

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



**4th Week of Lent, Year B**  
*Sunday Cycle B, Weekday Cycle II, Psalter Week IV*

“The Son of Man must be lifted up  
as Moses lifted up the serpent in the desert,  
so that everyone who believes may have eternal life in him.”

John 3:14

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.

**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**

“The fourth Sunday of Lent is sometimes called Laetare Sunday. Laetare is a Latin word that means “rejoice.” Traditionally, Sundays are named after the first word of the liturgy’s opening antiphon. On this Sunday, the antiphon is taken from the book of the prophet Isaiah (Isaiah 66:10-11). Even as we observe our Lenten sacrifices, we rejoice in anticipation of the joy that will be ours at Easter. Today’s Gospel reading is taken from John’s Gospel. It consists of two parts. The first part is the final sentence of Jesus’ reply to Nicodemus, the Pharisee who approached Jesus at night. Nicodemus acknowledged Jesus as someone who had come from God and seemed to want to be a follower of Jesus. Jesus greeted Nicodemus with the observation that one must be born from above to see the Kingdom of God. The dialogue between Jesus and Nicodemus that followed was about the meaning of this phrase. Nicodemus misunderstood Jesus at every point, but there was no animosity in the questions he posed to Jesus. In the part of the conversation with Nicodemus in today’s Gospel, Jesus referred to an incident reported in the Old Testament. When the Israelites grumbled against the Lord during their sojourn in the desert, God sent venomous serpents to punish them for their complaints. The Israelites repented and asked Moses to pray for them. The Lord heard Moses’ prayer and instructed him to make a bronze serpent and mount it on a pole. All who had been bitten by a serpent and then looked upon the bronze serpent were cured. By recalling this story, Jesus alludes to the salvation that would be accomplished through his death and Resurrection. The second part of today’s Gospel is a theological reflection on Jesus’ words to Nicodemus. The Gospel of John is known for this kind of reflection offered within the narrative. The words of the Evangelist are in continuity with the words of the prologue to John’s Gospel. In these reflections, John elaborates on a number of themes that are found in his Gospel: light and darkness, belief and unbelief, good and evil, salvation and condemnation. In John’s reflection, we find an observation about human sinfulness. Jesus is the light that has come into the world, but people preferred the darkness. We wish to keep our sins hidden, even from God. Jesus has come into the world to reveal our sins so that they may be forgiven. This is the Good News; it is the reason for our rejoicing in this season of Lent and throughout our lives.”

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

### **Inviting young adults (age 18 -30) to walk the Camino**

Join Bishop Peter as he leads a walking pilgrimage to Santiago de Compostela from 21<sup>st</sup>–29<sup>th</sup> July 2024. For more information and to book a place, please see [www.rcdea.org.uk/youth](http://www.rcdea.org.uk/youth). Places are limited and bookings accepted on a first come first serves basis.

**St Mary's RC Primary School** are recruiting for a Midday Supervisory Assistant (MSA) Scale: B point 2 Permanent Working hours: 11:50am-1:10pm 5 days a week; totals 6.67h a week Required as soon as possible. Please see the advert on the board at the back of OLSS.

### **Lenten Devotions**

Throughout the Season of Lent the Rosary will be prayed in Our Lady's Chapel (Front/Right of OLSS) 30 minutes before the start of each weekday Mass, and Stations of the Cross will take place 5 minutes after the end of each weekday Mass. Please volunteer to lead either devotion on a particular day by signing the List. Confessions in the Parish continue to be heard on Saturday Morning and by appointment.

### **Catholic Women's League Notices**

The C.W.L. members will be selling tickets for their Easter Egg Raffle at Masses over this weekend and next; tickets will be £1 per strip. The draw will take place in the parish hall after 11am Mass on Palm Sunday - 24th March.

### **Action against Modern Slavery**

A new group is forming in the Diocese to help to reduce modern slavery here and is looking for young & older volunteers to join the group. No previous knowledge or experience required, just a wish to end slavery in our Diocese. Please contact [john\\_simong@hotmail.com](mailto:john_simong@hotmail.com) to discuss possibly volunteering and read the leaflet about St Bakhita (regarded as the patron saint of Modern Slavery) at: <https://www.rcdea.org.uk/caritas-east-anglia/modern-slavery>

### **Upcoming Second Collections for 2024**

**20<sup>th</sup>/21<sup>st</sup> April** – Vocations Sunday – for the Formation of Priests.

**11<sup>th</sup>/12<sup>th</sup> May** – World Communications Sunday – Catholic Communications Network.

**15<sup>th</sup>/16<sup>th</sup> June** – Day for Life – Bishops' Conference Life Charities.

**29<sup>th</sup>/30<sup>th</sup> June** – Peter's Pence – The Holy Father's Charitable Works.

**13<sup>th</sup>/14<sup>th</sup> July** – Sea Sunday – the Work of Stella Maris.

### **Weekly Collection**

Thank you for last week's collection which amounted to £451.79 (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.

### **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: March 10<sup>th</sup> – March 16<sup>th</sup>**

- Saturday 9<sup>th</sup> - 17:00 - Our Lady's** *(4th Sunday of Lent, Year B)*  
Offered for: Pat Tynon (RIP)
- Sunday 10<sup>th</sup> - 09:00 - St Nicholas'** *(4th Sunday of Lent, Year B)*  
Offered for: People of the Parish
- Sunday 10<sup>th</sup> - 11:00 - Our Lady's** *(4th Sunday of Lent, Year B)*  
Offered for: Peter Bostock and Christopher Bostock (RIP)
- Monday 11<sup>th</sup> - 09:00 - Our Lady's** *(Lent Feria)*  
Offered for:
- Tuesday 12<sup>th</sup> - 12:00 - Our Lady's** *(Lent Feria)*  
Offered for:
- Wednesday 13<sup>th</sup> - 09:00 - Our Lady's** *(Lent Feria)*  
Offered for:
- Thursday 14<sup>th</sup> - 09:00 - St Mary's RCPSchool** *(Lent Feria)*  
Offered for: Children & Staff of St Mary's School
- Friday 15<sup>th</sup> - 09:00 - Our Lady's** *(Lent Feria)*  
Offered for: Bishop Alan Hopes' Intention
- Saturday 16<sup>th</sup> - 09:00 - Our Lady's** *(Lent Feria)*  
Offered for: Glenn (RIP)
- Saturday 16<sup>th</sup> - 17:00 - Our Lady's** *(5th Sunday of Lent, Year B)*  
Offered for: James McCarthy (RIP)
- Sunday 17<sup>th</sup> - 09:00 - St Nicholas'** *(5th Sunday of Lent, Year B)*  
Offered for: People of the Parish
- Sunday 17<sup>th</sup> - 11:00 - Our Lady's** *(5th Sunday of Lent, Year B)*  
Offered for: Mary Howarth (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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