

Parish Contacts

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Other local Sunday Masses

King's Lynn (Our Lady) PE30 5ES: Sat. Evening 6:00pm, Sunday 11:30am.
 Gaywood (Holy Family) PE30 4AX: Sunday 9:30am.

FAMILY FAST DAY - some background: a group of women came together from the National Board of Catholic Women, the Catholic Women's League and the Union of Catholic Mothers to organise the first Family Fast Day in 1960. It raised the equivalent of £100,000, and two years later, the Bishop's Conference of England and Wales registered CAFOD as an official charity. The volunteers were responding to an appeal from the people of the Caribbean island of Dominica where children were starving to help raise funds for a mother-and-baby clinic. With the funds raised, the project also helped many other people to survive and make a living for themselves. Since then, there have been two Family Fast Days a year (Lent and Harvest) raising much-needed funds for people across the world suffering from poverty.

"We weren't doing anything special, we were just doing what we thought we ought to do, remembering that we are all God's children."

The Holy Father's Prayer Intentions for February

For children with incurable diseases: Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

Please remember in your prayers all who are sick, especially:

Madeleine Coughlan, Glyn Davis, Fr. Bill Dobson, Fred Grimley, Mary Grimley, Sarah King, Nicholas Koning, Anne Lindley, Fr. Henry MacCarthy, Joan McTaggart, Dickie Nally, Sharon Parkin, Michael Rhodes, James Skinner, Nicky Sugden, John Witting.

Please pray also for those who anniversaries occur this week:

John Wilkinson, Peter McKiernan, Robert Steinborn, Stephen Murray, Mary Smyth, Valentina Groom, Ellen Large, James Casey, Dennis Parker, Kathleen Coen, Sarah Wolff, Charles Lean

LIST of the SICK

I give permission for my name to be included among the Prayers for the Sick

Name: Signature

***Our Lady of Perpetual Succour & St. Edmund, Hunstanton
 with
 St. Cecilia, Dersingham***

MASS INTENTIONS 22nd February - 1st March 2026

Readings at Mass - Sundays: Year A. Weekdays: Cycle II

First Sunday of Lent [Ps Wk 1]	StC	9:00am	Helen Ingleby RIP [F]
	OLSE	11:00am	People of the Parish
Monday Lent Feria	OLSE	10:00am	Ints. Peter Griffiths
Tuesday Lent Feria	OLSE	10:00am	In Thanksgiving
Wednesday Lent Feria	StC	10:15am	Christopher Lindley RIP
Thursday Lent Feria	OLSE	10.00am	Deacon Antony Ranzetta RIP
Friday Lent Feria	OLSE	10:00am	A Special Intention followed by Stations of the Cross
Saturday Lent Feria			LENT FAST DAY
Second Sunday of Lent [Ps Wk 2]	StC	9:00am	People of the Parish
	OLSE	11:00am	Ints. Keir Family

Sacrament of Reconciliation

StC - Sundays & Wednesdays after Mass.

OLSE - by Request and on the last Friday of the Month after Mass

<u>Ext. Ministers</u> 22 nd February	<u>OLSE</u> Elizabeth Howe Kathleen Woodhouse	<u>St.C</u> Anna Grant Peg Hunter
1 st March	Tom Koning Paul Mulligan	Peg Hunter Andrew Wordsworth
<u>Readers</u> 22 nd February	<u>OLSE</u> Belinda Kenny	<u>St.C</u> Chris Davey
1 st March	Pat Fuchter	Lorna Hutchinson

Information and Events

Rosary Group: Monday afternoons from 2.00pm in the StC Meeting Room

Bible Study Tuesdays from 4pm to 5pm in the Garnet Room at OLSE.

Mothers' Prayers: Held every other week; the next gathering will be on **Monday 2nd March** 2:30pm in the Garnett Room at OLSE.

Why Be Lonely Club Will meet next on Friday 6th March; join us - or encourage someone you know who might need a smile and some company, for a couple of hours fun and laughter; it's very therapeutic!

Support Needed for Families in Kyiv: Pope Leo continues to highlight the need to pray for peace in Ukraine: *"even in these days, Ukraine continues to be struck by relentless attacks, leaving entire populations exposed to the cold of winter. I am close to those who suffer, and I pray for them...I urge everyone to intensify their efforts to end the war,"* he appealed (source: Vatican News). The link for the gofundme page created by Nataliya and Mykola is: <https://gofund.me/7f8c80097> in support of those suffering the cold and danger of life in Ukraine in the midst of war. Nataliya says: *We deeply appreciate any donation and every act of solidarity. Your support brings hope and practical help to those suffering during this difficult winter. Thank you 🙏*

MONTHLY DRAW - subs due!: A message from Nuala, who makes the monthly draw work: This week is the final chance to stay in the draw for those who haven't yet paid their annual subs - £12 - which is due before the end of the month. You need to be in it to win it! New subscribers welcome. Please See Nuala Tugwell at OLSE or Chris Davey at StC.

GROWING IN FAITH TOGETHER: A Parish-Wide Programme on the Eucharist for Lent and Eastertide 2026 The programme of seven sessions began on 20th February. In the words of some participants: *"It was the most eye opening and revelatory first session about what we thought we knew about the Mass and realised we didn't"* **"I felt exposed to the reality of the depths of The Eucharist, can't wait for the next one".....** *"By sharing our reflections together connectedness to the love in our community"*

The next session (see the poster for all the dates) will be on Friday 13th March at 2pm for refreshments - 2.30 start and finishing by 4pm. The programme is based on the profound and very readable **THIS IS MY BODY** by Benedictine priest, Ian Petit (available very cheaply from Ebay, Amazon, and many used-book websites). For those with Internet access, links to each session will be emailed. More information is available from Paul Mulligan (paul.mulligan4@hotmail.com)

Inviting Young people Year 7 to Young Adults for a special Kings Lynn Deanery Youth Evening - 21st March To be held at Walsingham Parish Hall, the evening will include an inspiring talk, music, prayer, and delicious food! For more information and to download a parental consent form, see www.rcdea.org.uk/youth

LENTEN ALMSGIVING - THE FOOD BANK: One of the three pillars of Lenten practice, alongside fasting and prayer, is Almsgiving. This year, our parish SVP conference is organising a **"Food Bank Drive"** as a parish wide communal almsgiving programme. **Please take a leaflet** explaining how the Food Bank Drive will work, and giving more information about the Food Bank, including a bit of **its history** and how it works, information about **deprivation in the area**, and how it all fits into our **Catholic Social Teaching**.

FAMILY FAST DAY: this Friday, 27th Feb, is Family Fast Day. The famous green envelopes are available for you to place the money you save by eating less than usual on Friday, for collection next Sunday (see over for information on FFD). Posters in the church show how the money raised this year will be used.

LENTEN LUNCHESES: 'Pause and Make Room for God' Lent Lunches: Hunstanton and Area Churches Together are running another series of Lent Services followed by a Simple Lunch on Fridays during Lent. The first, on 27th February is hosted at Hunstanton Methodist Church, 5 Austin St, PE36 6AJ. The service begins at 12 and lunch at 12.45. All are welcome. Those planning to join lunch afterwards should call 07729 952297, or inform Andrew at andrew.wordsworth@hotmail.co.uk or 07951232407. (More information on the Ecumenical Notice Board)

TAPPING HOUSE offers free WORKSHOPS: **Compassionate Friends** is for anyone who may know someone who is living with serious ill health, facing a death or is bereaved. (next date - 27th Feb); and **Planning my Future Care** is for anyone who would like to be more prepared for the future in a very practical sense. (next date - 20th March 10am). A third workshop, **Preparing the Final Chapter** is aimed at anyone who would like to feel more prepared to support someone close as they approach the end of life (or for the person themselves). (next date - 6th May 1pm). See posters on church noticeboards.

URGENT HEALTH NOTICE: The NHS are currently advising that anyone with a high temperature or a persistent cough, even if mild, stay at home. To protect our more vulnerable members we are all asked to take this advice to heart.

LIST of the SICK TO BE PRAYED FOR: Anyone who would like her/his name to be included in this List is invited either to email the Parish Office or complete, sign and return the **form printed overleaf**. Please note that it must be the sick person who gives permission for this by their signature [Data protection laws]. **To remove your name from the list please contact the Parish Office.**