



**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

Wednesday, January 06, 2021

Dear Friends,

Wishing you a Happy Solemnity of the Epiphany of the Lord.

You are in my thoughts and prayers.

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From the Sunday Missal:

*"Men and women of every generation need on their pilgrim journey to be directed: what star can we therefore follow? After coming to rest "over the place where the child was", the purpose of the star that guided the Magi ended, but its spiritual light is always present in the Word of the Gospel, which is still able today to guide every person to Jesus. This same Word, which is none other than the reflection of Christ, true man and true God, is authoritatively echoed by the Church for every well-disposed heart. The Church too, therefore, carries out the mission of the star for humanity. But something of the sort could be said of each Christian, called to illuminate the path of the brethren by word and example of life.*

(Pope Benedict XVI)

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The 7.30pm Mass this evening from Our Lady's for the Epiphany of the Lord will be live streamed:

The YouTube link is: <https://youtu.be/4Qt5dHOKpBc>

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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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**The Gifts of the Magi -By Cardinal Vincent Nichols**

<https://rcdow.org.uk/cardinal/news/the-gifts-of-the-magi/>

The coming of the Magi adds a thrilling dimension to the crib and to our appreciation of the

Nativity of our Blessed Lord. How well I remember a Carol Service in the Cathedral when a beautifully attired camel came up the aisle with attendants carrying flaming torches. The moment was full of elegance and haughtiness. It was flamboyant and autocratic.

Yet the Kings knelt before the child and, in the poem we heard, the camel, too, was humbled not only by the actions of its masters but by its own response to the Infant King.

We understand well the significance of the gifts brought by the Magi: gold for the King; frankincense for the presence of God; myrrh for the suffering to come. They were costly, precious gifts.

These represent the gifts that we too are to bring. So let's look at them a little more deeply, not least in their origins.

The origin of gold seems to be something that is still not entirely explained. I read that it is thought to have been present in the dust from which the solar system had been formed, the product of 'supernova nucleosynthesis', and from the collision of neutron stars. It is, therefore, something that arrives from very foundational elements and circumstances of the physical world.

Frankincense and myrrh are more easily understood. They both come from trees, from the sap of certain trees, which hardens into the resin which we recognise, in incense for example. Frankincense comes from a variety of trees, found in the Middle East and Somalia in particular. The trees are 'bled' so that the sap, the 'life blood' of the tree, oozes out, hardens and is collected. Myrrh comes from a rarer tree, in the same regions, and is produced only by a deeper wounding of the tree, repeated many times, in order to obtain its sap.

Like the Magi, we are to bring our gifts to our Saviour. Perhaps we can understand their symbolism for us in the light of their origins.

The gold we are to bring is our deepest reality, the furthest recesses of our being, so often hid from others and often from ourselves too. Only in the embrace of love do we dare to unwrap our innermost selves and let them be seen. This is the gold dust of our existence: the reality from which we have been formed. And it turns out to be written and understood in the language of love. The gold of my heart is love. The gift of my deepest self can be made only out of love and into love. The Infant Jesus is the eternal love of God who purifies my being and gives me new life. I bring my gold to him.

The frankincense we bring is our recognition of God, present in this child. Our frankincense, like that of nature, comes from the sap that arises within us and sustains our life. Here, in the presence of Jesus, we recognise that it is the mystery of God that flows through my being. It is the breath of the Holy Spirit that keeps me alive and restores my faltering spirit.

Sometimes we live by other gods. We can name them easily: those passing things which take too much of our attention, on which we pin too much of our hope. I can name mine. You can name yours, I'm sure.

Today we can seek to purify the raising of our minds and hearts and ensure that our prayer is truly addressed to the one God, and addressed primarily to give God our praise and worship. It is to God that this belongs; not to anyone or anything else. So let us bring our pure frankincense to the Lord Jesus.

The third gift is well described in the carol:

‘Myrrh is mine, its bitter perfume  
Breaths a life of gathering gloom  
Sorrowing, sighing, bleeding dying  
Sealed in the stone-cold tomb.’

Yes, myrrh is presented to the Lord to signal his future suffering and death. And we remember that it is produced by the repeated wounding of the tree. Our gift of myrrh, then, comes precisely from the events of suffering in our own lives. When we are wounded then something of us is taken away. We are left enfeebled, weary, anxious. It can take a long time to recover. But the gift of myrrh reminds us that we can make a gift of our woundedness, of our suffering. This too we bring to the Infant in the crib, not as a pointer to his future suffering but as our contribution to it, our offering by which we wish to be united to him. This we can do individually and as a community. We offer to the Lord the pain we cause and the pain we live through. They are often intertwined.

How often, when we are in the midst of pain or suffering, we are advised to ‘offer it up’. This sound advice is made so clear in this gift of myrrh. The wise person not only kneels before the Divine Child, not only offers their gold and frankincense, but also their myrrh, all that has bled out of them in the course of pain and suffering.

Then our gifts are complete. Our gifts, too, are costly and given purely out of love.

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**Bishop Alan Hopes** has talked about his story of faith, his conversion to the Catholic Church and life as a bishop on the Ignite First Fridays YouTube show.

(<https://www.rcdea.org.uk/bishop-alan-talks-about-his-story-of-faith/>)

The link to the YouTube video on this is: [https://youtu.be/12PoEJl\\_E9Q](https://youtu.be/12PoEJl_E9Q)

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Please may I ask for your prayers for Monsignor Mark Langham (Chaplain of Fisher House, the Catholic Chaplaincy at the University of Cambridge and former administrator of Westminster Cathedral) who has entered hospice care.

Fisher House is near to my work place at the University so since my time working/commuting to Cambridge-I have met with Mgr Mark for spiritual direction and occasionally went to Mass at Fisher House-Mgr Mark was always most welcoming and a joy to talk with. During the first lockdown I had a Zoom call with him. I was saddened to learn this news.

Mgr Mark wrote a letter on the Fisher Society Facebook page a few days ago which has now been widely circulated and with a story published on the Tablet website yesterday:

<https://www.thetablet.co.uk/news/13728/prayers-for-much-loved-university-chaplain>

From: <https://www.facebook.com/groups/fishersociety>

*Dear Friends*

*It is now some time since I have been able to be with you at Fisher House, and many of you will know that there are health reasons for my withdrawal on sabbatical. I have been struggling now with cancer for some years; Addenbrookes hospital has given me wonderful treatment that has enabled me lead a full and active ministry among you.*

*Over the Christmas season, however, the cancer has returned in a form resistant to chemotherapy, and I have been told to prepare for the end - specifically, moving from major medical intervention to a new phase where I can be made comfortable and pain-free. Accordingly, I shall be moving shortly from Addenbrookes to a hospice where I can be cared for.*

*I have had a wonderful and varied ministry and priesthood, and undertaken extraordinary tasks, but none has thrilled and delighted me like the chaplaincy at Fisher House. The opportunity to encounter and influence the finest young people, to be fired by your enthusiasm and holiness, and to build the wider community, has given me great hope for the future of the Church and of our society. Thank you for this wonderful experience. You will appreciate that this is a period when I need to rest and be at peace - therefore I would ask for no fuss, or messages. I am a firm believer in the communion of saints, and it is your love and prayers that will sustain me most at this time.*

*With love and prayers for you all*

*Fr Mark.*

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The link to our YouTube channel is:

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

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Details of parish website:

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

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God bless

Shaun

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