



**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, March 21, 2021

Dear Friends,

Good morning to you.

I hope you are well.

Today is the Fifth Sunday of Lent.

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/IuUDM0fafgA>

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 Easter letters of St Athanasius

We keep the Lord's feast which is coming, not in word but in action

The Word who became all things for us is close to us, our Lord Jesus Christ who promises to remain with us always. He cries out, saying: "See, I am with you all the days of this age." He is himself the shepherd, the high priest, the way and the door, and has become all things at once for us. In the same way, he has come among us as our feast and holy day as well. The blessed Apostle says of him who was awaited: "Christ has been sacrificed as our Passover." It was Christ who shed his light on the psalmist as he prayed: "You are my joy, deliver me from those surrounding me." True joy, genuine festival, means the casting out of wickedness. To achieve this one must live a life of perfect goodness and, in the serenity of the fear of God, practise contemplation in one's heart.

This was the way of the saints, who in their lifetime and at every stage of life rejoiced as at a feast. Blessed David, for example, not once but seven times rose at night to win God's favour through prayer. The great Moses was full of joy as he sang God's praises in hymns of victory for the defeat of Pharaoh and the oppressors of the Hebrew people. Others had hearts filled always with gladness as they performed their sacred duty of worship, like the great Samuel

and the blessed Elijah. Because of their holy lives they gained freedom, and now keep festival in heaven. They rejoice after their pilgrimage in shadows, and now distinguish the reality from the promise.

When we celebrate the feast in our own day, what path are we to take? As we draw near to this feast, who is to be our guide? Beloved, it must be none other than the one whom you will address with me as our Lord Jesus Christ. He says: "I am the way." As blessed John tells us: it is Christ "who takes away the sin of the world." It is he who purifies our souls, as the prophet Jeremiah says: "Stand upon the ways; look and see which is the good path, and you will find in it the way of amendment for your souls."

In former times the blood of goats and the ashes of a calf were sprinkled on those who were unclean, but they were able to purify only the body. Now through the grace of God's Word everyone is made abundantly clean. If we follow Christ closely we shall be allowed, even on this earth, to stand as it were on the threshold of the heavenly Jerusalem, and enjoy the contemplation of that everlasting feast, like the blessed apostles, who in following the Saviour as their leader, showed, and still show, the way to obtain the same gift from God. They said: "See, we have left all things and followed you." We too follow the Lord, and we keep his feast by deeds rather than by words.

(Source: <https://universalis.com/europe.english.eastanglia/20210314/readings.htm>)

From the Sunday Missal for today:

In the imminence of his Passion Jesus declared "Unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit" (Jn 12:24). Now is no longer the time for words and discourses; indeed the crucial hour has come for which the Son of God came into the world and although his soul is troubled, he makes himself available to fulfil the Father's will to the end. And this is the will of God: to give eternal life to us who have lost it. However, in order for this to be brought about Jesus dies, like a grain of wheat that God the Father has sown into the world. Indeed, only in this way can a new humanity germinate and grow, free from the dominion of sin and able to live in brotherhood, as sons and daughters of the one Father who is in heaven.

We now enter into Passiontide:

Passiontide is a name for the last two weeks of Lent, beginning on the Fifth Sunday of Lent, and ending on Holy Saturday.

The Thursday Talks during Lent have been on the Liturgy in Sign and Symbol with last Thursday being the concluding talk.

All five talks can be viewed on YouTube and the links are:

From 18 February

"Hocus, pocus and up pops Jack" Devotion to the Blessed Sacrament

<https://youtu.be/oLUAYkJMsrs>

From 25 February

"Knees bend, arms stretch, rah, rah, rah!"

Posture in the liturgy

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

From 4 March

“Come on in, the water’s lovely!” - Holy Water

<https://youtu.be/KYPk8zEk76A>

From 11 March

“Holy Smoke!” - Incense

<https://youtu.be/O7YIKe7YzPo>

From 18 March

“More glorious than Solomon” - Vestments

<https://youtu.be/QRTG5bFMHD4>

From the Parish Newsletter:

Tuesday is a National Day of Reflection on the first anniversary of the Covid 19 lockdown. It is an opportunity to remember all those who have died or suffered from Covid and all those who have worked tirelessly in our hospitals, GP surgeries, Care homes, Pharmacies and laboratories and so many others. Our bishops have asked that we keep it as a day of prayer. In addition to the morning Mass and Stations of the Cross at Holy Family Church, Our Lady’s Church will be open for prayer all day and there will be Exposition of the Blessed Sacrament from 7 – 8pm.

From Catholic Bishops Conference website:

<https://www.cbcew.org.uk/make-national-day-of-reflection-on-pandemic-a-day-of-prayer/>:

The President and Vice President of the Catholic Bishops’ Conference of England and Wales have urged the faithful to make the National Day of Reflection on COVID-19 a day of prayer as well as a day of reflection. Tuesday 23 March, the anniversary of the first national lockdown, will be marked with a minute’s silence at midday. At 8pm, people are encouraged to create a ‘beacon of remembrance’ on their doorsteps by beaming phones, candles and torches into the night sky. Prominent buildings and landmarks will also be lit up across the UK. Cardinal Nichols and Archbishop McMahon stress that prayer is an essential part of this reflection and remembrance: For all who live by faith in God, reflection and prayer always go hand in hand. Prayer completes reflection. Reflection informs prayer. Prayer opens our life to its true horizon. Without prayer we live in a foreshortened world and are more easily swamped by its clamour and tragedy. Throughout this difficult year, so many have been inspired by prayer, so much effort sustained in prayer, in every place. So let us make the 23 March truly a day of prayer.”

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

Deacon Shaun Morrison

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