



**Deacon
Shaun Morrison's
Bulletin**

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

Field Lane, Gaywood, King's Lynn, Norfolk. PE30 1AY

Sunday, February 28, 2021

Dear Friends,

I hope you are well.

Today is the Second Sunday of Lent.

It is Psalter Week 2 for the Divine Office.

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

<https://youtu.be/99DOGuwjyHA>

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.

From the Office of Readings for today:

A reading from the sermons of Pope St Leo the Great

The Law was given through Moses, grace and truth came through Jesus Christ

The Lord reveals his glory in the presence of chosen witnesses. His body is like that of the rest of mankind, but he makes it shine with such splendour that his face becomes like the sun in glory, and his garments as white as snow.

The great reason for this transfiguration was to remove the scandal of the cross from the hearts of his disciples, and to prevent the humiliation of his voluntary suffering from disturbing the faith of those who had witnessed the surpassing glory that lay concealed.

With no less forethought he was also providing a firm foundation for the hope of holy Church. The whole body of Christ was to understand the kind of transformation that it would receive as his gift: the members of that body were to look forward to a share in that glory which first blazed out in Christ their head.

The Lord had himself spoken of this when he foretold the splendour of his coming: Then the

just will shine like the sun in the kingdom of their Father. Saint Paul the apostle bore witness to this same truth when he said: I consider that the sufferings of the present time are not to be compared to the future glory that is to be revealed in us. In another place he says: You are dead, and your life is hidden with Christ in God. When Christ, your life, is revealed, then you also will be revealed with him in glory.

This marvel of the transfiguration contains another lesson for the apostles, to strengthen them and lead them into the fullness of knowledge. Moses and Elijah, the law and the prophets, appeared with the Lord in conversation with him. This was in order to fulfil exactly, through the presence of these five men, the text which says: Before two or three witnesses every word is ratified. What word could be more firmly established, more securely based, than the word which is proclaimed by the trumpets of both old and new testaments, sounding in harmony, and by the utterances of ancient prophecy and the teaching of the Gospel, in full agreement with each other?

The writings of the two testaments support each other. The radiance of the transfiguration reveals clearly and unmistakably the one who had been promised by signs foretelling him under the veils of mystery. As Saint John says: The law was given through Moses, grace and truth came through Jesus Christ. In him the promise made through the shadows of prophecy stands revealed, along with the full meaning of the precepts of the law. He is the one who teaches the truth of the prophecy through his presence, and makes obedience to the commandments possible through grace.

In the preaching of the holy Gospel all should receive a strengthening of their faith. No one should be ashamed of the cross of Christ, through which the world has been redeemed.

No one should fear to suffer for the sake of justice; no one should lose confidence in the reward that has been promised. The way to rest is through toil, the way to life is through death. Christ has taken on himself the whole weakness of our lowly human nature. If then we are steadfast in our faith in him and in our love for him, we win the victory that he has won, we receive what he has promised.

When it comes to obeying the commandments or enduring adversity, the words uttered by the Father should always echo in our ears: This is my Son, the beloved, in whom I am well pleased; listen to him.

(Source: <https://universalis.com/europe.english.eastanglia/20210228/readings.htm>)

Lent Station Mass

Bishop Alan is visiting our Deanery this week as part of his Lenten journey around the diocese. On Tuesday (2nd March) there will be Exposition of the Blessed Sacrament in Our Lady's Church followed by Pontifical Mass at 6pm. The Mass will be live streamed and can be watched on YouTube. The link is:

<https://youtu.be/K1xKZ48-GZQ>

The Thursday Talks during Lent will be on the Liturgy in Sign and Symbol. The second of the talks took place last Thursday on "Knees bend, arms stretch, rah, rah, rah!" Posture in the Liturgy.

This can be viewed on YouTube and the link is:

<https://youtu.be/0fUeWWosP3E>

Monday (1st March) is the Feast of **St. David, Patron of Wales.**

The earliest life of St David dates from five centuries after his death, probably in 589. He became eminent as abbot and bishop at the site now known as St David's, but formerly Mynyw, from which the present diocese of Menevia is named. He is credited with a monastic rule based on the example of the Eastern Fathers, and also with a Penitentiary. He was invited to preside at the synod of Llandewibrefi. Monks trained at his monastery evangelized South Wales and made foundations in Cornwall, Brittany and Ireland. St David is said to have sent a Mass rite to Ireland. At his death his contemporary St Kentigern, founder of St Asaph's in North Wales, witnessed in vision his joyful entrance into the joy of his Lord. His holy relics have been found hidden in the fabric of St David's Cathedral, where they are carefully preserved. He was canonized by Pope Callistus II in 1123.

(Source: <https://universalis.com/europe.england.eastanglia/20210301/today.htm>)

From Historic UK:

March 1st is St. Davids Day, the national day of Wales and has been celebrated as such since the 12th Century. Today the celebrations usually involve the singing of traditional songs followed by a Te Bach, a tea with bara brith (famous welsh fruited bread) and teisen bach (welsh cake).

(Source: <https://www.historic-uk.com/HistoryUK/HistoryofWales/St-David-Patron-Saint-of-Wales/>)

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/>

With my thoughts and prayers. God bless

Shaun

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