



# 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 29, 2026 - Holy Week

Dear Friends,

One of two emails from me this weekend.

Firstly a reminder that the **clocks go forward an hour** at 1am on Sunday morning. British Summer Time begins!

Do remember to put your clocks forward an hour before you retire on Saturday evening particularly for those of you who attend the 9.30am Mass or you will find yourselves turning up at the end of Mass!

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Secondly as we prepare ourselves for Holy Week I wanted to share with you a reading from a sermon **by St. Gregory Nazianzen from the Office of Readings from Lent: Week 5, Saturday:**

*We are soon going to share in the Passover*

We are soon going to share in the Passover, and although we still do so only in a symbolic way, the symbolism already has more clarity than it possessed in former times because, under the law, the Passover was, if I may dare to say so, only a symbol of a symbol.

Before long, however, when the Word drinks the new wine with us in the kingdom of his Father, we shall be keeping the Passover in a yet more perfect way, and with deeper understanding. He will then reveal to us and make clear what he has so far only partially disclosed.

For this wine, so familiar to us now, is eternally new.

It is for us to learn what this drinking is, and for him to teach us.

He has to communicate this knowledge to his disciples, because teaching is food, even for the teacher.

So let us take our part in the Passover prescribed by the law, not in a literal way, but according to the teaching of the Gospel; not in an imperfect way, but perfectly; not only for a time, but eternally.

Let us regard as our home the heavenly Jerusalem, not the earthly one; the city glorified by angels, not the one laid waste by armies. We are not required to sacrifice young bulls or rams, beasts with horns and hoofs that are more dead than alive and devoid of feeling; but instead, let us join the choirs of angels in offering God upon his heavenly altar a sacrifice of praise.

We must now pass through the first veil and approach the second, turning our eyes towards the Holy of Holies. I will say more: we must sacrifice ourselves to God, each day and in everything we do, accepting all that happens to us for the sake of the Word, imitating his passion by our sufferings, and honouring his blood by shedding our own. We must be ready to be crucified.

If you are a Simon of Cyrene, take up your cross and follow Christ.

If you are crucified beside him like one of the thieves, now, like the good thief, acknowledge your God. For your sake, and because of your sin, Christ himself was regarded as a sinner; for his sake, therefore, you must cease to sin.

Worship him who was hung on the cross because of you, even if you are hanging there yourself. Derive some benefit from the very shame; purchase salvation with your death.

Enter paradise with Jesus, and discover how far you have fallen. Contemplate the glories there, and leave the other scoffing thief to die outside in his blasphemy.

If you are a Joseph of Arimathea, go to the one who ordered his crucifixion, and ask for Christ's body. Make your own the expiation for the sins of the whole world.

If you are a Nicodemus, like the man who worshipped God by night, bring spices and prepare Christ's body for burial.

If you are one of the Marys, or Salome, or Joanna, weep in the early morning. Be the first to see the stone rolled back, and even the angels perhaps, and Jesus himself



**And thirdly Palm Sunday Mass times:**

**Saturday 28th** 6pm Mass at Our Lady's Church.

**Sunday 29th**

9.30am Mass at Holy Family Church .

11.30am at Our Lady's Church.

11.30am Holy Qurbana at Holy Family Church.

Also at:

4pm Vespers and Benediction at Our Lady's Church.



And finally:

## **PILGRIM CROSS**

On Wednesday (1st April) two groups of pilgrims carrying their crosses to Walsingham will be staying in Holy Family Church and two other groups will be staying in Our Lady Church. Both groups will be given an evening meal and anyone who would like to help will be very welcome. Please speak to any of the Clergy Team for further details.

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God bless,

***Shaun***

**Deacon Shaun Morrison**  
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**THE SECOND EMAIL  
"PALM SUNDAY"  
FOLLOWS.....**



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Sunday, March 29, 2026 - Palm Sunday

Dear Friends,

Today is Palm Sunday which begins the most important week of the Church's year- Holy week where we journey together towards the glory of the cross. Our celebration of Jesus' triumphant entry into Jerusalem is not the mere commemoration of a historical event but a mystery which we truly enter into. Through the mystery of the liturgy the drama of Jesus's Passion comes into our lives and we become participants in the drama of our salvation. It is a holy and sacred time in which we deepen our understanding and enter the mystery and glory of the cross.

With Mary, Mother of us all, we take our place at the Cross.

The 11.30am Mass from Our Lady's will be livestreamed and the link to our YouTube channel is:

[Our Lady's King's Lynn TV - YouTube](#)

### From the Sunday Missal for today:

*From Redemptorist Publications Missal:*

Jesus is King!

The triumphal entry of Jesus into Jerusalem gives way to his passion and death. Yet within a few days Jesus will rise triumphant from the dead. He is the firm ground of our hope that all sufferings in this life are overcome in the power of his Resurrection.

*From the Hodder & Stoughton Sunday Missal:*

We see joy and sorrow as the Lord enters Jerusalem with cries of 'Hosanna' and hears cries of 'Let him be crucified' from the crowd. Every Holy week is an opportunity to

deepen our Love for God, and be reminded of the lengths that he goes to both in showing us his love and giving us the means by which we love him. We must not waste this.

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### From the Office of Readings for Palm Sunday.

A reading from the addresses of St Andrew of Crete.

*Blessed is he who comes in the name of the Lord; blessed is the King of Israel.*

Let us go together to meet Christ on the Mount of Olives. Today he returns from Bethany and proceeds of his own free will towards his holy and blessed passion, to consummate the mystery of our salvation. He who came down from heaven to raise us from the depths of sin, to raise us with himself, we are told in Scripture, above every sovereignty, authority and power, and every other name that can be named, now comes of his own free will to make his journey to Jerusalem. He comes without pomp or ostentation. As the psalmist says: He will not dispute or raise his voice to make it heard in the streets. He will be meek and humble, and he will make his entry in simplicity.

Let us run to accompany him as he hastens towards his passion, and imitate those who met him then, not by covering his path with garments, olive branches or palms, but by doing all we can to prostrate ourselves before him by being humble and by trying to live as he would wish. Then we shall be able to receive the Word at his coming, and God, whom no limits can contain, will be within us.

In his humility Christ entered the dark regions of our fallen world and he is glad that he became so humble for our sake, glad that he came and lived among us and shared in our nature in order to raise us up again to himself. And even though we are told that he has now ascended above the highest heavens – the proof, surely, of his power and godhead – his love for man will never rest until he has raised our earthbound nature from glory to glory, and made it one with his own in heaven.

So let us spread before his feet, not garments or soulless olive branches, which delight the eye for a few hours and then wither, but ourselves, clothed in his grace, or rather, clothed completely in him. We who have been baptised into Christ must ourselves be the garments that we spread before him. Now that the crimson stains of our sins have been washed away in the saving waters of baptism and we have become white as pure wool, let us present the conqueror of death, not with mere branches of palms but with the real rewards of his victory. Let our souls take the place of the welcoming branches as we join today in the children's holy song: Blessed is he who comes in the name of the Lord. Blessed is the king of Israel.

### ***Responsory***

℞. When the people heard that Jesus was on his way to Jerusalem, they went out to meet him. Great crowds of people spread their cloaks on the road while others spread branches in his path, and they shouted,\* Hosanna to the Son of David! Blessings on him who comes in the name of the Lord!

℣. The crowds who went in front of him and those who followed all shouted aloud,\* Hosanna to the Son of David! Blessings on him who comes in the name of the Lord!

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God bless,

***Shaun***

**Deacon Shaun Morrison**