

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



7th Week of Ordinary Time, Year A  
*Sunday Cycle A, Weekday Cycle I, Psalter Week III*

“You must therefore be perfect,  
just as your heavenly Father  
is perfect.”

Matthew 5:48

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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**

“The last two antitheses offered in the Sermon on the Mount deal with love of enemies. We should not look at “an eye for an eye” as an inordinately strict punishment. It is actually meant to limit acts of revenge by making sure the punishment is not excessive but fits the crime. However, Jesus asks his followers to take a different approach by resisting retaliation altogether. The response to a stronger person who slaps us on the cheek, takes us to court, or demands a service of us is not to resist. Similarly, for a weaker person, such as a beggar or borrower, we are to give him or her what he or she asks for. Those who are called to the Kingdom of Heaven are to go beyond the way the world usually works and serve God’s kingdom here on earth. The other difficult demand of those who are called to the kingdom is to embrace the enemy. There is no command in the Old Testament to hate individuals in a personal or vindictive way. But there is a religious stance that calls one to hate evil and to distance oneself from those who participate in evil. In contrast, Matthew emphasizes that love of God and love of neighbour are the fundamental commands on which all else depend. Because God’s love is unconditional, we are to strive to love as God does, though, of course, it is challenging. Is it even possible? The key is in the final verse. We are to be perfect as our heavenly father is perfect. Matthew uses the Greek word telos, which is probably better translated here as “complete.” We are not to be perfect as in doing everything correctly, that is, as in being absolutely morally correct. We are to be perfect as in striving to reach the completeness we are called to in the Kingdom of Heaven. Attempting to love our enemies is part of striving for that completeness.”

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

**Ash Wednesday, the first day of the liturgical season of Lent.** In this season, we prepare ourselves to celebrate the high point of our Christian life, Easter. Each year, the readings for Ash Wednesday are the same. They call us to a change of heart and teach us about the traditional Lenten practices of prayer, fasting, and almsgiving. These disciplines are to be part of the Christian life during every season, but during the season of Lent, we renew our commitment to them. The meaning behind tracing a cross on our foreheads with ashes (the liturgical sign of Ash Wednesday) is a summary of our Christian life. On one level, the ashes remind us of our origin and our death. (In the words of the prayer said when we receive ashes: “Remember that you are dust and to dust you shall return.”) The ashes are also the sign of our victory: the cross of Christ. In his death and resurrection, Christ conquered death. Our destiny as Christians is to receive the victory over death that Christ won for us. We acknowledge that victory when we “[t]urn away from sin and [are] faithful to the gospel,” words from the alternative prayer

when we are signed with ashes. Today's reading is part of the Sermon on the Mount. In the sermon, Jesus warns his followers against acting for the sake of appearance. When Jesus' disciples give alms, pray, and fast, they are to do so in such a way that only God, who sees the heart and knows what is hidden, will know. Although our Lectionary reading omits the Lord's Prayer, we can recall that Matthew presents that prayer as a model for the disciples' prayer (Matthew 6:9-15).

**Ave Regina Cælorum / Hail Queen of Heaven**  
**the Marian Antiphon from Candlemas until Easter**

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.**

**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.stmarysrcps.com>

**Dates for you Diary...**

**22/02/23** – Ash Wednesday / The Beginning of the Penitential Season of Lent...

**24/02/23** - Waveney Hosts Together - Ukrainians and their hosts are gathering for an informal celebration of light in darkness, followed by prayers for peace; from 12.45 to 2.00 pm on Friday 24th February in the Stella Maris Hall – all are invited.

**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.

**Weekly Collection**

Thank you for last week's collection which amounted to £368.70 (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 19<sup>th</sup> – February 25<sup>th</sup>

- Saturday 18<sup>th</sup> - 17:00 - Our Lady's** (7th Sunday of Ordinary Time, Year A)  
Offered for: Harry & Iris Pascoe (RIP)
- Sunday 19<sup>th</sup> - 09:00 - St Nicholas'** (7th Sunday of Ordinary Time, Year A)  
Offered for:
- Sunday 19<sup>th</sup> - 11:00 - Our Lady's** (7th Sunday of Ordinary Time, Year A)  
Offered for: People of the Parish
- Monday 20<sup>th</sup> - 09:00 - Our Lady's** (Feria)  
Offered for:
- Tuesday 21<sup>st</sup> - 12:00 - Our Lady's** (Feria)  
Offered for:
- Wednesday 22<sup>nd</sup> - 12:00 - Our Lady's** (Ash Wednesday)  
Offered for:
- 18:00 - Our Lady's** (Ash Wednesday)  
Offered for:
- Thursday 23<sup>rd</sup> - 09:30 - St Nicholas'** (Lent Feria)  
Offered for:
- Friday 24<sup>th</sup> - 09:00 - Our Lady's** (Lent Feria)  
Offered for:
- Saturday 25<sup>th</sup> - 09:00 - Our Lady's** (Lent Feria)  
Offered for:
- Saturday 25<sup>th</sup> - 17:00 - Our Lady's** (1st Sunday of Lent, Year A)  
Offered for:
- Sunday 26<sup>th</sup> - 09:00 - St Nicholas'** (1st Sunday of Lent, Year A)  
Offered for: People of the Parish
- Sunday 26<sup>th</sup> - 11:00 - Our Lady's** (1st Sunday of Lent, Year A)  
Offered for:

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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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