

# THE CATHOLIC PARISH OF KING'S LYNN

## The Church of Our Lady of the Annunciation

London Road, King's Lynn, Norfolk. PE30 5HQ.

and

## Holy Family Church

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## ABOUT US



The Catholic Church's International Administration  
The Vatican  
State of Vatican City, Rome, Italy.

**T**he Catholic Church, sometimes referred to as the Roman Catholic Church, is the largest Christian church, with approximately 1.3 billion baptised Catholics worldwide as of 2018. As the world's oldest and largest continuously functioning international institution, it has played a prominent role in the history and development of Western civilization. The church consists of almost 3,500 dioceses around the world on every continent, each shepherded by its bishop. The Pope, who is the Bishop of Rome is the chief pastor of the whole church and in his role as the successor of St Peter is entrusted with the universal Petrine ministry of unity and correction.

The Christian beliefs of Catholicism are found in the Nicene Creed. The Catholic Church teaches that it is the one, holy, catholic and apostolic church founded by Jesus Christ in his Great Commission, that its bishops are the successors of Christ's apostles, and that the Pope is the successor to Saint Peter, upon whom primacy was conferred by Jesus Christ. It maintains that it practises the original Christian faith, reserving infallibility, passed down by sacred tradition.

The Nicene Creed is a statement of belief widely used in Christian liturgy. It is called Nicene because it was originally adopted in the city of Nicaea (present day İznik, Turkey) by the First Council of Nicaea in 325. In 381, it was amended at the First Council of Constantinople, and the amended form is referred to as the Nicene or the Niceno-Constantinopolitan Creed. It defines Nicene Christianity. The Nicene Creed is also part of the profession of faith required of those undertaking important functions within the Catholic Church.

Of its seven sacraments, the Eucharist is the principal one, celebrated liturgically in the Mass. The church teaches that through consecration by a priest, the sacrificial bread and wine become the body and blood of Christ.

The Virgin Mary is venerated in the Catholic Church as Mother of God and Queen of Heaven, honoured in dogmas and devotions.

Its teaching includes Divine Mercy, sanctification through faith and evangelisation of the Gospel as well as Catholic social teaching, which emphasises voluntary support for the sick, the poor, and the afflicted through the corporal and spiritual works of mercy.

The Catholic Church operates thousands of Catholic schools, hospitals, and orphanages around the world, and is the largest non-government provider of education and health care in the world. Among its other social services are numerous charitable and humanitarian organisations.

The church's international administration is the Holy See, located in the tiny independent European state of Vatican City in Rome, Italy, of which the Pope is also head of state.

## Sacraments

The seven sacraments—Baptism, Confirmation, Holy Communion, Confession, Marriage, Holy Orders, and the Anointing of the Sick—are the life of the Catholic Church. All of the sacraments were instituted by Christ Himself, and each is an outward sign of an inward grace. When we participate in them worthily, each provides us with graces—with the life of God in our soul. In worship, we give to God that which we owe Him; in the sacraments, He gives us the graces necessary to live a truly human life.

The first three sacraments—Baptism, Confirmation, and Holy Communion—are known as the sacraments of initiation, because the rest of our life as a Christian depends on them.



### 1. The Sacrament of Baptism

The Sacrament of Baptism, the first of the three sacraments of initiation, is also the first of the seven sacraments in the Catholic Church. It removes the guilt and effects of Original Sin and incorporates the baptized into the Church, the Mystical Body of Christ on earth. We cannot be saved without Baptism.

### 2. The Sacrament of Confirmation

The Sacrament of Confirmation is the second of the three sacraments of initiation because, historically, it was administered immediately after the Sacrament of Baptism. Confirmation perfects our baptism and brings us the graces of the Holy Spirit that were granted to the Apostles on Pentecost Sunday.

### 3. The Sacrament of Holy Communion

While Catholics in the West today normally make their First Communion before they receive the Sacrament of Confirmation, the Sacrament of Holy Communion, the reception of Christ's Body and Blood, was historically the third of the three sacraments of initiation. This sacrament, the one we receive most often throughout our lives, is the source of great graces that sanctify us and help us grow in the likeness of Jesus Christ. The Sacrament of Holy Communion is also sometimes called the Eucharist.

### 4. The Sacrament of Confession

The Sacrament of Confession, also known as the Sacrament of Penance and the Sacrament of Reconciliation, is one of the least understood, and least utilized, sacraments in the Catholic Church. In reconciling us to God, it is a great source of grace, and Catholics are encouraged to take advantage of it often, even if they are not aware of having committed a mortal sin.

### 5. The Sacrament of Marriage

Marriage, a lifelong union between a man and a woman for procreation and mutual support, is a natural institution, but it is also one of the seven sacraments of the Catholic Church. As a sacrament, it reflects the union of Jesus Christ and His Church. The Sacrament of Marriage is also known as the Sacrament of Matrimony.

### 6. The Sacrament of Holy Orders

The Sacrament of Holy Orders is the continuation of Christ's priesthood, which He bestowed upon His Apostles. There are three levels to this sacrament of ordination: the episcopate, the priesthood, and the diaconate.

### 7. The Sacrament of the Anointing of the Sick

Traditionally referred to as Extreme Unction or Last Rites, the Sacrament of the Anointing of the Sick is administered both to the dying and to those who are gravely ill or are about to undergo a serious operation, for the recovery of their health and for spiritual strength.

## Spiritual and Corporal Works of Mercy

### Spiritual Works of Mercy

1. To admonish the sinner.
2. To instruct the ignorant.
3. To counsel the doubtful.
4. To comfort the sorrowful.
5. To bear wrongs patiently.
6. To forgive all injuries.
7. To pray for the living and the dead.

### Corporal Works of Mercy

1. To feed the hungry.
2. To give drink to the thirsty.
3. To clothe the naked.
4. To visit the imprisoned.
5. To shelter the homeless.
6. To visit the sick.
7. To bury the dead.

The spiritual and corporal works of mercy are charitable actions by which we come to the aid of our neighbour in his spiritual and bodily necessities. Instructing, advising, consoling, comforting are spiritual works of mercy, as are forgiving and bearing wrongs patiently. The corporal works of mercy consist especially in feeding the hungry sheltering the homeless, clothing the naked, visiting the sick and imprisoned and burying the dead. Among all these, giving alms (money) to the poor is one of the chief witnesses to fraternal charity (brotherly love); it is also a work of justice pleasing to God.

The spiritual and corporal works of mercy seek to help alleviate human misery – material deprivation, unjust oppression, physical and psychological illness and death. Such misery is an obvious sign of our inherited human frailty and need for salvation as a consequence of original sin.

Everyone is obliged to perform the works of mercy, according to his own ability and the need of his neighbour. It is important to remember that ordinary deeds done every day to relieve the corporal or spiritual needs of others are true works of mercy, if done in the name of Christ. Taking care of children, teaching children and adults about the faith, caring for elderly parents or a sick child or spouse are some examples.

### Spiritual Works of Mercy

#### 1. To admonish the sinner.

It is an act of love to try to make another realize how bad sin is. This might be done by trying to keep him out of sin or an occasion of sin, or by trying to get him to confession. In cases where we think it might make him worse, we do not correct him directly. We can let him know indirectly, especially by our example, that we do not approve of his actions.

#### 2. To instruct the ignorant.

It is an act of love to help others in one way or another to learn the truths they need to know to save their souls.

#### 3. To counsel the doubtful.

It is an act of love to help others to be certain about what they should do to love and serve God. Many souls could be saved if Catholics would make the effort to speak the truth in love to their neighbours.

#### 4. To comfort the sorrowful.

It is an act of love to help another person in any kind of sorrow, and to refrain from doing anything that would unnecessarily cause another person more sorrow.

#### 5. To bear wrongs patiently.

It is an act of love to accept the consequences of another's thoughtlessness or carelessness and to suffer inconveniences which another should bear. This is the example given to us by Jesus who suffered greatly for us all when he was innocent.

#### 6. To forgive all injuries.

It is an act of deep love to forgive all those who have injured us in any way, even deliberately and with malice. Christ demands that His followers have great love and forgiveness for one another and even for our enemies in imitation of His own forgiveness of us and of His enemies as He hung on the cross. In His almighty wisdom, God knows that failing to forgive causes further injury to the person originally injured.



## 7. To pray for the living and the dead.

Sharing in the communion of saints demands that we pray for everyone. This is a great means of spreading the fires of love to others, whether in this world or in purgatory. Prayers for the dead at a cemetery carry special graces.

## Corporal Works of Mercy

### 1. To feed the hungry.

Everyone needs food for their body. It is an act of love to help others to obtain their bodily nourishment, especially those in greatest need. *[Examples: Bringing food to the poor, donating money to buy food for the poor, sharing your food or sweets, helping to shop for groceries, helping with the cooking, doing the washing-up, waiting on company.]*

### 2. To give drink to the thirsty.

What is said of food also applies to drink. *[Examples: Giving someone a drink on a hot day, giving the baby its bottle, pouring drinks at the table, lifting up a young child to get a drink at a water fountain.]*

### 3. To clothe the naked.

Everyone needs clothing for warmth, protection, modesty and dignity. It is an act of love to help others obtain clothing, especially those who need help. *[Examples: Bringing clothes to a needy family, sharing outgrown clothes with another family, bringing clothes to a clothing drive, helping a young child get dressed, helping with laundry at home.]*

### 4. To visit the imprisoned.

Those in prison and many other persons and their families suffer hindrances or dangers to freedom. Helping them, visiting them or protecting them is an act of love. *[Examples: Visiting prisoners, fighting for humane treatment for the imprisoned, helping to care for the families of the imprisoned, protecting a little child from a bigger child, taking care of and protecting the baby, fighting for one's country.]*

### 5. To shelter the homeless.

Everyone needs shelter. Some people live in cardboard homes; some people live in homes made of discarded materials; many people are homeless. To help the homeless obtain shelter or to preserve it is an act of love. *[Examples: Bringing others to your home in times of fire, floods, or other disaster. Working at or supporting a homeless shelter. Helping to take care of the house, dusting the furniture, making the beds, cleaning the floor, and cutting the grass.]*

### 6. To visit the sick.

Helping sick people in any way is an act of love. *[Examples: Visiting someone in the hospital or nursing home. Visiting someone who is sick at home or the elderly who are shut-ins. Running an errand for an elderly or sick person. Reading to the sick or elderly.]*

### 7. To bury the dead.

It is an act of love to show respect for the bodies of the dead, since during life, they were temples of the Holy Spirit and received the Body and Blood of Christ in Holy Communion.