



THIRD SUNDAY OF LENT

23rd March 2025 · Year C · Weekday I · Psalter III

Cathedral House, Unthank Road, Norwich, NR2 2PA

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Cathedral Office: 01603 624615

Cathy Casey [weekdays 9am-1pm]

TIMES OF CEREMONIES

Sunday 23rd March	THIRD SUNDAY OF LENT		
	9am	Mass	<i>George Leverage +</i>
	11am	Solemn Mass	<i>Marta Nunes de Santana +</i>
	4.30pm	Vespers & Benediction	
	5.30pm	Mass with Cantor	<i>Patrick Michael Dalton +</i>
Monday 24th	<i>Lent Feria</i>		
	10am	Mass	<i>Thanksgiving, Nwauwa Family</i>
Tuesday 25th	THE ANNUNCIATION OF THE LORD		
	10am	Mass	<i>Elizabeth Dower +</i>
	5pm	Vespers	
	5.30pm	Mass	<i>Holy Souls in Purgatory</i>
Wednesday 26th	<i>Lent Feria</i>		
	7.30am	Mass	<i>Phyllis Fernandes (F) +</i>
	10am	Mass	<i>Fintan Gilbert +</i>
Thursday 27th	<i>Lent Feria</i>		
	10am	Mass	<i>Donnie & Nina Strivens (F) +</i>
Friday 28th	<i>Lent Feria</i>	24 Hours with the Lord	
	7.30am	Mass	<i>Bridget Lonergan +</i>
	10am	Mass, followed by 24 hours Adoration	<i>Maria Súle +</i>
	12pm	Stations of the Cross	
	5.30pm	Stations of the Cross	
Saturday 29th	<i>Lent Feria</i>		
	10am	Mass	<i>Connors & Christian Families (F) +</i>
	6pm	Mass (Anticipatory)	<i>Thanksgiving, Aleta Castelino</i>
Sunday 30th	FOURTH SUNDAY OF LENT		
	9am	Mass	<i>Arnaldo Colona +</i>
	11am	Solemn Mass	<i>Stephen Taylor +</i>
	4.30pm	Vespers & Benediction	
	5.30pm	Mass	<i>Pro Populo</i>

Very Revd Alan Hodgson KHS

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Cathedral Collection

£3,902.14

Loose Plate = £1,333.15

Dona = £885.99

Envelopes = £183.00

Standing Orders = c £1,500.00 *

*Averaged out and remains the same each week



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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

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

<i>Saturday</i>	5pm	Holy Qurbana
<i>Sunday</i>	8am	Holy Qurbana
	10am	Mass & Confessions
	4pm	Holy Qurbana

A message from Fr Alan...

Scrutinies: This week, at the 9am Mass, we welcome into our community those adults who will be baptised at the Easter Vigil this year by Bishop Peter. *The prayer of scrutinies is an ancient rite dating back to the early Church and will take place during the Sunday Mass - this week at the 09:00 Mass. Each proclamation of the scrutinies (held over the next three weeks) emphasises repentance and conversion as the light of Christ comes to pierce the darkness of sin and bring life where there is death. The scrutinies are God's way of taking a close, loving look at the 'Elect' (as they are now known) - God does not scrutinise to find out what is wrong with them, but to celebrate all that is beautiful, good and true in them. **

24 Hours with the Lord; as part of the Jubilee celebrations and as pilgrims of hope the Cathedral will be holding a 24 hours of Adoration from Friday after the 10am Mass until Saturday's 10am Mass. Access to the Cathedral after hours will be via the Narthex. All are welcome to spend time praying before the Blessed Sacrament.

Formed:

Do you want to know more about the Church and her teachings?

Do you want to be able to defend your faith on the 'trickier' topics?

Feel the need for more Scripture in your life?

What about an in-depth knowledge of the sacraments?

Do you have a favourite saint?

Have you a grasp on Church history?

Are you ready to be Formed? Either as a parish or as an individual? This weekend I am delighted to launch a brand new, exciting and up-to-date catechetical programme for the whole parish. This programme is hosted by the Augustine Institute and is a web-based application featuring over 8 000 videos and podcasts. This has all been made possible by the tireless and dedicated work of our Heritage and Learning Officer, Richard, who has negotiated and set up this facility over the last few months.

At all Masses this weekend we will be giving you the basics as to how you can log-on to this fantastic resource, scroll through the immense variety of resource that is available and then, hopefully, increase your knowledge and understanding of our Catholic Faith.

At the end of each Mass, please collect the small business card with a QR code and details of how you can launch yourself into 'Formed' from the comfort of your own home. Our Youth Group has been given a training session on the package and have had access for the last few days; they will be at the back of the cathedral after all Masses and in the Narthex Hall (09:00 & 11:00) to show you how to set it up and all that it contains. Access to Formed is free for all parishioners! I really pray that you will use this to enhance your knowledge of our saviour Jesus Christ and to gain confidence in your own faith and love of the Church and Scripture. Formed is accessible for all ages from First Holy Communion through to Confirmation and Beyond!

*Extract from the parish bulletin of St John Cantius

Gregorian Chant and the Liturgy: It is with joy that I remind you of David Grealy's Lenten talk which takes place at 7pm on Tuesday evening in the Narthex Hall - please do come and learn about the valuable role that music plays in our liturgy and has done for many centuries. All are welcome - no tickets necessary.

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

“I Am” has sent me to you.’

In those days: Moses was keeping the flock of his father-in-law, Jethro, the priest of Midian, and he led his flock to the west side of the wilderness and came to Horeb, the mountain of God. And the angel of the LORD appeared to him in a flame of fire out of the midst of a bush. He looked, and behold, the bush was burning, yet it was not consumed. And Moses said, ‘I will turn aside to see this great sight, why the bush is not burned.’ When the LORD saw that he turned aside to see, God called to him out of the bush, ‘Moses, Moses!’ And he said, ‘Here I am.’ Then he said, ‘Do not come near; take your sandals off your feet, for the place on which you are standing is holy ground.’ And he said, ‘I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob.’ And Moses hid his face, for he was afraid to look at God. Then the LORD said, ‘I have surely seen the affliction of my people who are in Egypt and have heard their cry because of their taskmasters. I know their sufferings, and I have come down to deliver them out of the hand of the Egyptians and to bring them up out of that land to a good and broad land, a land flowing with milk and honey.’

Then Moses said to God, ‘If I come to the people of Israel and say to them, “The God of your fathers has sent me to you”, and they ask me, “What is his name?” what shall I say to them?’ God said to Moses, ‘I AM WHO I AM.’ And he said, ‘Say this to the people of Israel: “I AM has sent me to you.”’ God also said to Moses, ‘Say this to the people of Israel: “The LORD, the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you.” This is my name for ever, and thus I am to be remembered throughout all generations.’

Responsorial Psalm**Ps 103(102):1-2. 3-4. 6-7. 8, 11. R8a**

The LORD is compassionate and gracious.

Second reading**1 Corinthians 10:1-6, 10-12****The way of life of the people with Moses in the desert was written down for our instruction.**

I do not want you to be unaware, brothers and sisters, that our fathers were all under the cloud, and all passed through the sea, and all were baptised into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual Rock that followed them, and the Rock was Christ. Nevertheless, with most of them God was not pleased, for they were overthrown in the wilderness. Now these things took place as examples for us, that we might not desire evil as they did, nor grumble, as some of them did and were destroyed by the Destroyer. Now these things happened to them as an example, but they were written down for our instruction, on whom the end of the ages has come. Therefore, let anyone who thinks that he stands take heed lest he fall.

Glory to you, O Christ, you are the Word of God.
Repent, says the Lord,
for the kingdom of heaven is at hand.
Glory to you, O Christ, you are the Word of God

Gospel**Luke 13:1-9**

'Unless you repent, you will all likewise perish.'

There were some present at that very time who told Jesus about the Galileans whose blood Pilate had mingled with their sacrifices. And he answered them, 'Do you think that these Galileans were worse sinners than all the other Galileans because they suffered in this way? No, I tell you; but unless you repent, you will all likewise perish. Or those eighteen on whom the tower in Siloam fell and killed them: do you think that they were worse offenders than all the others who lived in Jerusalem? No, I tell you; but unless you repent, you will all likewise perish.'

And he told this parable: 'A man had a fig tree planted in his vineyard, and he came seeking fruit on it and found none. And he said to the vine dresser, "Look, for three years now I have come seeking fruit on this fig tree, and I find none. Cut it down. Why should it use up the ground?" And he answered him, "Sir, let it alone this year also, until I dig round it and put on manure. Then if it should bear fruit next year, well and good; but if not, you can cut it down.'"

HYMN NUMBERS FOR 9AM MASS:

200, 780, 776, 214

NEWS AND EVENTS

There will be a 2nd collection this weekend for the National Shrine at Walsingham for the Jubilee year.

Prayer and Adoration for Life – dates for your diaries, as the Assisted Dying Bill reaches its report stage in Parliament on April 25th, we continue our prayers for the protection of life at both the end of life and from its conception. There will be two opportunities for Prayer and Adoration during Lent for the Sanctity of Life on **Wednesday 2nd and Wednesday 9th April** where Holy hours will take place between **5-6pm**. All are welcome.

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

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 7th April** and then on **Monday 21st April**.

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.

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) under 'courses'.

Catholic Charismatic Gathering - 12th April 2025 St John the Baptist Cathedral from **10:30** until **15:00**. Bishop Peter & the Charismatic Diocesan Service of Communion team invite you to our first gathering of the Catholic Charismatic Family in East Anglia. Blessed with a diverse and multicultural diocese, this is a wonderful chance to come together in faith, receive spiritual nourishment, and deepen our connection as a charismatic community. 10:30 Adoration/Confessions (organised by the Cathedral parish), **11:30 Mass** celebrated by Bishop Peter. Music & praise led by Filipino band, D'Septra. In the afternoon Bishop Peter will address all those gathered. **Please bring a packed lunch. Tea and Coffee will be available.** For more details, please email renewaleastanglia@gmail.com or phone Pam Smith: 07869652115 with questions or for info on parking/arriving by public transport.

This newsletter is sponsored by:

Love to Care
154 Dereham Road
Norwich
NR2 3AB



NEWS AND EVENTS

Lenten Talks – a reminder that our third Lenten Talk will take place in the Narthex Hall, on Tuesday 25th March at 7pm. This week's topic will be on Gregorian Chant and the Liturgy and will be concluded next Tuesday. No tickets necessary. All welcome.

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

A Mother's Day Cake Stall will take place after all weekend Masses on 29th and 30th March. Please keep our young people in your prayers and support our fundraising efforts by purchasing cakes and other treats. Donations of cakes and biscuits also gratefully received. The monies raised will fund the catechesis programme including the children's pilgrimage to Walsingham in May 2025.

Ignite Festival is back! - an invitation to ALL young people in Year 8 upwards, 3rd to 5th May - Come and experience your faith in a new and dynamic way at the Ignite Festival. The weekend will include powerful talks, passionate prayer, live music, and lots of fun stuff See www.ignitefestival.co.uk for more information. There will be a large group going from the Cathedral and transport is available from Norwich. Please look on the cathedral website for the booking form for the Cathedral group or email Jo Graham - stjohnfhc@gmail.com

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 29th 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

New Garden Cafe Menu - Visit the Garden Cafe and take a look at their new menu. New items include homemade beer battered fish and chips and delicious homemade quiche! Breakfast available Monday to Saturday 9:30am - 11:30am and lunch served 11:30am - 14:30pm.

IMPORTANT Petition - *Please consider signing the Care Not Killing petition which calls on MPs to vote against legalising assisted suicide in England and Wales. This petition is on the desks at the west end of the Cathedral. The Terminally Ill Adults (End of Life) Bill would make vulnerable people - including the elderly and disabled - feel a burden on family or carers resulting in pressure to end their lives. Alternatively, use this QR code on your phone.*



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, 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.