



# THE CATHOLIC PARISH OF KING'S LYNN

**Deacon  
Shaun Morrison's  
Bulletin**

**The Church of Our Lady of the Annunciation**  
London Road, King's Lynn, Norfolk. PE30 5HQ.  
and  
**Holy Family Church**  
Field Lane, Gaywood, King's Lynn, Norfolk. PE30 1AY

Sunday May 23, 2021

Dear Friends

I hope you are well.



Today we have the **joy of celebrating** Pentecost Sunday, and I wish you a happy Pentecost sending you my love, thoughts and prayers.

*“The same Holy Spirit who came down upon the disciples descends on us too. The Holy Spirit is our Counsellor, Friend and Advocate”*

It is Psalter Week 4 for the Divine Office.

The link for the live stream of the 11.30am Mass from Our Lady's is:

<https://youtu.be/vxJF1hQ8Tmg>

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**Words for an act of spiritual communion for those at home watching the livestream of Mass, to be prayed during the time of Holy Communion.**

My Jesus, I believe that You are present in the Most Holy Sacrament.  
I love You above all things, and I desire to receive You into my soul.  
Since I cannot at this moment receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as if You were already there and unite myself wholly to You.  
Never permit me to be separated from You.  
Amen.

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From the Office of Readings for today:

**A reading from the treatise of St Irenaeus against the Heresies.**

*The sending of the Holy Spirit.*

When the Lord told his disciples to go and teach all nations and baptise them in the name of the Father and of the Son and of the Holy Spirit, he conferred on them the power of giving men new life in God.

He had promised through the prophets that in these last days he would pour out his Spirit on his servants and handmaids, and that they would prophesy. So when the Son of God became the Son of Man, the Spirit also descended upon him, becoming accustomed in this way to dwelling with the human race, to living in men and to inhabiting God's creation. The Spirit accomplished the Father's will in men who had grown old in sin, and gave them new life in Christ.

Luke says that the Spirit came down on the disciples at Pentecost, after the Lord's ascension, with power to open the gates of life to all nations and to make known to them the new covenant. So it was that men of every language joined in singing one song of praise to God, and scattered tribes, restored to unity by the Spirit, were offered to the Father as the first-fruits of all the nations.

This was why the Lord had promised to send the Advocate: he was to prepare us as an offering to God. Like dry flour, which cannot become one lump of dough, one loaf of bread, without moisture, we who are many could not become one in Christ Jesus without the water that comes down from heaven. And like parched ground, which yields no harvest unless it receives moisture, we who were once like a waterless tree could never have lived and borne fruit without this abundant rainfall from above. Through the baptism that liberates us from change and decay we have become one in body; through the Spirit we have become one in soul.

The Spirit of wisdom and understanding, the Spirit of counsel and strength, the Spirit of knowledge and the fear of God came down upon the Lord, and the Lord in turn gave this Spirit to his Church, sending the Advocate from heaven into all the world into which, according to his own words, the devil too had been cast down like lightning.

If we are not to be scorched and made unfruitful, we need the dew of God. Since we have our accuser, we need an advocate as well. And so the Lord in his pity for man, who had fallen into the hands of brigands, having himself bound up his wounds and left for his care two coins bearing the royal image, entrusted him to the Holy Spirit. Now, through the Spirit, the image and inscription of the Father and the Son have been given to us, and it is our duty to use the coin committed to our charge and make it yield a rich profit for the Lord.

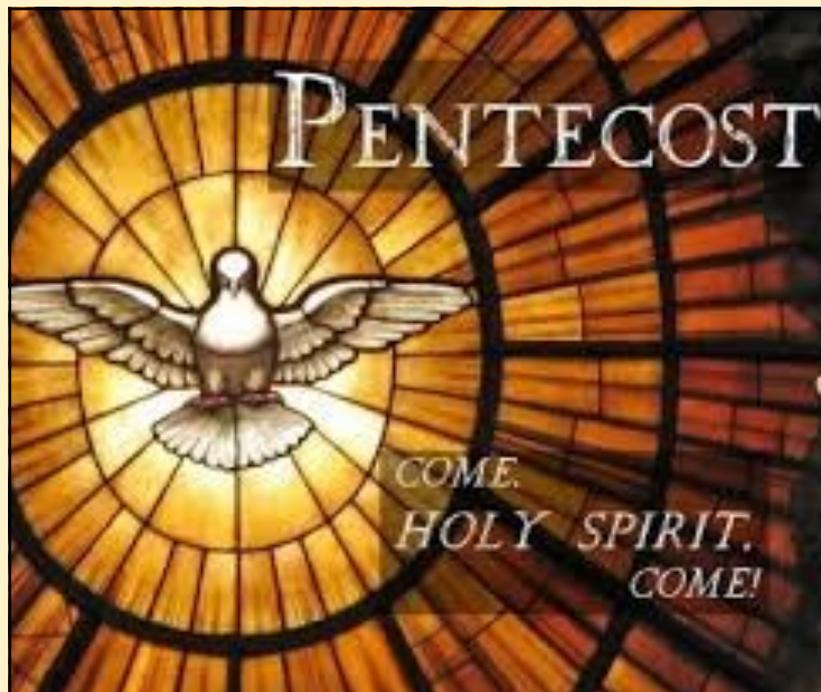
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**From the Sunday Missal for today:**

The Holy Spirit is first and foremost a Creator Spirit, hence Pentecost is also a feast of creation. For us Christians, the world is the fruit of an act of love by God who has made all things and in which he rejoices because it is "good", it is "very good" as the creation narrative tell us (cf. Gn 1:1-31). Consequently God is not totally Other, unnameable and obscure. God reveals himself, he has a face. God is reason, God is will, God is love, God is beauty. Faith in the Creator Spirit and faith in the spirit whom the Risen Christ gave to the Apostles and gives

to each one of us are therefore inseparably united. The Gospel passage offers us a marvellous image to clarify the connection between Jesus, the Holy Spirit and the Father: the Holy Spirit is portrayed as the breath of the Risen Jesus Christ. Here the Evangelist John takes up an image of the creation narrative, where it says that God breathed into the nostrils of man the breath of life (cf. Gn 2:7). The breath of God is life. Now, the Lord breathes into our soul the new breath of life, the Holy Spirit, his most intimate essence, and in this way welcomes us into God's family. With Baptism and Confirmation this gift was given to us specifically, and with the sacraments of the Eucharist and Penance it is continuously repeated: the Lord breathes a breath of life into our soul.

*(Pope Benedict XVI)*



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For Pentecost there is a Pastoral Letter on the environment, prepared by the Bishops of England and Wales. The link to the letter is:

<https://www.cbcew.org.uk/pastoral-letter-environment-pentecost/>

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A reminder that Catholics across the globe are encouraged to dedicate the month of May to praying for an end to the pandemic by reciting the Rosary each day.

*"Guided by Shrines around the world during this month of May, we recite the Rosary to invoke an end to the pandemic and the resumption of social and work-related activities."*

(Pope Francis, General Audience, 5 May 2021)

The following website link and YouTube link to Vatican News provides further details about this with the Vatican Link providing the Shrines list where the Rosary is said live each day at 5pm our time and the YouTube link is where you can watch and join in.

<https://www.vaticannews.va/en/church/news/2021-05/shrines-around-the-world-linked-for-recitation-of-the-rosary.html>

<https://www.youtube.com/channel/UC7E-LYc1wivk33iyt5bR5zQ>

Below is the list of Shrines where the Rosary is prayed each day this coming week:

Date	Shrine	Country	Continent	Prayer Intention
23	<u>The Basilica of Notre-Dame-du-Cap</u>	Trois-Rivières, Canada	America	For all law enforcement and military personnel and for all firefighters
24	<u>Our Lady of Lourdes</u>	Nyaunglebin, Myanmar	Asia	For all those who provide essential services
25	<u>The Basilica of the National Shrine of the Blessed Virgin of Ta' Pinu</u>	Għarb, Malta	Europe	For all teachers, students and educators
26	<u>The Basilica of Our Lady of Guadalupe</u>	Mexico City, Mexico	America	For all workers and entrepreneurs
27	<u>The Shrine of the Mother of God of Zarvanytsia</u>	Ukraine	Europe	For all the unemployed
28	<u>The Shrine of Our Lady of Altötting (Black Madonna of Altötting)</u>	Germany	Europe	For the Holy Father, bishops, presbyters, and deacons
29	<u>The Shrine of Our Lady of Lebanon</u>	Harissa, Lebanon	Asia	For all consecrated men and women

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The link to our YouTube channel is:

<https://www.youtube.com/channel/UC8V030I7usRZiKoTlrwBAKg>

And the link to our Parish Website:

<http://www.catholicparish-kingslynn.org.uk/>

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God bless

Shaun

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