

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



1st Week of Advent, Year B  
*Sunday Cycle B, Weekday Cycle II, Psalter Week I*

“Be on your guard, stay awake,  
because you never know  
when the time will come.”

Mark 13:33

Parish Priest: **Fr Pádraig Hawkins**  
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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.

**Catholic Primary School:** St Mary's, Kirkley Cliff Road, NR33 0DG. Tel: 01502 565384. For more information please visit the school website: <https://www.stmarysreps.com>

### **Gospel Reflection**

“Today we begin the season of Advent, which marks the start of a new liturgical year for the Church. The readings for Sunday Mass are arranged on a three-year cycle. Each year features a different Gospel—Matthew, Mark, or Luke. Readings from the Gospel of John are interspersed throughout all three years. With this year's first Sunday of Advent, we begin Cycle B of the Lectionary, which focuses our attention on the Gospel of Mark. This week and next week, our readings from Mark's Gospel present two important Advent themes: the Lord's return at the end of time and John the Baptist's preparation for Jesus. Today's Gospel is taken from the end of Mark's Gospel, the chapter that immediately precedes Mark's account of Jesus' Passion. Having been questioned repeatedly by the scribes and the Pharisees, Jesus is now questioned by his disciples—Peter, James, John, and Andrew—who want details about his prediction of the destruction of the Temple. Jesus answers with many warnings about the difficulties that the disciples will face. Today's passage comes at the conclusion of Jesus' warnings to his disciples. Jesus emphasizes the need for watchfulness. The Son of Man will come without warning; only the Father knows the exact hour. The disciples must not be caught unprepared when this time comes. Scholars believe that Mark's Gospel was written around the time of the destruction of Jerusalem by the Romans in A.D. 70. Mark's audience consisted of Christians who were living in difficult social and political times, times of conflict. They were likely beginning to face persecution as followers of Jesus. In this difficult time, it helped to recall that Jesus had foretold of such difficulties. Early Christian communities took courage from Jesus' warning to remain alert and watchful, and they found in his words a way to persevere through suffering. Today's Gospel reminds us that Advent is about more than our preparation for the Church's celebration of Christ's birth at Christmas. Advent is also about preparing ourselves for Christ's return in glory at the end of time. Like the disciples and the faithful in Mark's community, we must also stay alert and watchful. Our faithfulness to God, through the good times as well as the difficult times, shows us to be ready for the coming of the Son of Man.”

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

### **Dates for your Diary**

**09/12/2023** – The Christmas Quiz will take place on Saturday 9th December at 7pm. Teams of 6. £5 per Ticket and will include a buffet and refreshments.

**17/12/2023** – The Parish Carol Concert will take place at 2:30pm on Sunday 17th December, Gaudete Sunday, followed by Mince Pies and Mulled Wine.

**The Advent wreath** is part of our long-standing Catholic tradition - Christ is “the Light that came into the world” to dispel the darkness of sin and to radiate the truth and love of God (cf. John 3:19-21). The wreath is made of various evergreens, signifying continuous life. Even these evergreens have a traditional meaning which can be adapted to our faith: The laurel signifies victory over persecution and suffering; pine, holly, and yew, immortality; and cedar, strength and healing. Holly also has a special Christian symbolism: The prickly leaves remind us of the crown of thorns, and one English legend tells of how the cross was made of holly. The circle of the wreath, which has no beginning or end, symbolizes the eternity of God, the immortality of the soul, and the everlasting life found in Christ. Any pine cones, nuts, or seedpods used to decorate the wreath also symbolize life and resurrection. All together, the wreath of evergreens depicts the immortality of our soul and the new, everlasting life promised to us through Christ, the eternal Word of the Father, who entered our world becoming true man and who was victorious over sin and death through His own passion, death, and resurrection.

**The four candles** represent the four weeks of Advent. A tradition is that each week represents one thousand years, to sum to the 4,000 years from Adam and Eve until the Birth of the Saviour. Three candles are purple and one is rose. The purple candles in particular symbolize the prayer, penance, and preparatory sacrifices and goods works undertaken at this time. The rose candle is lit on the third Sunday, Gaudete Sunday, when the priest also wears rose vestments at Mass; Gaudete Sunday is the Sunday of rejoicing, because the faithful have arrived at the midpoint of Advent, when their preparation is now half over and they are close to Christmas. The progressive lighting of the candles symbolizes the expectation and hope surrounding our Lord’s first coming into the world and the anticipation of His second coming to judge the living and the dead. The light again signifies Christ, the Light of the world. Some modern day adaptations include a white candle placed in the middle of the wreath, which represents Christ and is lit on Christmas Eve and remains lit throughout the Season of Christmas.

### **Upcoming Second Collections for 2023**

**16<sup>th</sup>/17<sup>th</sup> December** – Diocesan Dependant Priests’ Fund.

### **Weekly Collection**

Thank you for last week’s collection which amounted to £430.92 (Plus the regular standing orders of c.£477). Your continued financial support for your parish, the diocese and the wider Universal Church is much needed and very much appreciated.

### **Memory Tree – Praying for Loved ones at Christmas**

Throughout Advent there will be a Memory Christmas Tree at the back of the church (OLSS). There will be tags available to write the names of loved ones on who are no longer with us that can then be attached to the tree in their memory. There will also be a basket for donations located by the tree, donations going to the ‘School of Joy’ in Bethlehem [www.schoolofjoy.org](http://www.schoolofjoy.org) via the ‘Friends of the Holy Land’ [www.friendsoftheholylan.org.uk](http://www.friendsoftheholylan.org.uk)

### **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: December 3<sup>rd</sup> – December 9<sup>th</sup>**

- Saturday 2<sup>nd</sup> - 17:00 - Our Lady's** *(1st Sunday of Advent, Year B)*  
Offered for: Irene Stone (RIP)
- Sunday 3<sup>rd</sup> - 09:00 - St Nicholas'** *(1st Sunday of Advent, Year B)*  
Offered for: Edward Frazer's Intention
- Sunday 3<sup>rd</sup> - 11:00 - Our Lady's** *(1st Sunday of Advent, Year B)*  
Offered for: Irene Tall (RIP)
- Monday 4<sup>th</sup> - 09:00 - Our Lady's** *(Ad.Feria)*  
Offered for: People of the Parish
- Tuesday 5<sup>th</sup> - 12:00 - Our Lady's** *(Ad.Feria)*  
Offered for:
- Wednesday 6<sup>th</sup> - 09:00 - Our Lady's** *(Ad.Feria)*  
Offered for:
- Thursday 7<sup>th</sup> - 09:00 - Our Lady's** *(Mem, St Ambrose)*  
Offered for: Mark Sherwood (RIP)
- Friday 8<sup>th</sup> - 09:00 - Our Lady's** *(Solemnity, The Immaculate Conception)*  
Offered for: The Reynold's Family's Intention
- Saturday 9<sup>th</sup> - 09:00 - Our Lady's** *(Ad.Feria)*  
Offered for:
- Saturday 9<sup>th</sup> - 17:00 - Our Lady's** *(2nd Sunday of Advent, Year B)*  
Offered for: People of the Parish
- Sunday 10<sup>th</sup> - 09:00 - St Nicholas'** *(2nd Sunday of Advent, Year B)*  
Offered for: Joel Parkinson (RIP)
- Sunday 10<sup>th</sup> - 11:00 - Our Lady's** *(2nd Sunday of Advent, Year B)*  
Offered for: Joan Frances Bunyan (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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