



# FIRST SUNDAY OF LENT

22<sup>nd</sup> February 2026 · Year A · Weekday II · Psalter I

Cathedral House, Unthank Road, Norwich, NR2 2PA

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Cathedral Office: 01603 624615

Cathy Casey [weekdays 9am-1pm]

## TIMES OF CEREMONIES

<b>Sunday 22<sup>nd</sup> Feb</b>	<b>FIRST SUNDAY OF LENT</b>		
	9am	Mass (music group)	<i>Pro Populo</i>
	11am	Solemn Mass (choir)	<i>Patrick Michael Dalton +</i>
	3pm	Rite of Election – <b>No Vespers or Confessions</b>	
	5.30pm	Mass (choir)	<i>Aizer Tomaro +</i>
<b>Monday 23<sup>rd</sup></b>	<i>Lent Feria</i>		
	10am	Mass	<i>Maureen Mortham +</i>
<b>Tuesday 24<sup>th</sup></b>	<i>Lent Feria</i>		
	10am	Mass	<i>Thomas Plane +</i>
	5pm	Vespers (choir)	
	5.30pm	Mass (choir)	<i>Fr Rastislav Nitran</i>
<b>Wednesday 25<sup>th</sup></b>	<i>Lent Feria</i>		
	7.30am	Mass	<i>Steve &amp; Katucia +</i>
	10am	Mass	<i>Yoskyl Brackley (F) +</i>
<b>Thursday 26<sup>th</sup></b>	<i>Lent Feria</i>		
	10am	Mass	<i>Elijah Geli Nilsen &amp; Victorino Belen +</i>
<b>Friday 27<sup>th</sup></b>	<i>Lent Feria</i>		
	7.30am	Mass	<i>Holy Souls</i>
	10am	Requiem Mass	<i>Jun Morada +</i>
	12/5.30pm	Stations of the Cross	
<b>Saturday 28<sup>th</sup></b>	<i>Lent Feria</i>		
	10am	Mass & Adoration	<i>John Fisher +</i>
	6pm	Mass [Anticipatory] (sung)	<i>Thomas Plane +</i>
<b>Sunday 1<sup>st</sup> March</b>	<b>SECOND SUNDAY OF LENT</b>		
	9am	Mass (music group)	<i>Thanksgiving, Elvira Caasi &amp; fam</i>
	11am	Solemn Mass (choir)	<i>Pro Populo</i>
	3pm	Mass [1962 Rite Latin]	<i>Henry, Duke of Norfolk (F) +</i>
	4.30pm	Vespers & Benediction (choir)	
	5.30pm	Mass (cantor)	<i>Jun Morada +</i>

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### Cathedral Collection

**£4,588.75**

Loose Plate = £1,345.50

Dona = £1,352.25

Envelopes = £216.00

Standing Orders = c £1,675.00 \*

*\*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](mailto:giving.sjbcathedral@rcdea.org.uk)

#### Confessions

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

#### 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>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 Martin...**

I am truly delighted to take up my post as Cathedral Dean on this First Sunday of Lent. To begin here, at the start of this searching and hopeful season, feels deeply right. Lent strips things back. It takes us to the essentials of who we are before God. And as I begin my ministry among you, these readings feel like an invitation not only to personal reflection, but to shared purpose.

In Genesis we are taken back to the beginning. God forms the human being from the dust and breathes life into him. It's an image that is both earthy and beautiful. We are fragile and dependent yet filled with God's own breath. The garden scene reminds us that life with God begins in gift. Everything is given. And yet, in chapter 3, we see how quickly trust can unravel. The serpent's question plants suspicion: can God really be trusted? The desire to grasp what is not ours leads to separation and shame.

Lent invites us to recognise something of that story in ourselves. We know what it is to doubt, to reach for control, to hide when things go wrong. Beginning my ministry here, I do so knowing that we are all, clergy and congregation alike, people in need of grace. The Church is not a gathering of the flawless; it is a community learning again and again to trust the goodness of God.

Psalm 50 sharpens that message with a cry to the Lord to 'restore in us the joy of your salvation'. God makes it clear that he is not interested in empty religious performance but in a 'pure heart' and 'steadfast spirit'. What he seeks is thanksgiving and integrity — lives that match the words we pray. For a cathedral, where worship is offered with care and beauty, this is an important reminder. Our liturgy must never become something we simply "do well." It must come from hearts turned toward God. My hope is that our worship here will always be both beautiful and honest — grounded in gratitude, shaped by real lives, and open to transformation.

In Romans, St Paul places Adam and Christ side by side. Through one comes sin and death; through the other comes grace and life. It is a stark contrast, but also a hopeful one. However real the brokenness of the world — and of our own hearts — grace is greater still. Paul's words remind us that failure does not have the final say. God's generosity in Christ runs deeper than our capacity to fall short.

That truth is lived out in Gospel of Matthew as Jesus enters the wilderness. Where Adam grasped, Jesus refuses. Where Adam doubted, Jesus trusts. Faced with temptation, he holds fast to God's word. Before any miracles or public ministry, there is this quiet, testing faithfulness. It is a powerful reminder that real strength is formed in dependence on God.

As I begin this new chapter with you, I do so with excitement and with humility. Lent reminds us that the Church's life is always rooted in grace, not achievement, in trust, not self-sufficiency. My prayer is that this season will draw us closer to Christ and to one another — more honest about our need, more confident in God's mercy, and more ready to follow where he leads.

I look forward to walking that Lenten journey with you.

**The creation and sin of our first parents.**

The LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature. And the LORD God planted a garden in Eden, in the east, and there he put the man whom he had formed. And out of the ground the LORD God made to spring up every tree that is pleasant to the sight and good for food. The tree of life was in the midst of the garden, and the tree of the knowledge of good and evil.

Now the serpent was more crafty than any other beast of the field that the LORD God had made. He said to the woman, 'Did God actually say, "You shall not eat of any tree in the garden"?' And the woman said to the serpent, 'We may eat of the fruit of the trees in the garden, but God said, "You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die."' But the serpent said to the woman, 'You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.' So, when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths.

**Responsorial Psalm****Ps 51(50):3-4. 5-6b. 12-13. 14, 17. R cf. 3a**

*Have mercy on us, O Lord, for we have sinned.*

**Second reading****Romans 5:12, 17-19****'Where sin increased, grace abounded all the more.'**

Brothers and Sisters: Just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned. For if, because of one man's trespass, death reigned through that one man; much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ. Therefore, as one trespass led to condemnation for all men, so one act of righteousness leads to justification and life for all men. For as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

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****Matthew 4:1-11****Jesus fasts for forty days and is tempted.**

At that time: Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry.

And the tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, "Man shall not live by bread alone, but by every word that comes from the mouth of God." '

Then the devil took him to the holy city and set him on the pinnacle of the Temple and said to him, 'If you are the Son of God, throw yourself down, for it is written, "He will command his angels concerning you", and "On their hands they will bear you up, lest you strike your foot against a stone." ' Jesus said to him, 'Again it is written, "You shall not put the Lord your God to the test." '

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory. And he said to him, 'All these I will give you, if you will fall down and worship me.' Then Jesus said to him, 'Be gone, Satan! For it is written, "You shall worship the Lord your God and him only shall you serve." ' Then the devil left him, and behold, angels came and were ministering to him.

**HYMN NUMBERS FOR 9AM MASS:****180, 198, 840, 206****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, 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

**We welcome our Catechumens and Candidates** who will be present at the Rite of Election on Sunday at 3pm. Please keep them all in your prayers.

**Stations of the Cross** – will take place every Friday during Lent at 12pm and 5.30pm

**Lent Lectures 2026 – ‘...there arose a great storm...’** - 27<sup>th</sup> February | 6<sup>th</sup> March | 13<sup>th</sup> March | 7-8pm Dr Richard Maguire will lead this year's Lent Lectures, exploring the immense challenges Catholicism in England has faced over the past 500 years, inspired by Matthew 8:24–26. These talks will offer an introduction to this turbulent history and provide a starting point for further reflection and discussion. Across the three evenings, we will trace the story of Catholicism in England from the strength of medieval faith, through the upheavals of the Reformation and penal era, to the gradual restoration of Catholic life and the challenges of the modern period. All are warmly welcome.

**Morning Prayer** - we invite you to join us for Morning Prayer (Lauds) in the Precious Blood Chapel weekdays (Mon-Fri) to pray 'the prayer of the whole Church'. We gather together about 9:30 to pray at 9:40. It's in spoken English. As well as nourishing our spiritual lives through the Psalms and Canticles repeated throughout the year, it also helps us to become accustomed to the vocabulary of the scriptures.

Morning Prayer is the short edition, the kernel of the Divine Office and is intended primarily for lay people to join together as one voice throughout the whole church. Father Alan has kindly provided more copies of the Morning and Evening prayer book for us to use. It is a bit complicated to navigate the book, but I can assure you, we will help and support those new to the prayers. Come and join Maureen, myself (Pam), Eamon, Flora and Deacon Jonathan daily, or whenever you are able.

**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 2<sup>nd</sup> March** and then on **Monday 16<sup>th</sup> March**.

**CAFOD Lent Appeal – Family Fast Day collection** - this Lent, live the Gospel call to love your neighbour. Your donation to CAFOD can help families around the world grow food in challenging conditions. Collect an or donate online at [cafod.org.uk/envelope](http://cafod.org.uk/envelope) or call 0303 303 3030. Text CAFODLENT to 70085 to donate £10.

**Justice & Peace Group** - we have successfully launched a second week in the month providing soup and sandwiches on the street in the city on Wednesday afternoons. But there is still room for more helpers. We'd especially like someone who could undertake to drive down to the Haymarket and handle the tables and heavy flasks. Get in touch to find out more: email Mark on [webbmarkj@aol.com](mailto:webbmarkj@aol.com) or call 07802 588845.

## NEWS AND EVENTS

**Retreat for Healthcare Workers and Researchers** - The Diocese of East Anglia invites those working in healthcare and the life sciences to a retreat focused on integrating Catholic faith and professional practice. The retreat will share the fruits of an ongoing research project exploring ways to support doctors, nurses, pharmacists, other healthcare professionals, and researchers in living their faith within their working environments. This retreat will take place at Buckden Towers and is offered at no cost, thanks to generous grant funding. Those interested in taking part are invited to complete the online form to register their interest.

<https://forms.office.com/e/8pfmyEeQHv>



**Thanks to everyone** who joined us for the pancake party last Tuesday. Over 150 pancakes were consumed and the youth group raised £190 for their young leader's formation programme.

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

**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](mailto:marketing@sjbcathedral.org.uk). More information will follow soon on the Cathedral website on events to commemorate the Jubilee. Thank you.



**2026 is the 800th anniversary of the death of St Francis of Assisi** - St George's Parish Council have organised a mini pilgrimage to Assisi in September this year. There are still a few places available, so they are extending the invitation to the parishioners of St John's to join them. The dates are 7th-11th September. The cost for full board, basic accommodation in twin room is £650. Flights from Stansted to Perugia also need to be purchased and they are hoping to organise transport to and from Stansted. For further information please contact Paula Pearce @ [paulapofs@gmail.com](mailto:paulapofs@gmail.com) or 07864929573

## 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.