

# The Catholic Parish of Our Lady, Star of the Sea



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

“Man does not live on bread alone  
but on every word  
that comes from the mouth of God.”

Matthew 4:4

Parish Priest: **Fr Pádraig Hawkins**  
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Parish Address: **The Catholic Presbytery**  
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Parish Web Site: [www.ourladystarofthesealowestoft.wordpress.com](http://www.ourladystarofthesealowestoft.wordpress.com)

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.

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

### **Gospel Reflection**

“In each of the three Synoptic Gospels (Mark, Matthew, and Luke), after Jesus’ baptism by John, Jesus is reported to have gone to the desert to fast and pray for 40 days. In each case, while in the desert, Jesus is tempted by the devil. Matthew and Luke give more detail than Mark does, but each one tells how the devil tempts Jesus in the desert. In Matthew, as in Luke, the devil presents three temptations to Jesus. The devil tempts Jesus to use his power to appease his hunger; he tempts Jesus to put God’s promise of protection to the test; and he offers Jesus all of the kingdoms of the world if Jesus will worship the devil. In each case, Jesus resists the temptation, rebuking the devil with words from Scripture. The account of Jesus’ temptation in the desert is filled with allusions and parallels to the Old Testament, including the story of the people of Israel. The Israelites spent 40 years wandering in the desert in Exodus, for example, and Jesus spends 40 days in the desert. As the Israelites were tempted during the Exodus, so too is Jesus tempted. Each temptation offers insight into both God and the human condition. Jesus’ rejection of the temptations shows that he will not put God to the test. Grounding himself on the word and authority of Scripture, Jesus rebukes the devil, confident in God’s protection and faithfulness. As we start our journey through Lent, our Sunday readings call us to adopt the same confidence that Jesus had in the face of temptation: God’s word alone will suffice; God’s promise of protection can be trusted; God alone is God.” **Please do visit the “Wednesday Word” Website each week for short Reflections on the Sunday Readings:** <http://www.wednesdayword.org/sunday-gospel.htm>

### **Ave Regina Cælorum / Hail Queen of Heaven**

During the Season of Lent, the Last Hymn at Mass is replaced by the Marian Antiphon:  
**\*Ave Regina Cælorum, Ave Domina Angelorum: Salve Radix, salve porta, Ex qua mundo lux es orta: Gaude Virgo gloriosa, Super omnes speciosa: Vale, o valde decora, Et pro nobis Christum exora.\*** (*Hail, Queen of heaven, hail Lady of the angels. Hail root and gate from which the Light of the world was born. Rejoice glorious Virgin, fairest of all. Fare thee well, most beautiful, and pray for us to Christ.*) Followed by the responsory: V: Grant that I may praise thee, O holy Virgin. **R: Give me strength against thine enemies.**

### **Lenten Observances**

A reminder that, as Catholic Christians, we are obligated to undertake the threefold Lenten Observance of Prayer, Fasting and Almsgiving – i.e. we are to undertake some form of EXTRA prayer on top of what we already do, we are to GIVE UP something we will miss or we are to ABSTAIN from a particular thing if, for medical reasons or age, we are unable to fast, and we are to GIVE AWAY something of what we have to someone who is of greater need, e.g. making a financial donation to a Catholic Charity.

## **This Week's Lenten Devotions...**

Tuesday 28<sup>th</sup>: Stations of the Cross at 11:15am, Mass at 12pm, Lent Lunch at 12:30pm.

Thursday 2<sup>nd</sup>: Stations of the Cross at 5pm.

Saturday 4<sup>th</sup>: Confessions take place from 9:30-10am, during Exposition & Adoration.

## **Parish Lenten Alms – Aid to the Church in Need**

In many parts of the world, Christianity remains under huge pressure. War, targeted violence and discrimination and the effects of economic collapse and COVID-19 means that many Christian communities are on their knees. Faith is their rock against adversity – even when life would be easier if they gave in to pressure to abandon it. This Lent, as they walk their own Way of the Cross, please join us in prayer and why not show your solidarity with a Gift of Faith– a lifeline for Christians suffering today and to build God's church on earth. To donate a Lenten Gift of Faith and support the work of Aid to the Church in Need please use this link: [Aid to the Church in Need/Lenten Gift of Faith](#)

## **Catholic Primary School**

A reminder to all our parents that the local Catholic Primary School is St Mary's, located on Kirkley Cliff Road (NR33 0DG). For anyone who is considering a school placement for their child, from reception through to Year 6, I would recommend contacting the school and arranging either a tour or a meeting with the Head of School, Mrs Ewa Parker, Tel: 01502 565384. For more information please visit: <https://www.stmarysrtps.com>

## **Dates for you Diary...**

**02/03/23** – Parish In-Council Meeting at 7:30pm in the Stella Maris Hall (postponed from the 2<sup>nd</sup> Feb) – Topics to be discussed and Items for the Agenda to be sent to Fr Pádraig, please, by Sunday 26<sup>th</sup> February. All are welcome to attend this meeting.

**16/03/23** – Deanery Station Mass Celebrated by Bishop Peter. There will be Confessions and Exposition of the Blessed Sacrament from 6pm followed by Mass at 7pm and then a Lenten Meal of Soup and Bread Rolls will be available for all in the Stella Maris Hall.

## **Upcoming Second Collections for 2023**

**18<sup>th</sup>/19<sup>th</sup> April** – Easter Flowers

**1<sup>st</sup>/2<sup>nd</sup> April** – Holy Land Shrines – for the Holy Places of Palestine

## **Weekly Collection**

Thank you for last week's collection which amounted to £376.48 (Plus the regular standing orders of c.£403). 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: February 26<sup>th</sup> – March 4<sup>th</sup>**

- Saturday 25<sup>th</sup> - 17:00 - Our Lady's** *(1st Sunday of Lent, Year A)*  
Offered for: People of the Parish
- Sunday 26<sup>th</sup> - 09:00 - St Nicholas'** *(1st Sunday of Lent, Year A)*  
Offered for: John Wren (RIP)
- Sunday 26<sup>th</sup> - 11:00 - Our Lady's** *(1st Sunday of Lent, Year A)*  
Offered for: Esmeralda D'Souza (RIP)
- Monday 27<sup>th</sup> - 09:00 - Our Lady's** *(Lent Feria)*  
Offered for:
- Tuesday 28<sup>th</sup> - 12:00 - Our Lady's** *(Lent Feria)*  
Offered for: Private Intention
- Wednesday 1<sup>st</sup> - 09:00 - Our Lady's** *(Feast, St David)*  
Offered for:
- Thursday 2<sup>nd</sup> - 09:30 - St Nicholas'** *(Lent Feria)*  
Offered for: Michael Franks' Intention
- Friday 3<sup>rd</sup> - 09:00 - Our Lady's** *(Lent Feria)*  
Offered for:
- Saturday 4<sup>th</sup> - 09:00 - Our Lady's** *(Lent Feria)*  
Offered for:
- Saturday 4<sup>th</sup> - 17:00 - Our Lady's** *(2nd Sunday of Lent, Year A)*  
Offered for: People of the Parish
- Sunday 5<sup>th</sup> - 09:00 - St Nicholas'** *(2nd Sunday of Lent, Year A)*  
Offered for: Brian Colby (RIP)
- Sunday 5<sup>th</sup> - 11:00 - Our Lady's** *(2nd Sunday of Lent, Year A)*  
Offered for: Maureen Lowe (RIP)

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**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.

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