

The Catholic Parish of Our Lady, Star of the Sea



1st Week of Advent, Year A
Sunday Cycle A, Weekday Cycle I, Psalter Week I

“Therefore, you too must stand ready
because the Son of Man is coming
at an hour you do not expect.””

Matthew 24:44

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R.C. Diocese of East Anglia:
A Registered Charity (Charity Commission No. 278742)

Parish Church: Catholic Church of Our Lady, Star of the Sea, Gordon Road, Lowestoft, NR32 1NL.

Chapel of Ease: St Nicholas' Catholic Church, Morton Road, Lowestoft, NR33 0JQ.

Other Clergy: Rev. Fr. Stephen Bould; Rev. Fr. Neville McClement, Rev. Mr. Stephen Pomeroy.

Sacramental Preparation: Applications are made by Contacting Fr Pádraig – one month's notice is required for the Sacrament of Baptism and six months' notice for the Sacrament of Matrimony.

Parish Newsletter: Items for consideration need to be sent to Fr Pádraig - frpmfoh@gmail.com – by Wednesday Evening please. The Completed Newsletter will be posted on the Website each Saturday.

Gospel Reflection

“Today is the first Sunday of Advent, which is also the first Sunday of a new liturgical year for the Church. The Advent season includes the four Sundays that precede Christmas. It is a time of preparation for the coming of the Lord. In this season, we recall two central elements of our faith: the final coming of the Lord in glory and the incarnation of the Lord in the birth of Jesus. Key themes of the Advent season are watchful waiting, preparation, and justice. In this new liturgical year, the Gospel of Matthew will be the primary Gospel proclaimed (Lectionary Cycle A). In today's Gospel, we hear Jesus speak about the need for wakefulness, for watchful waiting, for the coming of the Son of Man. Matthew's Gospel is dated by most scholars after 70 A.D. Most believe that Matthew wrote for a primarily Jewish community, but one that was no longer centered on the Temple in Jerusalem. These were Jewish Christians trying to come to terms with their relationship to Judaism in a new situation: Judaism after the destruction of the Temple in Jerusalem. There may have been Christians who believed that the events of the world around them gave evidence of the imminent return of the Lord in glory. The passage from Matthew we read today is rather straightforward. No one knows the precise time of the coming of the Lord in glory, so watchful waiting and vigilance are required. The passage speaks to the uselessness of looking for signs; there will be none. As a thief sneaks in during the night, so will the Lord's coming in glory be. The question for us as members of the Christian community, then, is how do we prepare for this? Today's passage speaks more about the manner of waiting, rather than the details of the preparation. Jesus compares the vigilance required of Christians to the vigilance of a homeowner who knows the plans of the thief. If one knows that the thief's action is imminent, one remains watchful. As Christians, we know that our Lord is coming even if we cannot know the precise timing. Jesus calls us to be watchful and vigilant, like the homeowner. If we become lax in our Christian living, we may be caught unprepared.”

Please do visit the “Wednesday Word” Website each week for short Reflections on the Sunday Readings: <http://www.wednesdayword.org/sunday-gospel.htm>

Advent: The word Advent comes from the Latin “*advenio*”, meaning “to come to”, and refers to the coming of Christ and includes three references: first of all, to our celebration of Christ's birth at Christmas; second, to the coming of Christ in our lives through grace and the Sacrament of Holy Communion; and finally, to his second coming at the end of time. Our preparations, therefore, should have all three comings in mind - we need to prepare our souls to receive Christ worthily. **First We Fast; Then We Feast:** Advent has been called a “little Lent,” because it traditionally has included a period of increased prayer, fasting, and good works. Although the Western Church no longer has a set requirement for fasting during Advent, the Eastern Church (both Catholic and Orthodox) continues to observe what is known as Philip's Fast, from November 15 until Christmas. Traditionally, all great feasts have been preceded by a time of fasting, which makes the feast itself more joyful. Unfortunately, Advent today has

been supplanted by "the Christmas shopping season," so that by the time Christmas Day comes, many people no longer enjoy the feast or even specially mark the Christmas season, which lasts until the Sunday after the Epiphany. **The Symbols of Advent:** In its symbolism, the Church continues to stress the penitential and preparatory nature of Advent. As during Lent, priests wear purple vestments, and the Gloria ("Glory to God") is omitted during Mass. The only exception is on the Third Sunday of Advent, known as Gaudete Sunday, when priests can wear rose-coloured vestments. As on Laetare Sunday during Lent, this exception is designed to encourage us to continue our prayer and fasting, because we can see that Advent is more than halfway over. **The Advent Wreath:** Perhaps the best-known of all Advent symbols is the Advent wreath, a custom that originated among German Lutherans but was soon adopted by Catholics. Consisting of five candles (three purple, one pink and one white) arranged in a circle with evergreen boughs, the Advent wreath marks our journey towards Christmas. The purple candles represent the penitential nature of the season, while the pink candle calls to mind the respite of Gaudete Sunday, and the white candle represents Christ's coming. **Celebrating Advent:** We can better enjoy Christmas - all of it - if we revive Advent as a period of preparation. Abstaining from meat on Fridays or not eating at all between meals is a good way to revive the Advent fast. Not eating Christmas cookies or listening to Christmas music before Christmas is another. We can set some time aside for special scripture readings for Advent, which remind us of the threefold coming of Christ. Holding off on putting up the Christmas tree and other decorations is another way to remind ourselves that the feast is not here yet. Traditionally, such decorations were put up on Christmas Eve, and they would not be taken down until after Epiphany, in order to celebrate the Christmas season to its fullest.

KSC Winter Lunches

The Knights of St Columba are providing free, hot lunches from 12:45pm in the Stella Maris Hall on Tuesdays 29th November, 13th & 20th December. There's no need to go cold and hungry, or to eat alone - come, share and dine with us for free. All are very welcome!

Dates for you Diary...

- 10/12/22** – Parish Christmas Event – see Poster for more details – all are welcome!
- 11/12/22** – Lowestoft Civic Carol Service at 3pm in the Parish Church (OLSS).
- 24/12/22** – Christmas! Mass and Service Times are now on the Parish Website...

Upcoming Second Collections for 2022

10th/11th December – Diocesan Dependant Priests' Fund

Weekly Collection

Thank you for last week's collection which amounted to £417.57 (Plus the regular standing orders of c.£403) and £129.33 collected for the Diocesan Youth Service. Your continued financial support for your parish, the diocese and the wider Universal Church is much needed and very much appreciated.

We Pray for...

We pray for all in our Parish who are currently unwell and who are suffering from illness of one kind or another, praying especially for the housebound who are not able to join us for regular worship. We pray also for those who have recently passed away and for those whose anniversaries occur around this time; may they rest in peace. Names of the Sick and the Deceased may be written in the Parish Prayer Books and will be prayed for.

Mass & Service Times for the Coming Week: November 27th – December 3rd

- Saturday 26th - 17:00 - Our Lady's** *(1st Sunday of Advent, Year A)*
Offered for: Aubrey Shaw's Intention
- Sunday 27th - 09:00 - St Nicholas'** *(1st Sunday of Advent, Year A)*
Offered for: People of the Parish
- Sunday 27th - 11:00 - Our Lady's** *(1st Sunday of Advent, Year A)*
Offered for: Deceased Brothers of the KSC
- Monday 28th - 09:00 – Our Lady's** *(Ad.Feria)*
Offered for: The Holy Souls
- Tuesday 29th - 12:00 – Our Lady's** *(Ad.Feria)*
Offered for: The Holy Souls
- Wednesday 30th - 09:00 - Our Lady's** *(Feast, St Andrew)*
Offered for: Private Intention
- Thursday 1st - 09:00 - St Nicholas'** *(Ad.Feria)*
Offered for:
- Friday 2nd - 09:00 - Our Lady's** *(Ad.Feria)*
Offered for:
- Saturday 3rd - 09:00 - Our Lady's** *(Mem, St Francis Xavier)*
Offered for: Private Intention
- Saturday 3rd - 17:00 - Our Lady's** *(2nd Sunday of Advent, Year A)*
Offered for:
- Sunday 4th - 09:00 - St Nicholas'** *(2nd Sunday of Advent, Year A)*
Offered for: People of the Parish
- Sunday 4th - 11:00 - Our Lady's** *(2nd Sunday of Advent, Year A)*
Offered for:

Confessions: The Sacrament of Reconciliation will take place every week during Adoration and Exposition of the Blessed Sacrament (from 9:30 to c.10am) following the 9am Mass on Saturday Morning. One may also make an appointment with Fr Pádraig for confession at another suitable time.

Mass Intentions: If you would like to have a Mass offered for someone, living or deceased, or for a particular intention (exams, interview, etc.), please collect a pre-printed envelope from the back of the church. Details of your request, including the preferred date, can then be entered on the front of the envelope (legibly please) and then your offering may be placed inside before being given to Fr Pádraig.
