



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, February 25, 2024

Dear Friends,

Today is the Second Sunday of Lent.

"I will walk in the presence of the Lord in the land of the living"

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

https://www.youtube.com/live/SN_qag4cbiM?si=gZwloTUadhMcVn_m

The link for the live stream of the 2pm Ordinariate Mass is:

<https://www.youtube.com/live/RGdbzVawJrk?si=Dz3jQC6SQGEHRDJ>

DEANERY STATION MASS

Bishop Peter will be visiting the parish on Tuesday for the Deanery Lent Station Mass at Holy Family Church.

Please come in good numbers to welcome him for what will be his first Mass in the parish.

**6pm Exposition of the Blessed Sacrament and Confessions.
7pm Pontifical Mass.**

Followed by a light supper in the Narthex.

From the Office of Readings for the Second Sunday of Lent:

A reading from the sermons of Pope St. 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

- R. 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?
- V. 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?

A podcast From the Bishops' Conference of England and Wales:

[Why the Lord's Prayer is so important to us - Catholic Bishops' Conference](#)

The focus of this Catholic News podcast is the Year of Jubilee in 2025, and the preparation year preceding it that we're currently living – the Year of Prayer.

Pope Francis wants the Church to be prepared for the Jubilee Year with a particular focus on prayer, and what better prayer to use than the 'Our Father' that Jesus taught us.

During Lent, we are offering a five-week course designed to help us deepen our understanding of the Lord's Prayer called We Dare To Say.

Father Jan Nowotnik, Director of Mission for the Catholic Bishops' Conference of England and Wales talks to us about how important a prayer the Lord's Prayer is to us as Christians:

"There is a line in the Our Father that is a prayer of petition, 'Give us this day our daily bread'.

When I pray that line, I'm saying, 'Give me today, Lord, just what I need – just for this day'. In the midst of some of the trials and tribulations of life, but also the joys, it's about realising that I put my hope in the Lord who gives me everything that I need – the Lord whose kingdom is in heaven.

"'Give us this day our daily bread'. Why? So that we can joyfully trust and hope in Him, but also so that we can forgive each other, so that we can put right some of those wrongs. Which takes us back to the major theme of a Jubilee year taken from the book of Leviticus – allowing the land to grow fallow, allowing that time of tranquillity and peace, so that we can rid each other of the debts that often occur when we don't forgive each other, when we're not kind and supportive to each other. To do that, you have to hope in the promises of the Lord – 'Give us this day our daily bread'."

You can listen to the podcast in the following link:

[Why the Lord's Prayer is so important to us - Catholic Bishops' Conference](#)

Stations of the Cross

Each Friday during Lent at 11.30am (Prior to 12 Noon Mass) at Our Lady's Church there is the opportunity for you to attend Stations of the Cross.

Daily Mass

Daily Mass times this week are:

Monday 26th February

7pm at Holy Family Church (Mass intention-Knights of St. Columba Intention)

Tuesday 27th February

7pm at Holy Family Church (Mass intention -Lent Station Mass)

Wednesday 28th February

12 noon at Our Lady's Church-(Mass intention-Thanksgiving-Alex James)

Thursday 29th February

9.30am at Holy Family Church (Mass intention-Holy Souls)

Friday 1st March

12 noon at Our Lady's Church - (Mass intention-Holy Souls)

Saturday 2nd March

10am at Holy Family Church (Mass intention-Holy Souls)

Friday 1st March is the Feast of St. David, Bishop. Patron of Wales.

(A Solemnity in Wales)

The Collect for St. David:

O God, who graciously bestowed on your Bishop Saint David of Wales the virtue of wisdom and the gift of eloquence and made him an example of prayer and pastoral zeal, grant that, through his intercession, your church may ever prosper and render you joyful praise. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

The earliest life of St David dates from five centuries after his death, probably in 589. He became eminent as abbot and bishop at the site now known as St David's, but formerly Mynyw, from which the present diocese of Menevia is named. He is credited with a monastic rule based on the example of the Eastern Fathers, and also with a Penitentiary. He was invited to preside at the synod of Llanddewi Brefi. Monks trained at his monastery evangelised South Wales and made foundations in Cornwall, Brittany and Ireland. St David is said to have sent a Mass rite to Ireland. At his death his contemporary St Kentigern, founder of St Asaph's in North Wales, witnessed in vision his joyful entrance into the joy of his Lord. His holy relics have been found hidden in the fabric of St David's Cathedral, where they are carefully preserved. He was canonised by Pope Callistus II in 1123.

(Source: <https://universalis.com/europe.england.eastanglia/20210301/today.htm>)



From Historic UK:

March 1st is St. David's Day, the national day of Wales and has been celebrated as such since the 12th Century. Today the celebrations usually involve the singing of traditional songs followed by a Te Bach, a tea with bara brith (famous Welsh fruited bread) and teisen bach (Welsh cake).

(Source: <https://www.historic-uk.com/HistoryUK/HistoryofWales/St-David-Patron-Saint-of-Wales/>)

1st March is also the World Day of Prayer.

The World Day of Prayer, formerly the Women's World Day of Prayer, is the largest, global, women-led ecumenical movement. The initiative, led by Christian women, encourages us to join in prayer and action for peace and justice.

<https://www.wwdp.org.uk/>

The link to our YouTube channel is:

<https://www.youtube.com/channel/UC8V030I7usRZiKoTlrwBAKq>

And the link to our Parish Website:

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

God bless

Shaun

Deacon Shaun Morrison
