



# FIRST SUNDAY OF LENT

9<sup>th</sup> March 2025 · Year C · Weekday I · Psalter I  
Cathedral House, Unthank Road, Norwich, NR2 2PA  
Cathedral Office: 01603 624615  
Cathy Casey [weekdays 9am-1pm]

[www.sjbcathedral.org.uk](http://www.sjbcathedral.org.uk)  
[parish@sjbcathedral.org.uk](mailto:parish@sjbcathedral.org.uk)

## TIMES OF CEREMONIES

<b>Sunday 9<sup>th</sup> March</b>	<b>FIRST SUNDAY OF LENT</b>		
	9am	Mass	<i>Kieran McNamara +</i>
	11am	Solemn Mass	<i>Petornila Martyrs +</i>
	3pm	Rite of Election	
	5.30pm	Mass with Cantor	<i>Pro Populo</i>
<b>Monday 10<sup>th</sup></b>	<i>Lent Feria</i>		
	10am	Mass	<i>George Leverage +</i>
<b>Tuesday 11<sup>th</sup></b>	<i>Lent Feria</i>		
	10am	Mass	<i>Tibor Pritrsky</i>
	5pm	Vespers	
	5.30pm	Mass	<i>Thanksgiving, Paul Bawden</i>
<b>Wednesday 12<sup>th</sup></b>	<i>Lent Feria</i>		
	7.30am	Mass	<i>Esmerelda Keller (F) +</i>
	10am	Mass	<i>Fr Alan Hodgson</i>
<b>Thursday 13<sup>th</sup></b>	<i>Lent Feria</i>		
	10am	Mass	<i>Gillian Ridden +</i>
<b>Friday 14<sup>th</sup></b>	<i>Lent Feria</i>		
	7.30am	Mass	<i>Holy Souls in Purgatory (AC)</i>
	10am	Mass	<i>George Leverage +</i>
<b>Saturday 15<sup>th</sup></b>	<i>Lent Feria</i>		
	10am	Mass	<i>Dr Rajeeve Parkianathan +</i>
	6pm	Mass (Anticipatory)	<i>Rosemary Harkins +</i>
<b>Sunday 16<sup>th</sup></b>	<b>SECOND SUNDAY OF LENT</b>		
	9am	Mass	<i>David G. Patrick</i>
	11am	Solemn Mass	<i>Trevor William John Brown +</i>
	4.30pm	Vespers & Benediction	
	5.30pm	Mass	<i>Pro Populo</i>

**The Cathedral Church is open daily from 7.30am until 6pm**

**Very Revd Alan Hodgson KHS***Dean of the Cathedral Church*[alan.hodgson@rcdea.org.uk](mailto:alan.hodgson@rcdea.org.uk)

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**Cathedral Collection****£4,778.51**

Loose Plate = £1,547.51

Dona = £1,557.00

Envelopes = £174.00

Standing Orders = c £1,500.00 \*

\*Averaged out and remains the same each week

**Scan to donate*****Thank you for your regular support and ongoing generosity.***

Thank you for your continued support of the parish. If you would like to set up a standing order with your bank you will need these details: Account name: St John's Cathedral Parish Offertory Account, Sort Code 60-15-31, Account Number 04911881

For any guidance on Gift Aid please contact [giving.sjbcathedral@rcdea.org.uk](mailto:giving.sjbcathedral@rcdea.org.uk)

**Confessions**

Tuesday: 6pm  
 Saturday: 10.30am  
 Saturday: 5.15pm  
 Sunday: 4.45pm

**Rosary**

The 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](mailto:parish@sjbcathedral.org.uk)

<i>Sunday</i>	8am	Holy Qurbana
	10am	Mass & Confessions
	4pm	Holy Qurbana

## **A message from Fr Alan...**

**Ash Wednesday:** This week I had the joy of visiting two of our schools to celebrate Ash Wednesday and to begin the season of Lent with our students. Firstly, I went to Notre Dame High School for an Ash Wednesday Liturgy. There must have been over 1000 students who attended the liturgy. We began the service with the students processing in in total silence to take their seats. Getting so many students into the hall took approximately 15 minutes. I was in awe at the total silence and respect that these young people showed toward the liturgy - some sitting patiently for over ten minutes. There was great participation in the liturgy with the readers, cantors and chaplains all assisting and making it a memorable day for all of us. They then processed out, once again in total silence, and headed off to class for the day.

This moving encounter really set the theme of my Lenten observance on a very personal level.

In the afternoon, I visited St Francis of Assisi school for their liturgy - there was a slightly more intense and excited atmosphere from our younger children; but equally as well behaved and disciplined in their participation of the Lenten offering. The children all stood in silence as the teachers and I marked them with ashes and encouraged them to have a joyful and prayerful Lent. Visiting these two schools really gave me a sense of hope and peace for the season ahead.

In the evening at the cathedral, we celebrated our solemn Mass. I was overjoyed to see so many people attending in the early evening - well over 500 people attended which is way more than in previous years. We had three Masses at the cathedral on the day and all were very well attended, and the prayerful participation of all attendees was truly tangible.

**The garden:** Last week I commented on how beautiful the garden is looking and just how hard Rachel has worked to, firstly, tackle the overgrown beds and straighten the edges as well as planting out and creating the vegetable beds for the Narthex Restaurant to be able to benefit from its produce later in the year.

It was with dismay, however, that, when I walked through the gardens this week, I noticed flowers that had been trampled, crocuses cast aside and the footprints evident in the vegetable beds. Poor Rachel's hard work all destroyed in a matter of minutes.

Please can we all keep an eye on the garden and be careful when we use this beautiful area which is there for all of us to enjoy? Children are very welcome to play and enjoy the gardens, but please play on the lawned area only.

**Dogs:** A reminder that dogs are not permitted in the cathedral.

**The confession of faith of the chosen people.**

Moses spoke to the people: 'The priest shall take the basket from your hand and set it down before the altar of the LORD your God. And you shall make response before the LORD your God, "A wandering Aramean was my father. And he went down into Egypt and sojourned there, few in number, and there he became a nation, great, mighty, and populous. And the Egyptians treated us harshly and humiliated us and laid on us hard labour. Then we cried to the LORD, the God of our fathers, and the LORD heard our voice and saw our affliction, our toil, and our oppression. And the LORD brought us out of Egypt with a mighty hand and an outstretched arm, with great deeds of terror, with signs and wonders. And he brought us into this place and gave us this land, a land flowing with milk and honey. And behold, now I bring the first of the fruit of the ground, which you, O LORD, have given me." And you shall set it down before the LORD your God and worship before the LORD your God.'

**Responsorial Psalm****Ps 91(90):1-2. 10-11. 12-13. 14-15. R cf 15b**

*Be with me, O Lord, in my distress*

**Second reading****Romans 10:8-13****The confession of faith of believers in Christ.**

Brothers and Sisters: What does Scripture say? 'The word is near you, in your mouth and in your heart' (that is, the word of faith that we proclaim); because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For with the heart, one believes and is justified, and with the mouth one confesses and is saved. For the Scripture says, 'Everyone who believes in him will not be put to shame.' For there is no distinction between Jew and Greek; for the same Lord is Lord of all, bestowing his riches on all who call on him. For, 'everyone who calls on the name of the Lord will be saved.'

Glory and praise to you, O Christ.  
One does not live by bread alone,  
but by every word that comes forth from the mouth of God.  
Glory and praise to you, O Christ.

**Gospel****Luke 4:1-13**

**'Jesus was led by the Spirit in the wilderness and tempted by  
the devil'**

At that time: Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days, being tempted by the devil. And he ate nothing during those days. And when they were over, he was hungry.

The devil said to him, 'If you are the Son of God, command this stone to become bread.' And Jesus answered him, 'It is written, "Man shall not live by bread alone."'

And the devil took him up and showed him all the kingdoms of the world in a moment of time, and said to him, 'To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. If you, then, will worship me, it will all be yours.' And Jesus answered him, 'It is written, "You shall worship the Lord your God, and him only shall you serve."'

And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, 'If you are the Son of God, throw yourself down from here, for it is written, "He will command his angels concerning you, to guard you", and "On their hands they will bear you up, lest you strike your foot against a stone."' And Jesus answered him, 'It is said, "You shall not put the Lord your God to the test."'

And when the devil had ended every temptation, he departed from him until an opportune time.

**HYMN NUMBERS FOR 9AM MASS:****180, 952, 206****Offertory hymn refrain**

*Holy darkness, blessed night,  
heaven's answer hidden from our sight.  
As we await you, O God of silence,  
we embrace your holy night.*

## NEWS AND EVENTS

**This Friday is Lent Fast Day** and next weekend there will be a second collection taken for the Work of CAFOD.

**CAFOD Lent Appeal – Family Fast Day collection** – envelopes are available at the back of the church. Use the CAFOD envelope in church, donate online at [cafod.org.uk/envelope](http://cafod.org.uk/envelope) or call us on 0303 303 3030. You can also text CAFODLENT to 70085 to donate £10

**Stations of the Cross** – will take place on Fridays during Lent at 12pm and 5.30pm, starting this Friday 7<sup>th</sup> March.

**The Teresian Prayer Group** meets at 4.30 pm in the Narthex Bar on Tuesday 11 March to reflect on the writings of St John of the Cross. Everyone is welcome.

**28th-29th March** - 24 Hours Adoration with the Lord - starting with 10am Mass on Friday and running through the day and night up to 10am Mass on Saturday. Further information on the itinerary for the day is available on the Cathedral website.

**Hospital Mass** - Mass is celebrated at 12 noon on the 1<sup>st</sup> and 3<sup>rd</sup> Monday of every month in the Norfolk and Norwich University Hospital Chapel (Centre Block, Level 1). Our next Mass will be on **Monday 17<sup>th</sup> March** and then on **Monday 7<sup>th</sup> April**.

**The Duckett Library** has a display of Lent reading available to borrow until after the Easter break – plenty of time to read them! Also, for Scott Hahn fans, he is giving a series of free online talks on 'The Seven Last Words' – register on the St Paul Center for Biblical Theology ([stpaulcenter.com](http://stpaulcenter.com)) under 'courses'.

**Children's Liturgy sign up form** - if your child/children are attending the Children's Liturgy at the 9am Mass, please scan the QR code here and fill in the registration form - just once this year to add their names to the register. A hard copy of the register will be available from next Sunday 9th March for parents to sign in when bringing their children to Children's Liturgy. Thank You



This newsletter is sponsored by:

Love to Care  
154 Dereham Road  
Norwich  
NR2 3AB



## NEWS AND EVENTS

**Lenten Talks** – a reminder that our second Lenten Talk on the history of Catholic England (the Break with Rome to the Early 20<sup>th</sup> Century) will take place in the Narthex Hall at 1900 on Friday 14<sup>th</sup> March. No tickets necessary. All welcome.

**There is a vacancy** in the Diocese of East Anglia for Director of Schools Service. Please see website for more details: <https://www.rcdea.org.uk/vacancies/>

**Fr Alan** is turning 60! We are having a party on Sunday 9<sup>th</sup> March at 12.30 in the Narthex. Everyone is invited! There are some envelopes at the back of the Church if you would like to send him a gift.

**Lenten Lunches** - please join us for a hearty soup and roll every Sunday in Lent @ 12noon from 16<sup>th</sup> March to 13<sup>th</sup> April - featuring soups from around the world and in support of the Tambogrande project.

**St Patrick's Night, Saturday 22<sup>nd</sup> March** - Join us for an evening of live entertainment and good food! Indulge in a delicious homemade Irish Stew and bring along your favourite Irish dessert. Tickets are £10 each, including your stew. The bar will also be open! All profits go towards the building fund. To book contact Sarah on 01603 724380 or [bookings@sjbcathedral.org.uk](mailto:bookings@sjbcathedral.org.uk). Donations of raffle prizes will be gratefully received!

**Mothers' Day Afternoon Tea** - Treat your mums, step-mums, grandmas and all to a delicious afternoon tea this Mothers' Day. It is the perfect gift to say thank you to someone special. Available on Saturday 29<sup>th</sup> March, between 11am and 1:30pm. Booking is required along with a £10 non-refundable deposit per person. Any allergens or dietary requirements can be catered for with prior notice. To book - contact Sarah on 01603 724380 or [bookings@sjbcathedral.org.uk](mailto:bookings@sjbcathedral.org.uk)

**Thank you very much** for supporting the Shrove Tuesday Pancake Party - we raised £242 for Flame 2025. Please keep the 115 delegates from our parish who are attending Flame 25 in your prayers over the coming week.

**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 21<sup>st</sup> - 23<sup>rd</sup> 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 send an email to [suffolk@rachelsvineyard.org.uk](mailto: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 2<sup>nd</sup> and 4<sup>th</sup> 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, Mary Gledhill, 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.*