th	EVE OF THE NATIVITY OF THE LORD		
	10am	Mass	<i>Henry, Duke of Norfolk (F) +</i>
	3pm	Mass [1962 Rite Latin]	<i>Holy Souls</i>
	4.15pm	Solemn Pontifical First Vespers of Christmas	
	6pm	Family Mass	<i>Thanksgiving Aleta Castelino</i>
	11.30pm	Carols followed by Midnight Mass	
Wednesday 25th	CHRISTMAS DAY		
	12am	Solemn Pontifical Midnight Mass	<i>Pro Populo</i>
	9am	Sung Mass	<i>Yasmin Somauroo +</i>
	11am	Solemn Mass	<i>Cpt DM Taylor + & Mrs CT Taylor</i>
Thursday 26th	S Stephen, First Martyr		
	10am	Mass	<i>Adrian Cassidy +</i>
Friday 27th	S John, Apostle & Evangelist		
	10am	Mass	<i>Loriana Gorelli +</i>
Saturday 28th	Holy Innocents		
	10am	Mass	<i>Elisabeth Chevalier</i>
	6pm	Mass (Anticipatory)	<i>Margaret Alexander +</i>
Sunday 29th	The Holy Family of Jesus, Mary & Joseph		
	9am	Mass	<i>Denis & Peggy Hardy (F) +</i>
	11am	Solemn Pontifical Mass	<i>Pro Populo</i>
	4.30pm	Vespers & Benediction	
	5.30pm	Mass	<i>Lucy Buck</i>

From 25th December to 6th January the Church will be open from 9am – 5pm (except weekends)

Very Revd Alan Hodgson KHS*Dean of the Cathedral Church*alan.hodgson@rcdea.org.uk

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Cathedral Collection**£3,946.59**

Loose Plate = £1,427.59

Dona = £897.00

Envelopes = £122.00

Standing Orders = c £1,500.00 *

*Averaged out and remains the same each week

Dependent Priests Fund = £841.72

**Scan to donate**

Thank you for your generous support and ongoing generosity.

Confessions

Tuesday: 6pm

Saturday: 10.30am

Saturday: 5.15pm

Sunday: 4.45pm

RosaryThe Rosary is prayed in the
Lady Chapel.Monday to Friday after the
10am Mass.**Divine Office**Lauds is prayed in the
Precious Blood Chapel.Monday to Friday at
9:40am.**HOLY APOSTLES CHURCH***Scarnell Road, Norwich NR5 8HT*parish@sjbcathedral.org.uk*Saturday*

5pm

Holy Qurbana (Anticipatory)

Sunday

8am

Holy Qurbana

10am

Mass & Confessions

4pm

Holy Qurbana

Wednesday

6pm

Mass (UEA Chaplaincy, term time only)

A message from Fr Alan...

My brother and his wife recently immigrated to the United Kingdom and have spent the last two years or so setting up home in England - it took many months for both of them to get here due to the stringent visa requirements for spouses (even though they have been married for over 30 years)!

It will be a joy-filled Christmas for me as my brother, Paddy, will be joining me for a few days over the Christmas Season; the first time I have celebrated the feast with a member of my immediate family in over 35 years! I have four nephews and they, too, have left their respective family homes and are finding their way in the world and spending Christmas away from their parents and siblings. Families eventually end up like huge spiders' webs spinning their silk and lives all over the globe.

This made me think about my father and how, for the first time in almost 65 years he will celebrate Christmas without a direct member of the family as he has been recently widowed. My parents were married for almost 64 years so this will be a difficult and surreal Christmas for my father as is the case for the many people who will be experiencing this wrench over the next few weeks - regardless of how many years have passed since losing their loved ones.

In our Cathedral parish and Holy Apostles, we have a large and dynamic force of single people - whether this be by vocation, personal choice, circumstances of life or loss of loved ones. This group of people add a vast amount to this community and bring many talents, skills and much joy into our lives. Many quietly getting on with their lives, finding the Lord in their solitude and often leading lives of great prayer and devotion. My prayer is that many have found a community within our parish in which they feel welcomed and accepted but I am aware that Christmas, especially, can be a lonely time for many. I do thank them for the joy and kindness that they bring to the cathedral; many on a daily basis and for the contribution they make both spiritually and materially to our community.

If you are fortunate enough, like me, to have a member of your family with you this year, then please remember those who do not. Look out for them at Mass and reach out with a greeting and a kindly word, keep them in prayer over these days and remember this group as you raise your glass at the feast. Remember, Christmas Day lasts for the Octave so there is plenty of opportunity to greet each other.

May I take this opportunity to personally wish you and your loved ones (wherever they might be) a joy-filled, peaceful and prayerful Christmas. I also extend greetings from Fr Mark, Fr Jinu and Fr Denys as well as all the cathedral staff and volunteers - many of whom will be taking a well-deserved break until Epiphany.

Merry Christmas.

'From you shall come forth one who is to be ruler in Israel.'

Thus says the LORD: You, O Bethlehem Ephrathah, who are too little to be among the clans of Judah, from you shall come forth for me one who is to be ruler in Israel, whose coming forth is from of old, from ancient days. Therefore, he shall give them up until the time when she who is in labour has given birth; then the rest of his brothers shall return to the people of Israel. And he shall stand and shepherd his flock in the strength of the LORD, in the majesty of the name of the LORD his God. And they shall dwell secure, for now he shall be great to the ends of the earth. And he shall be their peace.

Responsorial Psalm**Ps 80(79):2ac, 3b, 15-16. 18-19. R4**

Bring us back, O God.

Let your face shine forth, and we shall be saved.

O shepherd of Israel, hear us,
enthroned on the cherubim, shine forth.
Rouse up your might and come to save us.

God of hosts, turn again, we implore.

Look down from heaven and see.

Visit this vine and protect it,
the stock your right hand has planted,
the son you have claimed for yourself.

May your hand be on the man at your right hand,
the son of man you have confirmed as your own.

And we shall never forsake you again.

Give us life that we may call upon your name.

Second reading**Hebrews 10:5-10**

'Behold, I have come to do your will.'

Brothers and sisters: When Christ came into the world, he said, 'Sacrifices and offerings you have not desired, but a body have you prepared for me; in burnt offerings and sin offerings you have taken no pleasure. Then I said, "Behold, I have come to do your will, O God, as it is written of me in the scroll of the book."'

When he said above, 'You have neither desired nor taken pleasure in sacrifices and offerings and burnt offerings and sin offerings' (these are offered according to the Law), then he added, 'Behold, I have come to do your will'. He does away with the first in order to establish the second. And by that will we have been sanctified through the offering of the body of Jesus Christ once for all.

Gospel Acclamation

Luke 1:38

Alleluia, alleluia.
Behold, I am the handmaid of the Lord;
let it be to me according to your word.
Alleluia.

Gospel

Luke 1:39-45

'Why is this granted to me that the mother of my Lord should come to me?'

In those days Mary arose and went with haste into the hill country, to a town in Judah, and she entered the house of Zechariah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the baby leaped in her womb. And Elizabeth was filled with the Holy Spirit, and she exclaimed with a loud cry, 'Blessed are you among women, and blessed is the fruit of your womb! And why is this granted to me that the mother of my Lord should come to me? For behold, when the sound of your greeting came to my ears, the baby in my womb leaped for joy. And blessed is she who believed that there would be a fulfilment of what was spoken to her from the Lord.'

HYMN NUMBERS FOR THE 9AM MASS

116, 111, 83, 113, 108

Reflections...

And in the end, everything else will turn out to be unimportant and inessential, except for this: Father, Child, and Love." Pope Saint John Paul II

In the fourth week of Advent the theme is **Love**. Saint Thomas Aquinas explains that Christian love is not a feeling, but an act of will. Love is *agape*, **the choice to will the good of the other as other**.

God's love was revealed in the Incarnation at Christmas: *"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have eternal life."* John 3:16.

Aquinas reminds us that "God is love" (1 John 4:16), and so we should seek to be like Our Father. The fourth Advent Candle is called the **"Angel's Candle"**. Looking at its flickering light, we should consider how Jesus calls us to love one another as He has loved us. **Advent invites us to embody God's love through acts of kindness, compassion, and forgiveness.** To do so we need to open our hearts to receive God's love anew and then we must share that love freely.

"A new commandment I give to you, that you love one another; even as I have loved you, that you also love one another. By this all men will know that you are my disciples, if you have love for one another."

John 13:34-35

NEWS AND EVENTS

Friday Abstinence – is dispensed during the Christmas Octave.

Cathedral Flowers - this weekend there will be the annual Christmas collection that helps towards the Cathedral flowers throughout the year.

Guided Nativity Tour for Children, Monday 23 December 2024 at 11am - Join us for a guided Nativity Tour of the Cathedral, where we will look at the Nativity Story as shown in the stained-glass windows and stonework. Can you see the Angel Gabriel? And do you know who he speaking to? Where are the shepherds? Can you see the Baby Jesus in his crib? And where can you see Joseph caring for his wife and adopted son? Tick them off on the activity sheet and finish at the Nativity Scene, free to attend. Please contact the Heritage and Learning Officer for more details:

Heritage@sjbcathedral.org.uk

Jubilee Year of 2025 Opening Mass - Pope Francis has asked that all Bishops celebrate the Opening of the Jubilee Year at their Cathedrals on the 29th of December. Bishop Peter therefore warmly invites you to join him at the Cathedral of St John the Baptist for our Diocesan Opening Rites and Mass at 11am, in solidarity with celebrations around the world.

Adoration for the First Fridays - will take place on Friday 3rd January for the shorter times of from after the 10am Mass until midday. All are welcome to spend quiet time with the Lord to pray for Bishop Peter and all our diocesan priests.

St Francis of Assisi Catholic Primary School Seeks a Volunteer Pianist - Following the retirement of our school pianist, we are seeking a volunteer to help at weekly Choir practice (Thursdays 8:30am - 9am), Friday Sung Worship assemblies (2.45pm - 3.10pm) and termly masses. If you are a good pianist and would enjoy contributing to our outstanding music provision in our busy and vibrant school in NR2, please contact the Headteacher or Deputy Headteacher on 01603 441484 or head@st-francisofassisi.norfolk.sch.uk. We would love to hear from you!

Hospital Mass - Mass is celebrated at 12 noon on the 1st and 3rd Monday of every month in the Norfolk and Norwich University Hospital Chapel (Centre Block, Level 1). Our next Mass will be on **Monday 6th January** and then on **Monday 20th January**.

This newsletter is sponsored by:

Love to Care
154 Dereham Road
Norwich
NR2 3AB



NEWS AND EVENTS

Thank you from Mary's Meals - A huge thank you to everyone who visited and supported the Mary's Meals table after Mass last weekend. Your generosity brought in a wonderful £598.60, which will help the charity feed over 2.4 million children every school day in some of the world's poorest countries.

Pilgrimage to Rome to celebrate the Jubilee of Youth – Limited places left

As part of the Jubilee 2025, the Diocese will be leading a pilgrimage to Rome, joining with hundreds of thousands of young people from all over the world. There are a limited number of places left with bookings accepted on a first come first served basis. If you will be age 16 – 30 next summer 2025, come and join us, but book now!

See www.rcdea.org.uk/youth for more details.

The Duckett Library – will close for the Christmas break at 12.30 on Thursday 19th December, reopening on Sunday 5th January. During closure please email with any queries.

The Cathedral Shop and Garden Café – will close at 1pm on Christmas Eve and will re-open again at 10.30am on Monday 6th January 2025.

Workers required – thank you to those of you who volunteered your assistance with handy work and projects. We are in need of a new floor to be laid in the catechetical shed behind the Narthex Hall. Our current floor is rotting due to water ingress and therefore needs replacing. We hope to remedy this in the early new year, please contact Fr Alan or Cathy in the Parish office to volunteer.

Are you or someone you know hurting from past abortion(s)? Rachel's Vineyard is a healing ministry for those who are suffering from the trauma of abortion. The healing weekends offer a supportive, confidential and non-judgmental environment where women and men can deal with painful post-abortive emotions and receive healing. **The next Rachel's Vineyard retreat weekend in our diocese will take place on March 21st -23rd 2025. With booking now open and a limit of 8 people per retreat, it is advisable to book early.** For more information about this retreat or to arrange a time to chat please contact Charlotte on 07958 235 270; or email to suffolk@rachelsvineyard.org.uk. Further information about Rachel's Vineyard or to find out about other retreat dates and locations please visit: <https://www.rachelsvineyard.org.uk>

INSTRUCTIONS FOR REGULAR SACRAMENTS

With all sacraments, we do try to accommodate the needs of the individual or couple seeking to celebrate in our Cathedral. However, we are bound by the Rite of the Catholic Church in terms of liturgy and music. The priest or deacon assigned to work with you will guide you as much as possible. In general, eulogies are NOT part of the Catholic rite of Funerals and, as such should be deferred to the crematorium or a suitable gathering of loved ones after the funeral.

Our Director of Music will assist you with appropriate music that matches the dignity of the service and is appropriate to the Cathedral - this will be from a choice of sacred music generally played on the cathedral organ (no pre-recorded music).

All readings in the Cathedral must come from Sacred Scripture - poems and prose that do not comply with this should be used at the reception after the service.

BAPTISMS

Infant Baptisms - baptism is the joy-filled initiation into the Christian life and is celebrated as a public event within the community. The Sacrament of Baptism takes place on the 2nd and 4th Saturday of the month at 11:30am. This is a joint celebration with up to three other families. Baptism preparation classes are held on the last Saturday of every month from 4.30pm - 5.15pm. This needs to be booked, in advance, through the parish office.

Adult Baptisms - generally take place at the Easter Vigil and conferred by the Bishop in his Cathedral. Candidates will need to undergo adult instruction classes for at least five months (usually starting in late September). Classes take place every Friday evening from 7pm - commencing in September.

Baptisms do not take place during the seasons of Advent and Lent. For all Baptism enquiries, please contact the parish office.

WEDDINGS

A minimum of 6 months' notice is required of any marriage taking place in the cathedral. Wedding couples should be resident within the parish boundaries or have some strong link to the cathedral. Please **do not** make any arrangements nor book any venue or make any concrete plans until you have secured a wedding date.

There is a three-fold requirement for marriage preparation; Catechetical and Liturgical preparation (a marriage instruction course at the cathedral toward the middle of January as well as a one-day course in Newmarket), Civil paperwork (through the townhall) as well as documentation required by the Catholic Church for the chancery and parish registers. This applies whether you are planning to be married in the Cathedral or if you plan to marry in a different location.

FUNERALS

At St John's Cathedral, funerals take place during the weekday 10am Mass. The Cathedral is generally booked through your funeral director - so please speak to them first about your needs and they will contact the Cathedral on your behalf.

Prayers for the Sick

Cathy Adams, Dr Michael Anibueze, Philippa Barnes, Ian Beyts, Jennifer Boland, Eleanor Bray, Amanda Caistor, Brenda Devany, Jonathon Fitzimmons, Sophia Gough-Solar, Mary Hatcher, Joe Heaney, Gill Horan, Paul Horan, Nancy Horner, David Jamieson, Joel McDonough, Anne O'Leary, Maria Osorio, Mary Newby, Gary Newton, Isobel O'Connor, Christopher Parish, Canon David Paul, Anthony Preston, Nicholle Sales, Reece Sales, Linda Sheppard, Christine Taylor, Peter Thorn, Mary Ward, Fr John Warrington, Peter Willets, Adrian Woods, the Wood Family, Patricia Woolley, Isobel Woolner, the Watson Family and Shane Wissner. [GDPR compliant]

Going into hospital? Please inform the hospital ward itself that the Catholic Chaplain is needed.