



FIFTH SUNDAY OF LENT

22nd March 2026 · Year A · Weekday II · Psalter I

Cathedral House · Unthank Road · Norwich · NR2 2PA
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Cathedral Collection
£4,401.91

Loose Plate = £1,554.80
Dona = £1,025.61
Envelopes = £96.00
Standing Orders = c £1,675.00 *
*Averaged out and remains the same each week
Window Appeal = £50.50

[Donate online here](#) 

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

Morning Prayer of the Church in the Precious Blood Chapel Monday to Friday at 9:40am

Sat 21st 6pm Mass (Anticipatory) *Emily Rockingham +*

Sun 22nd FIFTH SUNDAY OF LENT

9am Mass (music group) *Joy Obafem*
11am Solemn Mass (choir) *Pro Populo*
4.30pm Vespers & Benediction (choir)
5.30pm Mass (cantor) *Thomas Plane +*

Mon 23rd Lent Feria
10am Mass *Thomas Plane +*

Tues 24th Lent Feria
10am Mass *Felicity Byrne*
5pm Vespers (choir)
5.30pm Mass (choir) *Constantina Angue Menzeme +*

Wed 25th ANNUNCIATION OF THE LORD
7.30am Mass *Phyllis Fernandes (F) +*
10am Mass *Menino & Esperança Rato +*
6.30pm Mass

Thurs 26th Lent Feria
10am Mass *Fintan Gilbert +*

Fri 27th Lent Feria
7.30am Mass *Donnie & Nina Strivens (F) +*
10am Mass *Thomas Plane +*

Sat 28th Lent Feria
10am Mass & Adoration *Julian Mbomio Milang +*
6pm Mass (Anticipatory) *Miguel Edu Esono Ada*

Sun 29th PALM SUNDAY
9am Mass *Connors & Christian families (F)*
11am Solemn Mass (choir) *Pro Populo*
4.30pm Vespers & Benediction
5.30pm Mass *The Woodcock Family*

The Cathedral Church is open daily this week from 7.30am - 6pm

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, 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 & Karen Yallop. [GDPR compliant] **Going into hospital?** Please inform the hospital ward itself that the Catholic Chaplain is needed.

HYMN NUMBERS FOR 9AM MASS

211, 452 (psalm), 218, 629, 934

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.

Lenten Lunches – please join us for a hearty soup and roll lunch every Sunday in Lent at 12 noon from the 1st – 29th March in support of the Tambogrande project. Card donations can be made on the Dona machine or taken at the cafe counter when collecting your lunch.

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 6th April** and then on **Monday 20th April**.

World Youth Day 2027 in Seoul, South Korea

If you are interested in going on this amazing pilgrimage, please see www.rcdea.org.uk/youth. Places are limited! You need to be 18 by the summer of 2027.

Ignite Festival is back - an invitation to ALL young people in Year 8 upwards 2nd - 4th May. The weekend will include powerful talks, passionate prayer and live music, Please visit <https://sjbcathedral.org.uk/events/ignite-festival> for more information on booking with the Cathedral group. There is transport available from Norwich. For more information on this please email Jo Graham stjohnfhc@gmail.com

Thank you for all the support with the cake stalls last weekend, £965.00 was raised in total. This will help cover the cost of the Ignite Festival for 86 young people and the Children's Pilgrimage to Walsingham in May 2026.

The Duckett Library will close for the Easter break on Thursday 26 March at 12.30pm and reopen on Sunday 12 April after the 9am Mass. Books can be returned via the box outside the library. Please email with any queries or to renew books.

Family Activities over Holy week include:

9.30am planting at the Easter Garden
11am Children's Stations of the Cross
12-2pm The 14 Stations Walk across Norwich - 14 churches over 5 miles
Easter Sunday - Easter Egg Hunt after all Masses

HOLY APOSTLES CHURCH

Scarnell Road, Norwich NR5 8HT

parish@sjbcathedral.org.uk

Saturday	5pm	Holy Qurbana (Anticipatory)
Sunday	8am	Holy Qurbana
	10am	Mass & Confessions
	4pm	Holy Qurbana

Chrism Mass – Parking at the Cathedral - The Cathedral is particularly busy during the Chrism Mass, as people travel from across the Diocese to attend. This means the car park fills very quickly. If you can do so, we kindly ask that you consider arriving by bus, walking, or car sharing where possible. This will help ensure that those travelling longer distances, and who may be unfamiliar with Norwich, are able to find parking. Those who arrive early and wish to park in the Unthank Road car park are kindly asked to park from the ends of the rows rather than in the middle, so that we can ensure as many cars as possible can fit in the space available. Staff and volunteers will be assisting at the car park entrances on the day. We kindly ask that they are treated with patience, kindness, and respect.

Easter Flowers - There will be a collection towards the Easter flowers after all weekend Masses on 21st/22nd March. This will also help to fund flower arrangements throughout the year.

Organ recital - Director of Music, David Grealy, will give a lunchtime recital of Lent and Holy Week themed organ music at Norwich Anglican Cathedral this week, on **Thursday 26 March at 1:10pm**. Admission is free and all are welcome to attend.

Easter Sunday Parish Lunch – after the 11am Mass there will be a 3-course parish lunch, as fundraising to take our young people to the Ignite Festival. Please sign up on the sheet at the back of the Cathedral to book a place - suggested donation £8 per person. All welcome.

The Garden Café will be closed on Tuesday 31st March for the Chrism Mass but will be open as normal over the Easter Bank Holiday weekend with the café open on Easter Sunday from 9am -1.30pm, serving coffee, cake, danishes, sausage rolls and bacon rolls.

Mary's Meals has launched a crisis appeal for Haiti, to help continue providing crucial nutrition to children in a safe place of learning. To find out more about Haiti or to donate, please go to their the website www.marysmeals.org.uk/Haiti or call 0800 698 1212.