



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 15, 2026



Dear Friends,

Today is the Fourth Sunday of Lent. **Laetare Sunday.**

The day's theme comes from the entrance antiphon "Rejoice, Jerusalem, and all who love her"

Laetare is the first word — meaning "rejoice" — in the Latin text. On Laetare Sunday (as similarly with the Third Sunday of Advent's Gaudete Sunday) the Church expresses hope and joy in the midst of our Lenten fasts and penances.

The Entrance Antiphon:

Rejoice, Jerusalem, and all who love her.
Be joyful, all who were in mourning; exult and be satisfied at her consoling breast. Cf. Isaiah 66:10-11

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

<https://youtube.com/live/5zdU2IDXSyk?feature=share>

From the Office of Readings for Lent Week 4 Sunday:

A reading from the homilies of St. Augustine on St. John's Gospel.

Christ is the way to light, to truth, to life

The Lord tells us: *I am the light of the world; he who follows me will not walk in darkness, but will have the light of life.* In these few words he gives a command and makes a promise. Let us do what he commands so that we may not blush to covet what he promises and to hear him say on the day of judgement: "I laid down certain conditions for obtaining my promises. Have you fulfilled them?" If you say: "What did you command, Lord our God?" he will tell you: "I commanded you to follow me. You asked for advice on how to enter into life. What life, if not the life about which it is written: *With you is the fountain of life?*"

Let us do now what he commands. Let us follow in the footsteps of the Lord. Let us throw off the chains that prevent us from following him. Who can throw off these shackles without the aid of the one addressed in these words: *You have broken my chains?* Another psalm says of him: *The Lord frees those in chains, the Lord raises up the downcast.*

Those who have been freed and raised up follow the light. The light they follow speaks to them: *I am the light of the world; he who follows me will not walk in darkness.* The Lord gives light to the blind. Brethren, that light shines on us now, for we have had our eyes anointed with the eye-salve of faith. His saliva was mixed with earth to anoint the man born blind. We are of Adam's stock, blind from our birth; we need him to give us light. He mixed saliva with earth, and so it was prophesied: *Truth has sprung up from*

the earth. He himself has said: *I am the way, the truth and the life.*

We shall be in possession of the truth when we see face to face. This is his promise to us. Who would dare to hope for something that God in his goodness did not choose to promise or bestow?

We shall see face to face. The Apostle says: *Now I know in part, now obscurely through a mirror, but then face to face.* John the Apostle says in one of his letters: *Dearly beloved, we are now children of God, and it has not yet been revealed what we shall be. We know that when he is revealed we shall be like him, for we shall see him as he is.* This is a great promise.

If you love me, follow me. "I do love you," you protest, "but how do I follow you?" If the Lord your God said to you: "I am the truth and the life," in your desire for truth, in your love for life, you would certainly ask him to show you the way to reach them. You would say to yourself: "Truth is a great reality, life is a great reality; if only it were possible for my soul to find them!"

You ask how to follow him? Listen to what he said before anything else: "I am the way". So before he told you where to go, he told you how. "I am the way," he said. The way where? "The truth and the life". First he told you how to go, then where you were going. "I am the way, the truth and the life". At one with the Father, he is the truth and the life; taking on flesh, he becomes the way.

You are not being told, "Labour to find the way by which you can come to truth and life". That is not it at all. Do not be sluggish! Get up! The way has itself come to you, it has woken you from sleep. So since you have been woken from sleep, get up and walk.

Or perhaps you are indeed trying to walk but cannot do it, because your feet hurt. Why are your feet hurting? Has avarice caused you to run over rough ground? The word of God heals even the lame. Or perhaps your feet are sound but you cannot see the way to follow. Even so: he gives sight even to the blind.

Responsory

- ℟. I hate the ways of falsehood.* Your word is a lamp for my steps, and a light for my path.
- ℣. Lord, to whom shall we go? You have the message of eternal life.* Your word is a lamp for my steps, and a light for my path.
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Happy Mothering Sunday.

The Original Mothering Sunday

Mothering Sunday began as an explicitly religious event of the 16th Century, with no connection to mothers at all. The word "mothering" referred to the "mother church", which is to say the main church or cathedral of the region. It became a tradition that, on the fourth Sunday of Lent, people would return to their mother church for a special service. This pilgrimage was apparently known as "going a-mothering", and became something of a holiday event, with domestic servants traditionally given the day off to visit their own families as well as their mother church.



One of the tastiest traditions of Mothering Sunday was the baking of Simnel cake. Often regarded as a purely Easter-related confection, this rich fruit cake is also tied to Mothering Sunday, as a bit of indulgence to make up for the general austerity of Lent (and a nice home-baked present to take home to your mother). Consisting of layers of cake and marzipan, a traditional Simnel cake also reflects the religious overtones of the event by being adorned with 11 balls of

marzipan, representing all the disciples of Jesus, minus Judas.

Tuesday 17th March is the Feast Day of St. Patrick, Bishop. Patron of Ireland.

We give you thanks, almighty God, for sending Saint Patrick to preach your glory to the people of Ireland. Grant that we who are proud to call ourselves Christians may never cease to proclaim to the world the good news of salvation. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Thursday 19th March is the Solemnity of St. Joseph, Spouse of the Blessed Virgin Mary.

Mass is at 9.30am at Holy Family Church & there is a Sung Mass at 7pm at Our Lady's.

From the Office of Readings:

From a sermon by Saint Bernardine of Siena, Priest

The faithful foster-father and guardian

There is a general rule concerning all special graces granted to any human being. Whenever the divine favour chooses someone to receive a special grace, or to accept a lofty vocation, God adorns the person chosen with all the gifts of the Spirit needed to fulfil the task at hand.

This general rule is especially verified in the case of Saint Joseph, the foster-father of our Lord and the husband of the Queen of our world, enthroned above the angels. He was chosen by the eternal Father as the trustworthy guardian and protector of his greatest treasures, namely, his divine Son and Mary, Joseph's wife. He carried out this vocation with complete fidelity until at last God called him, saying: "Good and faithful servant enter into the joy of your Lord."

What then is Joseph's position in the whole Church of Christ? Is he not a man chosen and set apart? Through him and, yes, under

him, Christ was fittingly and honourably introduced into the world. Holy Church in its entirety is indebted to the Virgin Mother because through her it was judged worthy to receive Christ. But after her we undoubtedly owe special gratitude and reverence to Saint Joseph.

In him the Old Testament finds its fitting close. He brought the noble line of patriarchs and prophets to its promised fulfilment. What the divine goodness had offered as a promise to them, he held in his arms.

Obviously, Christ does not now deny to Joseph that intimacy, reverence and very high honour which he gave him on earth, as a son to his father. Rather we must say that in heaven Christ completes and perfects all that he gave at Nazareth.

Now we can see how the last summoning words of the Lord appropriately apply to Saint Joseph: "Enter into the joy of your Lord." In fact, although the joy of eternal happiness enters into the soul of a man, the Lord preferred to say to Joseph: "Enter into joy." His intention was that the words should have a hidden spiritual meaning for us. They convey not only that this holy man possesses an inward joy, but also that it surrounds him and engulfs him like an infinite abyss.

Remember us, Saint Joseph, and plead for us to your foster-child. Ask your most holy bride, the Virgin Mary, to look kindly upon us, since she is the mother of him who with the Father and the Holy Spirit lives and reigns eternally. Amen.

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](#)

God bless,

Shaun

Deacon Shaun Morrison