

Catholic Parish of the  
Most Holy  
Trinity



**Church of St Henry Morse**

Shelfanger Road, Diss,  
Norfolk IP22 4DX

Tel: 01379 642914

[www.sthenrymorse.com](http://www.sthenrymorse.com)

Charity No. 278742

Parish Priest  
Fr. Alex Anaman

Email: [alex.anaman@rcdea.org.uk](mailto:alex.anaman@rcdea.org.uk)

Deacon Patrick Limacher  
Deacon David Croucher

Parish Office & Newsletter:  
[office@holytrinitydiss.plus.com](mailto:office@holytrinitydiss.plus.com)

Parish Treasurer:  
[finance@holytrinitydiss.plus.com](mailto:finance@holytrinitydiss.plus.com)

-----

**Our Lady of Mount Carmel  
Carmelite Monastery,**

Quidenham,  
Norfolk NR16 2PH

Tel: 01953 887202

[www.quidenhamcarmel.org.uk](http://www.quidenhamcarmel.org.uk)

Carmel Chaplain  
Fr. Stephen Blair

01953 716060

Parish Diary 25th February – 5th March 2023

Date	Solemnity/Feast	Place, Time, Event	Mass Intentions/Notes
		QC - Quidenham, Carmel HM - Henry Morse, Diss	
Sat 25th		QC 0800 Mass HM 0930 Rosary HM 1000 Mass HM 1800 Mass	HM 1045 Confession For the Parish
<b>1st WEEK OF LENT (Year A)</b>			
Psalm Response: Have mercy on us, O Lord, for we have sinned. Gospel Acclamation: Praise to you, O Christ, king of eternal glory! Eucharistic Prayer: 2			
Sun 26th	<b>1st SUNDAY OF LENT</b>	HM 1000 Mass QC 1030 Mass	Peter Meredith RIP
Mon 27th		QC 0800 Mass	
Tue 28th		QC 0800 Mass	
Wed 1st March	<b>St DAVID, PATRON OF WALES B. Feast.</b>	QC 0800 Mass HM 0930 Mass	For those no longer attending Mass
Thurs 2nd		QC 0800 Mass	
Fri 3rd	<b>LENT FAST DAY</b>	QC 0800 Mass HM 0930 Mass	
Sat 4th	A second collection will be taken for the work of CAFOD	QC 0800 Mass HM 0930 Rosary HM 1000 Mass HM 1800 Mass	HM 1045 Confession For the Parish
Sun 5th	<b>2nd SUNDAY OF LENT</b> A second collection will be taken for the work of CAFOD	HM 1000 Mass QC 1030 Mass	Private Mass Intention

**Please pray for the house-bound and sick:** Joan Brown, Larry Gahan, Fr. Martin Fears, Monica Palmer, Monica Root, Martin Blaser, Peter Hinchey, Pat Kelly, Harold Prendergast, Cyril Bond, Kevin Preston, Ursula Halton, Kathleen Langton, John Pitt, June Cary, Beryl Morrison, Jeremy Power, John Kilgannon, Ockie Bruning, Yvonne Mitchell, David Williams, Linus Halton and David Nash.

**We pray for the souls of those whose anniversaries occur in February:** Eileen RUTTER, Pasquale MONTAGNER, Alan COTTINGTON, Clotilde Margaret GRISEWOOD, Betty CHAMBERS, Alexander GEISLER, Nora Agnes KEANE, Jack GIBBS, Eleanor YOUNG, Isobel Mary ANDERSON, Gregory Paul BAKER, Eric Ivan BAILEY, Rosetta CATALANO, Patricia R.B. CHAMBERS, Patricia SPARROW, William KEANE, Thomas JONES, Maureen HAWKINS, Kitty anme (Nan) MacQUEEN, Amy Charlotte CANSDELL, Mary Anne FARRELL, Margaret Mary ALDEN, Alison Barbara DRISCOLL, Joseph KEENE, Margaret McCORMACK, Jean Rhall Doreen MYRNASZIEWICZ, James Mc QUADE, Albert Henry COLLIN, Mary Kathleen CHAPMAN, Irma Ida MONTAGNER, Marion Helen GEISLER. **May they Rest in Peace.**

**A warm welcome to everyone.** Coffee and tea are served after the 10.00am Mass on Sundays and the 09.30 Mass on Wednesdays; all are invited to join us. Father Alex offers a warm welcome to anyone who is visiting the parish this week.

**Newsletter-** information received before noon on Wednesdays will be included in the next weekend's newsletter (provided there is space available) and/or posted to the Parish Website. Information may be left in the office or emailed to [office@holyltrinitydiss.plus.com](mailto:office@holyltrinitydiss.plus.com)

**We are looking for someone to oversee our Parish Library and Religious Articles in the Community Room.** If you are interested in volunteering, please speak to Fr Alex.

**FOODBANK - URGENTLY NEEDED FOOD ITEMS** – rice pudding, tinned fruit, UHT milk, sugar, custard, biscuits, instant mash, long life fruit juice, sponge puddings, tinned potatoes, rice, jam/spreads.

**Seasons of Ordinary Time:** Ordinary Time refers to all of those parts of the Catholic Church's liturgical year that aren't included in the major seasons of Advent, Christmas, Lent, and Easter. Ordinary Time thus encompasses two different periods in the Church's calendar. Ordinary Time is called "ordinary" not because it is common but simply because the weeks of Ordinary Time are numbered. The Latin word *ordinalis*, which refers to numbers in a series. Thus for Catholics, Ordinary Time is the part of the year in which Christ, the Lamb of God, walks among us and transforms our lives. Fr Alex

**Clergy Thoughts:** The Church invites us to celebrate Jesus Christ the second Adam, who by the power of the Holy Spirit overcame temptation and sin. Through his obedience to the Father's will, Christ restored the world. Therefore, Lenten Season calls for great discipline, courage, vigilance, and a strong faith in God. Let us enter into the desert with and in Jesus, and overcome the devils of our lives and of the world. **Fr Alex**

#### **CAFOD Family Fast Day – Lent Appeal**

This Lent, your donations to CAFOD's Family Fast Day Appeal will help families fighting the climate crisis and ensure that our Church network can quickly respond to emergencies, like the recent earthquake in Syria and Turkey. Give today using the envelope or at [cafod.org.uk/give](https://cafod.org.uk/give) and please join us in praying for CAFOD's development and emergency response work all over the world.

If you would like to receive the **CAFOD daily Lent reflections** straight to your inbox you can sign up using this link: <https://cafod.org.uk/pray/lent-calendar>

**Everyone is welcome to this year's World Day of Prayer** which will be held at The Salvation Army, after the Lenten Lunch, on Friday 3rd March. Why not come along to support the Lenten Lunch and, if you have not been to a World Day of Prayer - now in its 40th year, stay for the service? This year's service has been prepared by the Christian women of Taiwan. Tea and cakes will be served afterwards. Contact Gina Peliti on [pelitig@gmail.com](mailto:pelitig@gmail.com)

Following the recent **devastating earthquakes affecting Turkey and Syria**, CAFOD has released £100,000 of emergency relief funding. It has also launched an **appeal and you can donate here:** <https://cafod.org.uk/>

**Parish Social Activities:** If you have any suggestions for parish activities, please let us know. Or come along to the next social planning meeting at church on Thursday 13 April at 7.00 pm. **Thank you.**

**The National Novena to St Joseph** will take place from 11th-19th March 2023 at St Joseph's Church in Maidenhead. If you are able to attend **Masses are on Saturday (11th & 18th) at 10am; Sunday (12th & 19th) at 11am; Monday-Friday (13th-17th) at 7.30pm.** Or on Zoom via Mill Hill website: [www.millhillmissionaries.com/novena](http://www.millhillmissionaries.com/novena). Or send request by email [novenamhm@gmail.com](mailto:novenamhm@gmail.com) or telephone 01628-673178

**Healing After Abortion** - Rachel's Vineyard weekend retreat. - March 17 – March 19<sup>th</sup>, 2023, North Norfolk

Rachel's Vineyard is a safe place to renew, rebuild and redeem hearts broken by abortion. Healing Weekends offer a supportive, confidential and non-judgmental environment where women and men can express and reconcile painful post-abortive emotions to begin the process of healing. Do email so that we can correspond or arrange a time to chat. East England contact: [sona@rachelvineyard.org.uk](mailto:sona@rachelvineyard.org.uk). Further info about RV: <https://www.rachelvineyard.org.uk>

**Norfolk Churches Trust Sponsored Bike Ride and Walk 2022** had another very successful year raising an amazing sum of £133,285 with 640 participants taking part. St Henry Morse has received a half-share of the sponsorship monies raised by the parish, in the sum of £148.44. Our huge thanks to Maggie Nylk for always championing this event. **The 40<sup>th</sup> Anniversary Bike Ride will take place on Saturday 9<sup>th</sup> September 2023.**

**COULD YOUR NEW YEAR'S RESOLUTION BE TO HELP BUILD A BETTER WORLD THROUGH VOLUNTEERING?** CAFOD, the Catholic Agency for Overseas Development, are looking for people to give some time and join them in their mission. Could you help develop our work in parishes or Catholic schools? Or raise a voice and campaign for justice throughout the diocese? Training and support are provided. See [cafod.org.uk/Volunteer](https://cafod.org.uk/Volunteer) [1] for more information or get in touch with [jcrone@cafod.org.uk](mailto:jcrone@cafod.org.uk).

**The Norfolk Home Library Service delivers books and other media free of charge to people unable to get to their local library.**

The service is open to all ages and includes those who may be housebound, living in long-term care, with vulnerabilities or mobility issues, and carers. To sign up, please contact the Norfolk Library and Information Service on 01603 774777 (Option 1) or email [libraries@norfolk.gov.uk](mailto:libraries@norfolk.gov.uk). Interested in volunteering? Visit [royalvoluntaryservice.org.uk](http://royalvoluntaryservice.org.uk), call 0103 397 998 or email [norfolkhl@royalvoluntaryservice.org.uk](mailto:norfolkhl@royalvoluntaryservice.org.uk)