



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, January 31, 2021

Dear Friends,

I hope you are well.

Today is the Fourth Sunday in Ordinary Time.

It is Psalter Week 4 for the Divine Office.

From the Office of Readings for today:

A reading from the letter St Ignatius of Antioch to Smyrna

Christ has called us to his kingdom and glory

From Ignatius, known as Theophorus, to the Church of God the Father and of Jesus Christ, his beloved, at Smyrna in Asia, wishing you all joy in an immaculate spirit and the Word of God. By his mercy you have won every gift and lack none, filled as you are with faith and love, beloved of God and fruitful in sanctity.

I celebrate the glory of Jesus Christ as God, because he is responsible for your wisdom, well aware as I am of the perfection of your unshakeable faith. You are like men who have been nailed body and soul to the cross of Jesus Christ, confirmed in love by his blood.

In regard to the Lord, you firmly believe that he was of the race of David according to the flesh, but God's son by the will and power of God; truly born of the Virgin and baptized by John, that all justice might be fulfilled; truly nailed to a cross in the flesh for our sake under Pontius Pilate and the Tetrarch Herod, and of his most blessed passion we are the fruit. And thus, by his resurrection he raised up a standard over his saints and faithful ones for all time (both Jews and Gentiles alike) in the one body of his Church. For he endured all this for us, for our salvation; and he really suffered, and just as truly rose from the dead.

As for myself, I am convinced that he was united with his body even after the resurrection. When he visited Peter and his companions, he said to them: Take hold of me, touch me and see that I am not a spirit without a body. Immediately they touched him and believed, clutching at his body and his very spirit. And for this reason they despised death and conquered it. In addition, after his resurrection, the Lord ate and drank with them like a real human being, even though in spirit he was united with his Father.

And so I am giving you serious instruction on these things, dearly beloved, even though I am aware that you believe them to be so.

(Source: <https://universalis.com/europe.english.eastanglia/20210131/readings.htm>)

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

A prayer for Racial Justice Sunday:

Lord Jesus Christ, in your ministry you were approached by people of many different nations and cultures. You listened to their cry for help, treated them with love and compassion, and brought them healing and wholeness. In our own time may we provide to all those who are suffering, the help that they need and the care that they require. May we respond to the invitation of the Holy Spirit to dream of a world made new where the poor are not forgotten but are given the opportunity to live and flourish with good health and equal prospects. We ask this in the name of Jesus the Lord. Amen.

(Source: <https://www.cbcew.org.uk/home/events/racial-justice-sunday-2021/>)

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.

T3 The Thursday Talks -you can still watch the talk from last Thursday which was an Introduction to St. Mark's Gospel Part 2 - The structure of the gospel.

The YouTube link is:

<https://youtu.be/4RkCSCCpoNI>

For this week (4th Feb) at 7pm- the talk is the Introduction to St. Mark's Gospel- Part 3. The Messianic Secret.

The YouTube link is:

<https://youtu.be/FeTz0mYGpcU>

Tuesday (2nd February) is the **Feast of the Presentation of the Lord.**

From the Sunday Missal:

On today's Feast we contemplate the Lord Jesus, whom Mary and Joseph bring to the Temple "to present him to the Lord". Simeon identifies him as "a light for revelation to the Gentiles" and announces with prophetic words his supreme offering to God and his final victory (Cf. Lk 2:32-35). This is the meeting point of the two Testaments, Old and New. Jesus enters the ancient temple, he who is the new Temple of God: he comes to visit his people, thus bringing to fulfilment- obedience to the Law and ushering in the last times of salvation. It is interesting to take a close look at this entrance of the Child Jesus into the solemnity of the temple, in the great comings and goings of many people, busy with their work: Priests and Levites taking turns to be on duty, the numerous devout people and pilgrims anxious to encounter the Holy God of Israel. Yet none of them noticed anything. Jesus was a child like the others, a first-born son of very simple parents. Even the priests proved incapable of recognising the signs of the new and special presence of the Messiah and Saviour. Alone two

elderly people, Simeon and Anna, discover this great newness. Led by the Holy Spirit, in this Child they find the fulfilment of their long waiting and watchfulness. Their prophetic attitude contains the entire Old Covenant which expresses the joy of the encounter with the Redeemer.
(Pope Benedict XVI)

From the parish newsletter:

CANDLEMAS

Tuesday is the Feast of the Presentation of Our Lord in the Temple and is the end of the Christmas season. There will be the Blessing of Candles with the Solemn Entrance before Mass at 9.30am in Holy Family Church.

Wednesday (3rd February) is the memorial of **St. Blaise, Bishop and Martyr.**

St Blaise was Bishop of Sivas in Armenia in the fourth century. In the Middle Ages veneration of him spread throughout the Church.

From the parish newsletter: The blessing of throats:

The traditional Blessing of St. Blaise will be given in a general form at the end of Mass on Wednesday.

Also the 3rd Feb is the memorial of **St. Ansgar, Bishop.**

Born in France at the beginning of the ninth century. He was educated in the monastery at Corbie and then in the year 826 he set out to preach the Gospel in Denmark. Meeting with little success he then went to Sweden. He was chosen to be Bishop of Hamburg and was confirmed in this position by Gregory IV who made him his legate for Denmark and Sweden. He endured many difficulties in his work of evangelisation but his spirit never failed. He died in the year 865.

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/>

Do please stay safe.

With my thoughts and prayers.

God bless

Shaun

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