

Catholic Parish of the  
Most Holy  
Trinity



**Church of St Henry Morse**

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Charity No. 278742

Parish Priest  
Fr. Alex Anaman

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**Our Lady of Mount Carmel  
Carmelite Monastery,**  
Quidenham,  
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Carmel Chaplain  
Fr. Stephen Blair

01953 716060

Parish Diary 13th – 21st November 2021

| Date                                    | Day  | Place, Time, Event.   | Mass Intentions/<br>Notes |
|---|--|---|---------------------------|
|   |  | HM - Henry Morse, Diss<br>QC- Quidenham, Carmel   |                           |
| Sat 13th                                | WORD DAY OF THE POOR   | QC 0800 Mass<br>HM 1800 Mass  | Tina Addinall RIP         |
| <b>33rd SUNDAY IN ORDINARY TIME (B)</b> |  |   |                           |
| Psalm Response:                         |  | Preserve me, God, I take refuge in you.   |                           |
| Gospel Acclamation:                     |  | Stay awake and stand ready, because you do not know the hour when the Son of Man is coming. |                           |
| Eucharistic Prayer:                     |  | 4   |                           |
| Sun 14th                                | WORD DAY OF THE POOR<br>Remembrance Day  | HM 0900 Mass<br>MH 1130 Mass<br>QC 1030 Mass  | For the Parish            |
| Mon 15th                                |  | QC 0800 Mass  |                           |
| Tue 16th                                |  | QC 0800 Mass  |                           |
| Wed 17th                                |  | HM 0930 Mass<br>QC 0800 Mass  |                           |
| Thurs 18th                              |  | QC 0800 Mass  |                           |
| Fri 19th                                |  | QC 0800 Mass  |                           |
| Sat 20th                                | St Edmund, King M. Mem.<br>Feast of Christ the King –<br>celebrated as Youth Day | QC 0800 Mass<br>HM 1800 Mass  | For the Parish            |
| Sun 21st                                | Feast of Christ the King –<br>celebrated as Youth Day                            | HM 0900 Mass<br>HM 1130 Mass<br>QC 1030 Mass  |                           |

**To help maintain social distancing during COVID-19 it would be helpful if anyone not receiving communion still went forward with others to receive a blessing from the Priest.**

**Please pray for the house-bound and sick:** Brian Grant, Joan Brown, Larry Gahan, Fr. Martin Fears, Monica Palmer, Monica Root, Martin Blaser, Heather Bashford, Peter Hinchey, Fr. Peter Preston SDS, Pat Kelly, Harold Prendergast, Rosemary Lake, Cyril Bond, Kevin Preston, Ursula Halton, Colin Sparrow, Kathleen Langton, John Pitt & Richard Ware.

**We pray for the souls of those whose anniversaries occur in November:**

Harold Septimus CAMPION, May Jane GUNNING, Mavis June BREWER, Patricia Mary RUSSELL, Marion RUSSELL, Harry Francis DRENEC, Patrica A.C. O'BRIEN, Michael William J. HALFORD, Dorothy Maude Louisa FOULKES, Mary CLARK, Cecil Arthur MOORE, Margaret THOMPSON, Ann DOOLEY, Jill McCONNELL, Doreen Vivianne Angela PRESCOTT, Matthew PEARMAIN, Stephen PEARMAIN, Maurice GOVEARE, Peter WOWCZUK, Corenia Lily JOHNSTON, Mercy SCOTT, John JOHNSTON, Nicholas TWIGGE, Ivor John MAPLES, Mair JOHNSON, Bessie Mabel FITZGERALD, Geoff CLARKE, Robin Catherine FRASER, Dora Pamela WALSH. **May they Rest in Peace.**

**Welcome to you all.** Masses at St Henry Morse are usually on Saturday at 6pm, on Sunday at 9am and 11.30am, and on Wednesdays at 9.30am. It would be **really helpful** if parishioners could **arrive for Mass in plenty of time** to allow for checking in at the door which will help prevent disruption at the start of Mass.

**Important Note:** There will be **no mass at 11.30 am on Sundays while Fr. Alex is away**. We are very grateful to Fr. Steve Blair who will cover for Fr. Alex while he is taking annual leave. Masses will be on Saturday at 6 pm, Sunday at 9.00 am and Wednesday at 9.30 am.

**Advance booking is strongly recommended** for the 6pm Saturday Mass and the 9am Sunday Mass especially now that there is no 11.30 mass on Sunday for the next few weeks. If you arrive at Mass without a booking we will do all we can to accommodate you however, there is a possibility that if no space is available, you may be turned away. Please book via email [mass@holyltrinitydiss.plus.com](mailto:mass@holyltrinitydiss.plus.com), but if you do not have access to email please call 01379 871944 or 01379 897251.

**Covid information update** – our precautionary measures were updated recently and a copy of these revised measures is available to collect from the back of the Church or to view online on the Parish website.

Please note **that Fr. Alex has a new email address**. Please send future emails to Fr. Alex at the following email address: [alex.anaman@rcdea.org.uk](mailto:alex.anaman@rcdea.org.uk)

**First Holy Communion** – classes will begin in November (date to be confirmed). To attend these classes please register eligible school aged children (those in year 3 or above and/or aged 8 years old at the time of making their First Communion) with one of the Stewards when you attend Mass.

**We are looking for a Catechist** who is interested in taking this year's First Communion classes. If you are interested please speak with Fr. Alex.

**FOODBANK - URGENTLY NEEDED FOOD ITEMS** - Tinned tomatoes, sponge pudding - microwavable long life, small jar coffee, pasta sauce, cooking sauce to go with rice and custard.

**'The Icon of St Joseph'** has been touring our diocese to celebrate the Year of the Family. The Icon arrives at our church on the weekend of 6th / 7th of November. To welcome the icon it will be displayed on the Altar and at Mass there will be special bidding prayers and we will all be asked to join in the prayer from Pope Francis' Apostolic Letter. Copies of the prayer and the Icon will be available.'

**'SYNODAL PATHWAY: The Journey from 2021 to 2023:** The process has now begun in the Diocese and **everyone** is encouraged to take part in the discussions, reflections and reporting back to the Diocese. This is happening across the world and there are a set of **Ten Questions sent from the Vatican** to guide discussions. Parish meetings will be set up so that we can discuss the questions together as a faith community. There will be online surveys to submit responses but where it is not possible for people to use the online surveys the Parish Co-ordinator ( Maureen Costello) will distribute paper copies of the questions and arrange for them to be collected and the information uploaded to the online survey. We will let you know when the information is on the Diocesan Website and also the Parish Website. **Some copies of The Ten Questions are available on the table at the church door for anyone who is keen to read them now.**

**ROTAS FOR MINISTRIES AND PRACTICAL RESPONSIBILITIES IN OUR CHURCH:** Fr. Alex is hoping that the Rotas of Volunteers for the various Ministries and practical jobs in our church can be re-instated when he returns from Ghana. Parishioners are asked to put their name on the Flip-chart on any of the Rotas they would like to be involved in whether you did it before or if it is your first time volunteering. We hope many people will come forward and help our parish to flourish once again. If you are new to any of the ministries or practical responsibility there will be help and support available. Thank you.

**Appeal for Stewards** – we have a small number of stewards who assist with the seating and communion arrangements for each Mass and wipe down the pews after services. However **we urgently need additional stewards** to help to maintain the smooth running of our Church services. Please speak with Nikki Young or Fr. Alex.

**World Youth Day - this November 2021!** As well as International World Youth Days, Pope Francis has asked that 'Youth Sunday' is now known as 'World Youth Day' with each diocese throughout the world running a special event! All young people **Year 7 upwards** are invited to **'World Youth Day East Anglia'** held at the Cathedral of St. John the Baptist on Saturday 20<sup>th</sup> November, 12pm – 8pm. There will be live Music, inspiring talks, powerful prayer times and a vigil Mass with the Bishop to welcome in World Youth Day. Places are limited - to book a place and for more information, please see [www.rcdea.org.uk/youth](http://www.rcdea.org.uk/youth)

**Tuesday Club** - Following the first meeting of the Parish Social Activity group we are having a pre-Christmas get together in the Community Room at St Henry Morse Church, Diss on Tuesday 30<sup>th</sup> November at 7pm. With Christmas drinks and nibbles we can plan activities and topics that we might want to cover next year. All are very welcome to join us for this. Following this we agreed to continue activities on the third Tuesday of the month, hence our name. For any further details please contact Liz Ball on 07585847581

### **Prayer after Holy Communion**

**Anima Christi (Soul of Christ), Soul of Christ, sanctify me. Body of Christ, save me.**

**Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me.**

**O good Jesus, hear me. Within thy wounds hide me. Suffer me not to be separated from you.**

**From the malicious enemy defend me. At the hour of my death call me and bid me come unto thee,**

**That with Thy saints, I may praise you, forever and ever. Amen**