



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

**Deacon
Shaun Morrison's
Bulletin**

Sunday June 13, 2021

Dear Friends,

I hope you are well.

Today is the 11th Sunday in Ordinary Time.

"It is good to give you thanks, O Lord."

It is Psalter Week 3 for the Divine Office.

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

https://youtu.be/_o-vlIMurps

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 treatise of St Cyprian on the Lord's Prayer.

Let prayer be made by a humble heart

Let our speech and our petition be kept under discipline when we pray, and let us preserve quietness and modesty – for, remember, we are standing in God's sight. We must please God's eyes both with the movements of our body and with the way we use our voices. For just as a shameless man will be noisy with his cries, so it is fitting for the modest to pray in a moderate way. Furthermore, the Lord has taught us to pray in secret, in hidden and remote places, in our own bed-chambers – and this is most suitable for faith, since it shows us that God is everywhere and hears and sees everything, and in the fullness of his majesty is present even in hidden and secret places, as it is written I am a God close at hand and not a God far off. If a man hides himself in secret places, will I not see him? Do I not fill the whole of heaven and earth?, and, again, The eyes of God are everywhere, they see good and evil alike.

When we meet together with the brethren in one place, and celebrate divine sacrifices with God's priest, we should remember our modesty and discipline, not to broadcast our prayers at the tops of our voices, nor to throw before God, with undisciplined long-windedness, a petition that would be better made with more modesty: for after all God does not listen to the voice but to the heart, and he who sees our thoughts should not be pestered by our voices, as the Lord proves when he says: Why do you think evil in your hearts? – or again, All the churches shall know that it is I who test your motives and your thoughts.

In the first book of the Kings, Hannah, who is a type of the Church, observes that she prays to God not with loud petitions but silently and modestly within the very recesses of her heart. She spoke with hidden prayer but with manifest faith. She spoke not with her voice but with her heart, because she knew that that is how God hears, and she received what she sought because she asked for it with belief. The divine Scripture asserts this when it says: She spoke in her heart, and her lips moved, and her voice was not audible; and God listened to her. And we read in the Psalms: Speak in your hearts and in your beds, and be pierced. Again, the Holy Spirit teaches the same things through Jeremiah, saying: But it is in the heart that you should be worshipped, O Lord.

Beloved brethren, let the worshipper not forget how the publican prayed with the Pharisee in the temple – not with his eyes boldly raised up to heaven, nor with hands held up in pride; but beating his breast and confessing the sins within, he implored the help of the divine mercy. While the Pharisee was pleased with himself, it was the publican who deserved to be sanctified, since he placed his hope of salvation not in his confidence of innocence – since no-one is innocent – but he prayed, humbly confessing his sins, and he who pardons the humble heard his prayer.

Icon of St. Joseph

The Icon of St. Joseph with Mary & Jesus which was blessed at the Mass on March 19th in the cathedral to mark the Year of St Joseph and of the Family is on its journey around the parishes of the Diocese, in a programme that will end back at the cathedral on March 19th 2022.

The Icon has now arrived in Our Parish for this week.

Here is a Photo of the Icon taken before Mass last evening at Our Lady's:

The Icon will be at Holy Family this morning for the 9.30am Mass and will return to Our Lady's for the 11.30am Mass.



A Prayer from Pope Francis' Apostolic Letter:

Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted his only Son;
 in you Mary placed her trust;
with you Christ grew to maturity.
 Blessed Joseph, to us too,
 show yourself a father
and guide us in the path of life.
Obtain for us grace, mercy, and courage,
 and defend us from every evil.
Amen.

The link to our YouTube channel is:

<https://www.youtube.com/channel/UC8V030I7usRZiKoTlwBAKg>

And the link to our Parish Website:

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

God bless

Shaun

Deacon Shaun Morrison
