Catholic Parish of King's Lynn

Church of Our Lady of the Annunciation
London Road, King's Lynn, Norfolk. PE30 5HQ

Holy Family Church
Field Lane, Gaywood, King's Lynn, Norfolk. PE30 4AY

DEACON SHAUN MORRISON'S WEEKLY BULLETIN

Sunday, March 01, 2026

Dear Friends,

Today is the Second Sunday of Lent.

'May your merciful love be upon us, as we hope in you, O Lord'

The link for the live stream of the **11.30am Mass from Our Lady's is:**
https://youtube.com/live/Es369hpdlQU?feature=share

From the Office of Readings for Lent Week 2 Sunday:
A reading from the sermons of Pope Leo the Great

The law was given through Moses, grace and truth came through Jesus Christ

The Lord reveals his glory in the presence of chosen witnesses. His body is like that of the rest of mankind, but he makes it shine with such splendour that his face becomes like the sun in glory, and his garments as white as snow.

The great reason for this transfiguration was to remove the scandal of the cross from the hearts of his disciples, and to prevent the humiliation of his voluntary suffering from disturbing the faith of those who had witnessed the surpassing glory that lay concealed.

With no less forethought he was also providing a firm foundation for the hope of holy Church. The whole body of Christ was to understand the kind of transformation that it would receive as his gift: the members of that body were to look forward to a share in that glory which first blazed out in Christ their head.

The Lord had himself spoken of this when he foretold the splendour of his coming: *Then the just will shine like the sun in the kingdom of their Father.* Saint Paul the apostle bore witness to this same truth when he said: *I consider that the sufferings of the present time are not to be compared to the future glory that is to be revealed in us.* In another place he says: *You are dead, and your life is hidden with Christ in God. When Christ, your life, is revealed, then you also will be revealed with him in glory.*

This marvel of the transfiguration contains another lesson for the apostles, to strengthen them and lead them into the fullness of knowledge. Moses and Elijah, the law and the prophets, appeared with the Lord in conversation with him. This was in order to fulfil exactly, through the presence of these five men, the text which says: *Before two or three witnesses every word is ratified.* What word could be more firmly established, more securely based, than the word which is proclaimed by the trumpets of both old and new testaments, sounding in harmony, and by the utterances of ancient prophecy and the teaching of the Gospel, in full agreement with each other?

The writings of the two testaments support each other. The radiance of the transfiguration reveals clearly and unmistakably the one who had been promised by signs foretelling him under the veils of mystery. As Saint John says: *The law was given through Moses, grace and truth came through Jesus*

Christ. In him the promise made through the shadows of prophecy stands revealed, along with the full meaning of the precepts of the law. He is the one who teaches the truth of the prophecy through his presence, and makes obedience to the commandments possible through grace.

In the preaching of the holy Gospel all should receive a strengthening of their faith. No one should be ashamed of the cross of Christ, through which the world has been redeemed.

No one should fear to suffer for the sake of justice; no one should lose confidence in the reward that has been promised. The way to rest is through toil, the way to life is through death. Christ has taken on himself the whole weakness of our lowly human nature. If then we are steadfast in our faith in him and in our love for him, we win the victory that he has won, we receive what he has promised.

When it comes to obeying the commandments or enduring adversity, the words uttered by the Father should always echo in our ears: *This is my Son, the beloved, in whom I am well pleased; listen to him.*

Responsory

℟. You have come to Jesus, the mediator who brings a new covenant. Make sure that you never refuse to listen when he speaks.* The people who refused to listen to him on earth could not escape their punishment: then how shall we escape if we turn away from his voice that warns us from heaven?

℣. O that today you would listen to his voice: harden not your hearts.* The people who refused to listen to him on earth could not escape their punishment: then how shall we escape if we turn away from his voice that warns us from heaven?

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Tuesday 3rd March-Lent Station Mass

From the Parish Newsletter:

On Tuesday Bishop Peter will be celebrating Mass with the priests and deacons of the Deanery at **7.00pm in Holy Family Church. From 6pm there will be Exposition of the Blessed Sacrament with several priests available for Confessions.**

After Mass there will be simple refreshments available in the Narthex. Volunteers to help with this will be appreciated.

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HOLY HOUR

Our monthly time of prayer for Vocations in our diocese is on Friday this week with Exposition of the Blessed Sacrament from 7pm at Our Lady's Church.

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The link to our YouTube channel is:
Our Lady's King's Lynn TV - YouTube

And the link to our Parish Website:
The Catholic Parish of King's Lynn

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God bless,

Shaun

Deacon Shaun Morrison

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