



FOURTH SUNDAY OF ORDINARY TIME

1st February 2026 · Year A · Weekday II · 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 1 st February	FOURTH SUNDAY OF ORDINARY TIME		
9am	Mass (music group)	<i>Thanksgiving, Filipino nurses</i>	
11am	Solemn Mass (choir)	<i>Anna Maria Crosskill +</i>	
3pm	Mass [1962 Rite Latin]	<i>Holy Souls</i>	
4.30pm	Vespers & Benediction (choir)		
5.30pm	Mass (cantor)	<i>Pro Populo</i>	
Monday 2 nd	Presentation of The Lord		
11.30am	Mass for Consecrated Life & Religious	<i>Pro Populo</i>	
Tuesday 3 rd	<i>S Blaise</i>		
10am	Mass	<i>Sylvia & Glen Carter (F) +</i>	
5pm	Vespers (choir)		
5.30pm	Mass (choir)	<i>Herminio Astorga (F) +</i>	
Wednesday 4 th	<i>Feria</i>		
7.30am	Mass	<i>Patrick Coughlan (F) +</i>	
10am	Requiem Mass	<i>Joyce Christie +</i>	
Thursday 5 th	<i>S Agatha</i>		
10am	Mass	<i>Estrella Catalan +</i>	
Friday 6 th	<i>S Paul Miki & Comps</i>		
7.30am	Mass	<i>Matthew Fitzmaurice (F) +</i>	
10am	Mass	<i>Rodolfo & Cristina de Lima +</i>	
Saturday 7 th	<i>Blessed Virgin Mary on a Saturday</i>		
11.30am	Anointing of the Sick	<i>Pro Populo & the Sick</i>	
5pm	Vespers		
6pm	Mass [Anticipatory] (sung)	<i>Jaques Mawas +</i>	
Sunday 8 th	FIFTH SUNDAY OF ORDINARY TIME		
9am	Mass (music group)	<i>Pro Populo</i>	
11am	Solemn Mass (choir)	<i>Pearl Juliet Willeke +</i>	
4.30pm	Vespers & Benediction (choir)		
5.30pm	Mass (cantor)	<i>Ramzan</i>	

Very Revd Alan Hodgson KHS
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Cathedral Collection

£5,314.30

Loose Plate = £1,246.30

Dona = £1,147.00

Envelopes = £109.00

Standing Orders = c £1,675.00 *

*Averaged out and remains the same each week

Window Appeal = £137.00 + £1,000.00



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

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

A message from Fr Alan...

Masses this week: We have two Masses this week that allow us to depart from our regular pattern of Masses and come together with people from all over the diocese and with our bishop.

On Monday we celebrate Candlemas [The Presentation of the Lord] - this is the day where, throughout the world, Catholic parishes bless the candles for the coming year and celebrate the Lord being taken to the Temple by his parents and given to service to the Lord. We bless the candles as a reminder that Jesus is the light of the Gentiles. I love the encounter of this Holy Family with Simeon, the wise and holy man, as he foretells how special this baby is and how Mary, too, will be pierced with sorrow. We read this prophecy every night at Compline -called the *Nunc Dimittis*:

*At last, all-powerful Master,
You give leave to your servant to go in peace,
According to your promise
For my eyes have seen your salvation
Which you have prepared for all nations;
The light to enlighten the gentiles
And give glory to Israel, your people.*

On Monday, the Mass will be at 11:30 [**no 10:00 Mass**] and, as we do every year, the religious communities and consecrated women of the diocese will join us for Mass.

And then, on Saturday, we celebrate Mass with Bishop Peter, and we incorporate the Anointing of the Sick into this Mass. We invite people from around the diocese to this Mass, along with their parish priests, to this celebration of the Mass as we unite to pray for those who are sick and in need of our prayerful and sacramental support. [**There will be no 10:00 Mass and no Confessions on that morning**].

Scaffolding and lighting: A reminder that on Tuesday this week, the scaffolding for the two remaining stained-glass windows will be erected in the St Joseph's Chapel [**the Duckett library will be closed on Tuesday**] as work begins on the restoration and preservation of these windows for future generations to enjoy. I thank you for your continuing generosity to this project and I plan to give an update of the total raised in next week's newsletter.

I believe that we have found a workable solution for the illumination of the icon of Our Lady of Perpetual Succour that we recently moved into the north transept. Our general manager, Charley Purves and our heritage and learning officer, Dr Richard Maguire, scoured various sources to come up with a solution and, after seeing the mock-up of this project this week, I am confident that the Walsingham chapel will be a place of peaceful prayer for the future.

READINGS AT MASS

First reading

Sunday 1st February 2026

Zephaniah 2:3; 3:12-13

'I will leave in your midst a people humble and lowly.'

Seek the LORD, all you humble of the land, who do his just commands; seek righteousness; seek humility; perhaps you may be hidden on the day of the anger of the LORD.

I will leave in your midst a people humble and lowly. They shall seek refuge in the name of the LORD, those who are left in Israel; they shall do no injustice and speak no lies, nor shall there be found in their mouth a deceitful tongue. For they shall graze and lie down, and none shall make them afraid.

Responsorial Psalm

Ps 146(145):6c-7. 8-9a. 9b-10. R Matthew 5:3

*Blessed are the poor in spirit;
for theirs is the kingdom of heaven.*

Second reading

1 Corinthians 1:26-31

'God chose what is weak in the world.'

Consider your calling, brothers and sisters: not many of you were wise according to worldly standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, even things that are not, to bring to nothing things that are, so that no human being might boast in the presence of God. And because of him you are in Christ Jesus, who became to us wisdom from God, righteousness, and sanctification, and redemption; so that, as it is written, 'Let the one who boasts, boast in the Lord.'

Gospel Acclamation

Matthew 5:12a

Alleluia, alleluia.
Rejoice and be glad,
for your reward is great in heaven.
Alleluia.

'Blessed are the poor in spirit.'

At that time: Seeing the crowds, Jesus went up on the mountain, and when he sat down, his disciples came to him. And he opened his mouth and taught them, saying: 'Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall receive mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven.'

HYMN NUMBERS FOR 9AM MASS:

475, 858, 817, 627, 969

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, Pam Humphries, 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, Charmanee Wissner, Shane Wissner and Karen Yallop *[GDPR compliant]*

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

NEWS AND EVENTS

Adoration of the Blessed Sacrament for the First Fridays will take place on **Friday 6th February**. Exposition of the Blessed Sacrament will begin after the 10am Mass and continue until 4pm when there will be Benediction. The Chaplet of Divine Mercy is prayed together at 3pm. Please do come and spend time before Our Blessed Lord in intercession for Bishop Peter, all our Diocesan priests and vocations to the priesthood. There is a Rota at the back of the church to write your name if you are able commit to stay for half an hour or more. Thank 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 2nd February** and then on **Monday 16th February**.

There will be a **Bon Voyage Party for Fr Alan** on 15th February 2026 at 12.30pm in the Narthex. Please sign up on the list at the back of the Cathedral for numbers and note down if you can bring a dish to share or help with setting up and clearing up. All Welcome.

Many of you have requested envelopes to become available for a leaving gift for Fr Alan and to thank him for all he has done at the cathedral since his tenure. These are now available at the back of the church to be handed in either with the main collection or to one of the sacristans or through the cathedral house post box.

The next **Diocesan Catechist Formation Day** will be 21st February 2026 at OLISE Newmarket 9am to 5pm. All those involved in faith formation are very welcome. For more information, please refer to the posters and email Jo Graham to book a place - stjohnfhc@gmail.com.

Thank you for the generous support for Wiktoria's Lourdes pilgrimage cake stall last week. We raised over £700, with £500 going to Wiktoria and the remaining £200 going to the St John's Youth Group.

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-judgemental 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 6th–8th 2026. With booking now open and a limited number of places, it is advisable to book early.** For more information about this retreat or to arrange a time to chat please contact Helen on 0772 118 2521; or email suffolk@rachelsvineyard.org.uk For Further information about Rachel's Vineyard or to find out about other retreat dates and locations please visit: <https://www.rachelsvineyard.org.uk>

NEWS AND EVENTS

Stained glass windows - on 3rd February we are having scaffolding installed to enable the removal of two stained glass windows in St Joseph's Chapel. The windows will be taken out for restoration and cleaning as mentioned by Fr Alan last week. Please note that the Duckett Library will be closed on 3rd February whilst the scaffolding is installed.

Shrove Tuesday Pancake Party - 17th Feb 2026 from 3.30pm in the Narthex - bring the family and drop in for pancakes with lashings of toppings, both savoury and sweet (though maybe not on the same pancake)! Enjoy food, friendship and support our Youth Group's fundraising efforts.

Pilgrimage Opportunities for Young People - Summer 2026 Lourdes and Summer 2027 World Youth Day in Seoul. Find out more at our Launch on 22nd February 2026 at Newmarket Parish Centre, 14 Exeter Road, Newmarket CB8 8LT. The afternoon starts at 1pm (please bring a packed lunch) and will end by 3:00pm. For info please visit: www.rcdea.org.uk/youth.

Ignatian Spiritual Exercises: Men's retreat, 4th & 11th February 2026 – a fantastic opportunity to experience St Ignatius' Spiritual Exercises in a 5-day, shortened form. The retreat will be guided by the monastic community of St Joseph's Abbey, Flavigny (France) who were founded with the specific charism of offering this version of the Exercises and with a particular apostolate to men. The retreat is open to men in all states of life, who wish to seek God's will through a deepened detachment from the world. <https://christianheritagecentre.com/events/mens-retreat-spiritual-exercises-of-st-ignatius> for more information.

Pilgrimage from Oxford to Walsingham this Holy Week - We warmly invite you to join us on a Cross-carrying Pilgrimage from Oxford University Chaplaincy to the Shrine of Our Lady in Walsingham. A typical day on the pilgrimage involves a 10-15 mile walk on country lanes and footpaths with periods in conversation, in silence, singing and praying. There will be stops for reflections by members of the group, a lunch stop in a country church, and at the end of the day we will spend the night in a church hall with food provided by parishioners. We will be accompanied by a Jesuit Priest. You can register on the Pilgrim Cross website (Oxford Leg) or email us at Oxford@pilgrimcross.org.uk for further details. Costs range from £120-£290 including food and accommodation for 7 days walking and Easter weekend, with bursaries available if needed. The closing date for registrations is 27th February.

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.