



**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 30, 2021

Dear Friends,

I hope you are well & enjoying the bank holiday weekend & the sunshine.

Today is the Solemnity of the Most Holy Trinity.

It is Psalter Week 1 for the Divine Office.

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

<https://youtu.be/rO7TVCrpluU>

---

**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 letters of St Athanasius**

*Light, splendour, grace in the Trinity and from the Trinity*

It will not be out of place to consider the ancient tradition, teaching and faith of the Catholic Church, which was revealed by the Lord, proclaimed by the apostles and guarded by the fathers. For upon this faith the Church is built, and if anyone were to lapse from it, he would no longer be a Christian either in fact or in name.

We acknowledge the Trinity, holy and perfect, to consist of the Father, the Son and the Holy Spirit. In this Trinity there is no intrusion of any alien element or of anything from outside, nor is the Trinity a blend of creative and created being. It is a wholly creative and energising reality, self-consistent and undivided in its active power, for the Father makes all things through the Word and in the Holy Spirit, and in this way the unity of the holy Trinity is preserved. Accordingly, in the Church, one God is preached, one God who is above all things and through all things and in all things. God is above all things as Father, for he is principle

and source; he is through all things through the Word; and he is in all things in the Holy Spirit.

Writing to the Corinthians about spiritual matters, Paul traces all reality back to one God, the Father, saying: Now there are varieties of gifts, but the same Spirit; and there are varieties of service but the same Lord; and there are varieties of working, but it is the same God who inspires them all in everyone.

Even the gifts that the Spirit dispenses to individuals are given by the Father through the Word. For all that belongs to the Father belongs also to the Son, and so the graces given by the Son in the Spirit are true gifts of the Father. Similarly, when the Spirit dwells in us, the Word who bestows the Spirit is in us too, and the Father is present in the Word. This is the meaning of the text: My Father and I will come to him and make our home with him. For where the light is, there also is the radiance; and where the radiance is, there too are its power and its resplendent grace.

This is also Paul's teaching in his second letter to the Corinthians: The grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all. For grace and the gift of the Trinity are given by the Father through the Son in the Holy Spirit. Just as grace is given from the Father through the Son, so there could be no communication of the gift to us except in the Holy Spirit. But when we share in the Spirit, we possess the love of the Father, the grace of the Son and the fellowship of the Spirit himself.

---

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 going to be prayed today & tomorrow:

Date	Shrine	Country	Continent	Prayer Intention
30	The Pontifical Shrine of the Blessed Virgin of the Holy Rosary of Pompeii	Italy	Europe	For the Church
31	<u>The Vatican Gardens</u>	Vatican City State	Europe	For the end of the pandemic and the resumption of our social and economic life

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/>

---

God bless

Shaun

**Deacon Shaun Morrison**

**07880 600094**

---