



SECOND SUNDAY OF LENT

1st March 2026 · Year A · Weekday II · Psalter II

Cathedral House, Unthank Road, Norwich, NR2 2PA

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Cathedral Office: 01603 624615

Cathy Casey [weekdays 9am-1pm]

TIMES OF CEREMONIES

Sunday 1st March	SECOND SUNDAY OF LENT		
	9am	Mass (music group) <i>Thanksgiving, Elvira Caasi & 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 (choir)	<i>Jun Morada +</i>
Monday 2nd	<i>Lent Feria</i>		
	10am	Mass	<i>Maria & Lawrence +</i>
Tuesday 3rd	<i>Lent Feria</i>		
	10am	Mass	<i>Fr Alan Hodgson (Flower Group)</i>
	5pm	Vespers (choir)	
	5.30pm	Mass & Adoration (choir)	<i>Intentions of M & D Aaron</i>
Wednesday 4th	<i>Lent Feria</i>		
	7.30am	Mass	<i>Holy Souls</i>
	10am	Mass	<i>Jose Eduardo Cardoso & fam +</i>
Thursday 5th	<i>Lent Feria</i>		
	10am	Mass	<i>John Francis McGuire +</i>
Friday 6th	<i>Lent Feria</i>		
	7.30am	Mass	<i>Holy Souls</i>
	10am	Mass	<i>Wendy Silmeria</i>
	12/5.30pm	Stations of the Cross	
Saturday 7th	<i>Lent Feria</i>		
	10am	Mass & Adoration	<i>Felicia Cox +</i>
	6pm	Mass [Anticipatory]	<i>Rosaria Ferraro +</i>
Sunday 8th	THIRD SUNDAY OF LENT		
	9am	Mass (music group)	<i>Thomas Plane +</i>
	11am	Solemn Mass (choir)	<i>Kieran McNamara +</i>
	4.30pm	Vespers & Benediction (choir)	
	5.30pm	Mass (cantor)	<i>Pro Populo</i>

Fr Martin Hardy*Dean of the Cathedral Church*martin.hardy@rcdea.org.uk**Rev Jonathan Callejo***Deacon*Jonathan.callejo@rcdea.org.uk**Charley Purves***Cathedral Manager*gm@sjbcathedral.org.uk**Sarah Miller***Bookings Coordinator*bookings@sjbcathedral.org.uk**Revd Anthony Asomugha***Assistant Priest*anthony.asomugha@rcdea.org.uk**David Grealy***Director of Music*music@sjbcathedral.org.uk**Richard Maguire***Learning & Heritage Officer*heritage@sjbcathedral.org.uk**Becci Roberts***Catering Manager*cateringmanager@sjbcathedral.org.uk**Cathedral Collection****£4,743.49**

Loose Plate = £1,481.38

Dona = £1,408.11

Envelopes = £129.00

Standing Orders = c £1,675.00 *

**Averaged out and remains the same each week*

Window Appeal = £50.00

**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*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 Martin...

This Second Sunday of Lent always feels like a moment of light along the Lenten journey. We reflect on a joyful moment for the disciples who, having climbed the mountain, see Jesus in the light of his glory. Just as we begin to feel the weight of sacrifice and self-examination, the Church likewise lifts our eyes to glory.

In the First Reading, we hear God's call to Abram in the Book of Book of Genesis. The Lord asks him to leave behind everything familiar — his land, his security, his plans — and promises something far greater than he can yet see. Abram's response is simple and courageous: he goes. What a beautiful reminder that faith is not about having all the answers; it is about trusting the One who calls.

Then, in the Gospel from Gospel of Matthew, we are taken up a high mountain where Jesus is transfigured before Peter, James, and John. For a brief, dazzling moment, the veil is lifted. The disciples see who He truly is. And there, speaking with Him, are Moses and Elijah — the Law and the Prophets — pointing to Jesus as their fulfillment.

And so, to the heart of today's celebration of Mass, the voice of the Father: "This is my beloved Son. Listen to him."

Listen to Him.

This is the heart of Lent.

Like Abram, we are invited to step out in faith. Like the disciples, we are invited up the mountain — not to *stay* in the brightness of the moment, but to be *strengthened* by it. Notice that after the glory, they must still come down the mountain. Lent does not remove us from the world; it prepares us to walk through it with all its challenges but with *renewed trust*.

The Transfiguration assures us that sacrifice is not the end of the story. The Cross is real — but so is the Resurrection. The glory revealed on the mountain is the glory that awaits us all. Our small acts of prayer, fasting, and charity are not empty gestures. They are steps with the Lord toward transformation.

This Sunday gives us hope. It tells us that when we follow the Lord into the unknown, when we listen to His voice, when we trust Him even in uncertainty — we are being led toward blessing beyond measure.

May the light of Christ's glory strengthen us for the journey ahead.

Prayerful best wishes for this great season

Fr Martin

READINGS AT MASS

Sunday 1st March 2026

First reading

Genesis 12:1-4a

The call of Abram, the father of the People of God.

In those days: The LORD said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. And I will make of you a great nation, and I will bless you and make your name great, so that you will be a blessing. I will bless those who bless you, and him who dishonours you I will curse, and in you all the families of the earth shall be blessed.'

So, Abram went, as the LORD had told him.

Responsorial Psalm

Ps 33(32):4-5. 18-19. 20, 22. R5b

*May your merciful love be upon us,
as we hope in you, O LORD.*

Second reading

2 Timothy 1:8b-10

God calls and enlightens us.

Beloved: We share in suffering for the gospel by the power of God, who saved us and called us to a holy calling not because of our works, but because of his own purpose and grace, which he gave us in Christ Jesus before the ages began, and which now has been manifested through the appearing of our Saviour Christ Jesus, who abolished death and brought life and immortality to light through the gospel.

Gospel Acclamation

Praise to you, O Christ, King of eternal glory
From a bright cloud, the Father's voice was heard:
'This is my beloved Son, listen to him'.
Praise to you, O Christ, King of eternal glory

'His face shone like the sun.'

At that time: Jesus took with him Peter and James and John his brother and led them up a high mountain by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became white as light. And behold, there appeared to them Moses and Elijah, talking with him. And Peter said to Jesus, 'Lord, it is good that we are here. If you wish, I will make three tents here, one for you and one for Moses and one for Elijah.' He was still speaking when, behold, a bright cloud overshadowed them, and a voice from the cloud said, 'This is my beloved Son, with whom I am well pleased; listen to him.' When the disciples heard this, they fell on their faces and were terrified. But Jesus came and touched them, saying, 'Rise, and have no fear.' And when they lifted up their eyes, they saw no one, but Jesus only. And as they were coming down the mountain, Jesus commanded them, 'Tell no one the vision, until the Son of Man is raised from the dead.'

HYMN NUMBERS FOR 9AM MASS:**204, 208, 195, 667, 970****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

There will be a second collection for the work of CAFOD taken at all Masses this weekend.

Stations of the Cross – will take place every Friday during Lent at 12pm and 5.30pm at the Cathedral and at 6:45pm at Holy Apostles.

Please note there will be no First Friday Adoration (between 10.30am and 4pm) for the month of March.

Lent Lectures 2026 – ‘...there arose a great storm...’ - 6th March & 13th 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 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.

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 March** and then on **Monday 16th March**.

Justice & Peace Group - are looking for a new treasurer. If you have a booking-keeping, banking or finance background (training given) and want to know more come and see what we are up to at our regular monthly meeting at 7:15 in the Narthex bar (via the garden entrance) Thursday 5th March or email Mark on webbmarkj@aol.com or call 07802 588845.

“Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these.” (Mark 10:14). We are blessed at this Cathedral that our Masses are attended by individuals with neurodiversity. Individuals and parents of such children have been given a challenging vocation by Our Lord, and as a community we are called by God to support them in any way we can. Sometimes, such children may behave in a fashion that challenges us and we may be tempted to be uncharitable towards them. Regretfully, there have been some occasions in the recent past where unkind words have been spoken to parents and children by members of our congregation. We must remember that such children are gifts from God to us, and we should be grateful for their presence. When Christ looks at them, He sees a flawless and innocent child, and we should try to do so as well.

To help us identify these individuals, they may wear a ‘sunflower’ lanyard (green with sunflowers on it). Sometimes the child may not be wearing it, but the parent might! If you see such a lanyard, please look kindly upon the family. And remember, they may not be wearing a lanyard for personal reasons. If you are concerned by a child’s behaviour during the Mass or at other times, please come and speak to a steward, a member of staff, or volunteer, and we will help.

NEWS AND EVENTS

It was lovely to see so many parishioners attending Ash Wednesday Masses last week; it was truly uplifting to welcome so many to the Cathedral to begin our Lenten preparation. Unfortunately, there were significant problems with the way some people chose to park at the Cathedral. We were dismayed at the lack of consideration for others. Cars are NOT to be double-parked, cause an obstruction, block exits or driveways, or be parked on grassed areas. We have visitors to the Cathedral complex who are not attending Masses and therefore will need to access their cars; we have staff who need to get out; and should there ever be an emergency, those emergency vehicles would not be able to gain access. Please park in marked parking bays only, use public transport, or park in one of the many public car parks a short walk from the Cathedral. Thank you for your consideration of others.

Lenten Lunches – please join us for a hearty soup and roll lunch every Sunday in Lent at 12 noon from the 1st – 29th March – featuring soups from around the world and in support of the Tambogrande project.

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>



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.