



SIXTEENTH SUNDAY OF ORDINARY TIME

20th July 2025 · 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 20th July	SIXTEENTH SUNDAY OF ORDINARY TIME		
	9am	Mass	<i>Michael B. Aina +</i>
	11am	Solemn Mass	<i>Veronica Angela Seely +</i>
	4.30pm	Solemn Vespers	
	5.30pm	Mass	<i>Pro Populo</i>
Monday 21st	<i>S Laurence of Brindisi</i>		
	10am	Mass	<i>Sr Anne Thompson + (Congregation of Daughters of Jesus)</i>
Tuesday 22nd	S Mary Magdalene		
	10am	Mass	<i>Jasen Drnasin +</i>
	5pm	Vespers [sung]	
	5.30pm	Mass [sung]	<i>Nuccia Cipro +</i>
Wednesday 23rd	S Bridget, Patron of Europe		
	7.30am	Mass	<i>Terry Hearn +</i>
	10am	Requiem Mass	<i>Colleen Waterhouse +</i>
Thursday 24th	<i>Feria</i>		
	10am	Mass	<i>Josto Cara +</i>
Friday 25th	S James		
	7.30am	Mass	<i>Departed Souls +</i>
	10am	Mass	<i>Flora Jackson +</i>
Saturday 26th	<i>Ss Joachim & Anne</i>		
	10am	Mass	<i>Kedzierski Family</i>
	6pm	Mass [Anticipatory]	<i>Bernard & Veronica Perowne (F) +</i>
Sunday 27th	SEVENTEENTH SUNDAY OF ORDINARY TIME		
	9am	Mass	<i>Tomasz Walus +</i>
	11am	Solemn Mass	<i>Mgr John Drury (F) +</i>
	4.30pm	Vespers	
	5.30pm	Mass	<i>Pro Populo</i>

Very Revd Alan Hodgson KHS

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Cathedral Collection

£4,077.39

Loose Plate = £1,686.39

Dona = £710.00

Envelopes = £181.00

Standing Orders = c £1,500.00 *

**Averaged out and remains the same each week*

Stella Maris = £890.24



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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

Saturday

5pm

Holy Qurbana

Sunday

8am

Holy Qurbana

10am

Mass & Confessions

4pm

Holy Qurbana

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

A message from Fr Alan...

Congratulations to Jonathan: Congratulations to our new deacon, Deacon Jonathan Callejo, who was ordained on Saturday 19 July alongside Deacon Jonathan Wright. I look forward to working with Jonathan and wish him all the very best for his future ministry. Congratulations to Jenuary and all the family as well.

Receiving Communion: I have noticed, since I have been at the cathedral, that there is an increase in the number of people who receive Communion on the tongue. I have often seen them struggle to stand after receiving (if they choose to kneel) and it would help if they had something to assist them to stand up. From Tuesday evening's Mass there will be a prie Dieu available in the centre of the sanctuary steps, just next to the priest, for those who wish to use it. This will also ensure that their clothes do not get damaged or dirty. For most people who choose to receive on the hand, **this will not affect you at all**, simply come for Communion as per normal. Those who wish to kneel will have this option simply by moving to one-side and kneeling at the prie dieu to indicate to the priest that this is your preference.

Parish Pilgrimage to Poland: John Mclean has very kindly offered to arrange a pilgrimage next year to Poland from Monday 20th April until Friday 24th of April. The pilgrimage will take place in Krakow, Wadowice (the birthplace of Pope St John Paul II) as well as other holy places and places of interest. Poland is a fascinating country with a strong and beautiful culture alongside delicious cuisine and a strong Catholic faith.

The cost for the pilgrimage (including flights) will be around £1000, depending on how many people wish to join us. If we manage to attract more than 30 pilgrims, then the cost is reduced slightly. There is a single supplement of £160 (but these spaces are limited due to hotel capacity). We do need to finalise numbers by the end of August and, of course, if we book our flights earlier then they are often available at a more reasonable price. Please contact John on jmclean44@gmail.com or 07977 470491

Week of 11 August to 15 August: With best laid plans to prevent diaries clashing, when we have a change of personnel at the cathedral, things can go a bit awry. To that end, there is, unfortunately a clash of diaries between Fr Anthony's diary and my diary - we both have commitments that have been arranged well in advance and not able to move. Therefore, between the 11th and 15th of August the cathedral will be open from 09:00 - 17:00 and with only ONE Mass for those days at 10:00 except for **Friday 15 August** where there will be an additional Mass at 17:30 celebrated by Bishop Peter for the Assumption of the Blessed Virgin Mary.

Formed: Please do not forget about our parish catechetical programme called **Formed** run by the Augustine Institute. There is a wide variety of information, courses and documentaries to help you enrich your faith. There is plenty available for the very young, those preparing to marry (or already married) or simply those who wish to increase their faith. Dr Richard Maguire has written a piece for this newsletter with some ideas and examples to help you get started.

‘O Lord, do not pass by your servant.’

In those days: The LORD appeared to Abraham by the oaks of Mamre, as he sat at the door of his tent in the heat of the day. He lifted up his eyes and looked, and behold, three men were standing in front of him. When he saw them, he ran from the tent door to meet them and bowed himself to the earth and said, ‘O Lord, if I have found favour in your sight, do not pass by your servant. Let a little water be brought, and wash your feet, and rest yourselves under the tree, while I bring a morsel of bread, that you may refresh yourselves, and after that you may pass on — since you have come to your servant.’ So, they said, ‘Do as you have said.’ And Abraham went quickly into the tent to Sarah and said, ‘Quick! Three measures of fine flour! Knead it and make cakes.’ And Abraham ran to the herd and took a calf, tender and good, and gave it to a young man, who prepared it quickly. Then he took curds and milk, and the calf that he had prepared, and set it before them. And he stood by them under the tree while they ate. They said to him, ‘Where is Sarah your wife?’ And he said, ‘She is in the tent.’ The LORD said, ‘I will surely return to you about this time next year, and Sarah your wife shall have a son.’

Responsorial Psalm

Ps 15(14):2-3a. 3b-4b. 5. R1b

O Lord, who shall dwell on your holy mountain?

Second reading

Colossians 1:24-28

‘The mystery hidden for ages but now revealed to his saints.’

Brothers and Sisters: Now I rejoice in my sufferings for your sake, and in my flesh I am filling up what is lacking in Christ’s afflictions for the sake of his body — that is, the Church — of which I became a minister according to the stewardship from God that was given to me for you, to make the word of God fully known — the mystery hidden for ages and generations, but now revealed to his saints.

To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory. Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ.

Gospel Acclamation

Cf. Luke 8:15

Alleluia, alleluia.

Blessed are those who hold fast to the word of God
in an honest and good heart,
and bear fruit with patience.
Alleluia.

Gospel

Luke 10:38-42

‘Martha welcomed him. Mary has chosen the good portion.’

At that time: Jesus entered a village. And a woman named Martha welcomed him into her house. And she had a sister called Mary, who sat at the Lord’s feet and listened to his teaching. But Martha was distracted with much serving. And she went up to him and said, ‘Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.’ But the Lord answered her, ‘Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.’

HYMN NUMBERS FOR 9AM MASS:

(the music group are away this week)

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, 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, Lord Adrian Tremayne, 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.

NEWS AND EVENTS

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 21st July**.

Walsingham Hiring a Sacristan - The Shrine in Walsingham is currently seeking a dedicated and organised Sacristan to join their team. This vital role supports the daily liturgical life of the Shrine, ensuring sacred spaces are well-prepared, reverent and welcoming for all pilgrims and visitors. For more information, please see:

<https://www.walsingham.org.uk/2025/06/23/job-advert-sacristan/>

Walsingham Hiring Pilgrimage and Shrine Site Lead - The Shrine in Walsingham is currently seeking someone to lead pilgrimage planning for the Catholic National Shrine and Basilica of Our Lady, at Walsingham, prioritising support for the Sacred Liturgy. The job holder will also be responsible for overseeing the operations of the Shrine Gift Shop, Tea Room, and Domestic team and their duties. For more information, please see:

<https://www.walsingham.org.uk/2025/07/03/job-advert-pilgrimage-and-shrine-site-team-lead/>

First Holy Communion (FHC) and Confirmation Programmes 2025-26 are now open for registration. Children aged 7 and above (entering Yr 3 in Sep '25) should apply for FHC. Students aged 13 and above (entering Yr 9 in Sep '25) please apply for the Confirmation Programme. Registration forms are available on the Cathedral Website. Please ensure you have your child's baptism certificate details to complete the form. Please also help us spread the word about registrations and encourage family and friends to get those forms in as soon as possible. Registrations closes on 31st August 2025. [FHC and Confirmation Booking form 2025-26 - please click here](#)

Cantonese Masses at Our Lady of Lourdes Church, Sawston, will be held at **2pm** on the following Saturdays: **August 16th** and **September 13th**. The celebrant will be Canon John Minh and are open to all.

Unfortunately, our Secular Franciscans have had to cancel their planned celebration of the 800th Anniversary of the publication of St Francis' 'The Canticle of the Creatures' at St Boniface.

The Duckett Library is now closed for the summer holidays, except for opening for the Tower Tour on Saturday 23 August. The library will re-open from Sunday 7 September, with some extra openings for Heritage Open Days. Returned books can be left in the 'Returns' box outside the library, and if you need to borrow books, please contact us by email.

NEWS AND EVENTS

Using our Parish Resource – Formed - Hopefully, you are all aware of the excellent Catholic video-streaming service that the Parish is subscribing to, *Formed* provided by the Augustine Institute. This is free for all parishioners to use, just go to [Formed](#) sign in and begin enjoying faith-filled content.

Where should I start - There is a lot of content available on *Formed* and so we suggest that it might be useful to suggest some useful beginning points.

Why not sign up at *Formed Daily* to receive the daily readings and reflections directly to your inbox? Receive the daily and Sunday Mass readings and reflections on those readings from Dr. Tim Gray, president of the Augustine Institute. Dr. Gray's expertise and spiritual wisdom help us toward a deeper understanding of the Scriptures and Catholic tradition. This daily programme helps us explore the liturgical calendar and discover the timeless truths that shape our faith.

What about spending *Summer with the Saints*? The school holidays are approaching, and the summer is - well, hot. Many of us are planning to take trips and visit family and friends or perhaps looking forward to holidays in the UK and abroad, all of which is great. As part of your summer, you might want to consider *Summer with the Saints* on *Formed*! From saints like Saint Benedict and Saint Ignatius of Loyola to Saint Kateri Tekakwitha and Saints Joachim and Anne, there is a saint for everyone to discover.

When you sign up, you'll receive:

- A video from Formed each week (this programme started on 1 June, so is already underway), featuring that week's spotlighted saint. Go to [Formed](#)
- Children's content about the saints for every week of summer.
- Suggestions on how to help your children celebrate and learn about the lives of the saints each week.

This summer, by exploring the lives of the saints from the past, we will understand that God generously gives us the grace to become saints today.

There is a lot more to find on Formed. Over the coming months we will be suggesting more content for you to watch, and we hope to be offering parish programmes, based around the content from the Augustine Institute, for us to follow together. Deo gratias!

Tambogrande - Many thanks to everyone who helped in so many ways to make the recent Tambogrande coffee morning such a lovely, social occasion. Special thanks to Ann Richardson for offering her lovely garden. Including donations, we raised £343. A wonderful result. After Mass coffee at the end of June raised £19.55. Thanks for your ongoing support. It's much appreciated.

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.