



FIFTH SUNDAY OF ORDINARY TIME

8th February 2026 · Year A · Weekday II · Psalter I

www.sjbcathedral.org.uk
parish@sjbcathedral.org.uk

Cathedral House, Unthank Road, Norwich, NR2 2PA

Cathedral Office: 01603 624615
Cathy Casey [weekdays 9am-1pm]

TIMES OF CEREMONIES

Sunday 8th February 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>
Monday 9th Feria	10am	Mass	<i>Edward Costello +</i>
Tuesday 10th S Scholastica	10am	Mass	<i>Albert Hannan +</i>
5pm	Vespers (choir)		
5.30pm	Mass (choir)	<i>Deceased members of the Chamon family +</i>	
Wednesday 11th Our Lady of Lourdes	7.30am	Mass	<i>Martricia Kombila +</i>
10am	Mass	<i>Cedric & Greta 60th Wedding Anniversary</i>	
Thursday 12th Feria	10am	Requiem Mass	<i>John Fisher +</i>
Friday 13th Feria	7.30am	Mass	<i>Gilbert Losasso +</i>
10am	Mass	<i>Sebastian Xavier Fernandes +</i>	
Saturday 14th Ss Cyril Monk & Methodius	10am	Mass & Adoration	<i>Michael Kelly +</i>
6pm	Mass [Anticipatory] (sung)		<i>Mrs Linda Alano +</i>
Sunday 15th SIXTH SUNDAY OF ORDINARY TIME	9am	Mass	<i>David Winter +</i>
11am	Solemn Mass (cantor)		<i>Emilia Pritchá +</i>
4.30pm	Vespers & Benediction (cantor)		
5.30pm	Mass (cantor)		<i>Pro Populo</i>

Very Revd Alan Hodgson KHS
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Cathedral Collection

£45,223.18

Loose Plate = £1,663.18

Dona = £1,664.00

Envelopes = £146.00

Standing Orders = c £1,675.00 *

*Averaged out and remains the same each week

Window Appeal = £75.00 + £40,000.00



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

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...

Welcome back to Fr Jinu: I was delighted to bump into Fr Jinu in the corridor of Cathedral House yesterday afternoon freshly returned from his holiday where he visited his parents and family in India. He was looking very relaxed and happy and his usual joy-filled self. Once Fr Jinu has recovered from his time away and caught up on his jetlag, he will be back celebrating Mass for us here at the cathedral and at Holy Apostles. It is good to have you back, Fr Jinu.

Cathedral windows: I was delighted this week to accept a cheque from a single, anonymous donation for £40 000 specifically for the repair, cleaning and restoration of the windows in the cathedral. I thank this person most sincerely for their generosity and kindness to the cathedral and for, especially, recognising the beauty and significance of our spectacular windows in this way. If we add this amount to the amount given to us through the generosity of parishioners and donors, we have now raised an incredible **£80,244.10** earmarked for the windows. This means that we should be able to preserve three windows (at least) for us to enjoy today and for future generations to appreciate as well. Thank you very much for your generous support.

You will notice that two of our windows have been removed from the sunken chapel. They are now safe and secure in the stained-glass workshop where they will be meticulously taken apart piece-by-piece, cleaned and then painstakingly replaced into their frames and re-leaded with new lead to, hopefully, last another 120 years or so. New, discrete, bracing bars will also be fitted to ensure their survival and to strengthen them even further. We are so fortunate to have windows of this quality in our cathedral, and I look forward to seeing the final product. The St Joseph's chapel is going to look splendid once the windows are returned later this year.

Lenten books: Our popular Lenten Books are at the printers now and should be available from early next week. These booklets, as always, will highlight all the liturgical practices that will take place during the Lenten season so that you can add them to your calendar/diaries well in advance and come to the cathedral to prayerfully prepare for the great feast of Easter.

I ask you please, especially at this time, to keep our catechumens and candidates in your prayers as they prepare to either be baptised and received into the Church at the Easter Vigil. They have worked hard over the last six months to prepare for this, and it is our privilege and duty to pray for them as they enter their Lenten journey.

READINGS AT MASS

First reading

Sunday 8th February 2026

Isaiah 58:6-10

'Your light shall break forth like the dawn.'

Thus says the Lord: Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh?

Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you; the glory of the LORD shall be your rearguard.

Then you shall call, and the LORD will answer; you shall cry, and he will say, 'Here I am.' If you take away the yoke from your midst, the pointing of the finger, and speaking wickedness, if you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday.

Responsorial Psalm

Ps 112(111):4-5. 6-7. 8a, 9. R4a

A light rises in the darkness for the upright

Second reading

1 Corinthians 2:1-5

'I proclaimed to you the mystery of Christ crucified.'

I, when I came to you, brothers and sisters, did not come proclaiming to you the testimony of God with lofty speech or wisdom. For I decided to know nothing among you except Jesus Christ and him crucified. And I was with you in weakness and in fear and much trembling, and my speech and my message were not in plausible words of wisdom, but in demonstration of the Spirit and of power, so that your faith might not rest in the wisdom of men but in the power of God.

Alleluia, alleluia.

I am the light of the world, says the Lord;
whoever follows me will have the light of life.
Alleluia.

Gospel**Matthew 5:13-16**

'You are the light of the world.'

At that time: Jesus said to his disciples, 'You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet.

'You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.'

HYMN NUMBERS FOR 9AM MASS:**924, 823, 743, 883****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

This Sunday - marks a day of prayer for Victims of Trafficking and Slavery and for their rescue as we celebrate the feast of St Josephine Bakhita.

The Teresian Prayer Group meets on Tuesday 10 February at 4.30pm in Mac's Bar to reflect on the writings of St Therese of Lisieux. Everyone is welcome.

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 16th February** and then on **Monday 2nd March**.

The Duckett Library - will be closed for the half term break on Sunday 15th, Tuesday 17th and Thursday 19th February. Plenty of Lent reading now available as well as a photo feature of the library to celebrate its 14th anniversary on Thursday 12 February (cake available on the day)!

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

Spring into Spring and banish the Winter Blues, with St John's Walking Group! New members welcome. For details contact jjmclean44@gmail.com or John on 07977470491.

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.

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.

To commemorate the diocese 50-year Jubilee we are putting together a series of displays on our parish life, hoping to capture how we have changed over the last 50 years. So please help us by contributing your thoughts, memories and pictures of baptism, first holy communions, weddings and other events in the parish over the last 50 years. Please fill in the survey by scanning the QR code attached and send any scanned pictures to marketing@sjbcathedral.org.uk. More information will follow soon on the Cathedral website on events to commemorate the Jubilee. Thank you.



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.