



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 10 May, 2026

Dear Friends,

Today is the Sixth Sunday of Easter.

'Cry out with joy to God, all the earth.'

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

[https://youtube.com/live/HmJT6CjoKOE?
feature=share](https://youtube.com/live/HmJT6CjoKOE?feature=share)

From the Sunday Missal:

The Holy Spirit restores us to life. Christ promised that he would send the Holy Spirit on his Church after his Resurrection. This is the source of our hope. Through the Spirit we can do great things in the Lord's name. In the Spirit we are healed and called to take part in the healing mission of the Church.

From the Office of Readings for EasterTide: Week 6: Sunday

A reading from the commentary of St. Cyril of Alexandria on the second letter to the Corinthians.

God has reconciled us through Christ and conferred upon us the ministry of reconciliation.

Those who have a sure hope, guaranteed by the Spirit, that they will rise again lay hold of what lies in the future as though it were already present. They say: "Outward appearances will no longer be our standard in judging other men. Our lives are all controlled by the Spirit now, and are not confined to this physical world that is subject

to corruption. The light of the Only-begotten has shone on us, and we have been transformed into the Word, the source of all life. While sin was still our master, the bonds of death had a firm hold on us, but now that the righteousness of Christ has found a place in our hearts we have freed ourselves from our former condition of corruptibility."

This means that none of us lives in the flesh any more, at least not in so far as living in the flesh means being subject to the weaknesses of the flesh, which include corruptibility. *Once we thought of Christ as being in the flesh, but we do not do so any longer, says Saint Paul. By this he meant that the Word became flesh and dwelt among us; he suffered death in the flesh in order to give all men life. It was in this flesh that we knew him before, but we do so no longer. Even though he remains in the flesh, since he came to life again on the third day and is now with his Father in heaven, we know that he has passed beyond the life of the flesh; for *having died once, he will never die again, death has no power over him any more. His death was a death to sin, which he died once for all; his life is life with God.**

Since Christ has in this way become the source of life for us, we who follow in his footsteps must not think of ourselves as living in the flesh any longer, but as having passed beyond it. Saint Paul's saying is absolutely true that *when anyone is in Christ he becomes a completely different person: his old life is over and a new life has begun.* We have been justified by our faith in Christ and the power of the curse has been broken. Christ's coming to life again for our sake has

put an end to the sovereignty of death. We have come to know the true God and to worship him in spirit and in truth, through the Son, our mediator, who sends down upon the world the Father's blessings.

And so Saint Paul shows deep insight when he says: *This is all God's doing: it is he who has reconciled us to himself through Christ.* For the mystery of the incarnation and the renewal it accomplished could not have taken place without the Father's will. Through Christ we have gained access to the Father, for as Christ himself says, no one comes to the Father except through him. *This is all God's doing, then. It is he who has reconciled us to himself through Christ, and who has given us the ministry of reconciliation.*

Responsory

- R.** We exult in God through our Lord Jesus,* through whom we have now been granted reconciliation, alleluia.
- V.** In him the complete being of God, by God's own choice, came to dwell. God chose to reconcile the whole universe to himself through him,* through whom we have now been granted reconciliation, alleluia.

Thursday 14th May is the Solemnity of the Ascension of the Lord. **(A Holyday of Obligation)**



Mass will be at 9.30am in Holy Family and 7.30pm in Our Lady's.

The YouTube link for the 7.30pm Mass from Our Lady's is:

<https://youtube.com/live/z7ogyw1DnS0?feature=share>

From the Office of Readings for the Ascension:

A reading from the sermons of Saint Augustine

No one has ever ascended into heaven except the one who descended from heaven

Today our Lord Jesus Christ ascended into heaven; let our hearts ascend with him. Listen to the words of the Apostle: If you have risen with Christ, set your hearts on the things that are above where Christ is, seated at the right hand of God; seek the things that are above, not the things that are on earth. For just as he remained with us even after his ascension, so we too are already in heaven with him, even though what is promised us has not yet been fulfilled in our bodies.

Christ is now exalted above the heavens, but he still suffers on earth all the pain that we, the members of his body, have to bear. He showed this when he cried out from above: Saul, Saul, why do you persecute me? and when he said: I was hungry and you gave me food.

Why do we on earth not strive to find rest with him in heaven even now, through the faith, hope and love that unites us to him? While in heaven he is also with us; and we while on earth are with him. He is here with us by his divinity, his power and his love. We cannot be in heaven, as he is on earth, by divinity, but in him, we can be there by love.

He did not leave heaven when he came down to us; nor did he withdraw from us when he went up again into heaven. The fact that he was in heaven even while he was on earth is borne out by his own statement: No one has

ever ascended into heaven except the one who descended from heaven, the Son of Man, who is in heaven.

These words are explained by our oneness with Christ, for he is our head and we are his body. No one ascended into heaven except Christ because we also are Christ: he is the Son of Man by his union with us, and we by our union with him are the sons of God. So the Apostle says: Just as the human body, which has many members, is a unity, because all the different members make one body, so is it also with Christ. He too has many members, but one body.

Out of compassion for us he descended from heaven, and although he ascended alone, we also ascend, because we are in him by grace. Thus, no one but Christ descended and no one but Christ ascended; not because there is no distinction between the head and the body, but because the body as a unity cannot be separated from the head.

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

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 Mass times taken from the Parish Newsletter:

Year A. Psalter week 2.		Diocesan cycle of prayer: St Philip Howard, Cambridge.	
Sixth Sunday of Easter, 10 May		Saturday 6.00pm Mass OL 9.30am Mass HF 11.30am Mass OL 11.30am Holy Qurbana HF 4.00pm Vespers and Benediction OL	People of the Parish Mark Fincham RIP Divine Healing for Mrs Genevieve
Monday 11 May	Easter Feria	12.00pm Mass OL	
Tuesday 12 May	Easter Feria	4.00pm Mass Queen Elizabeth Hospital	
Wednesday 13 May	Easter Feria	10.30am Mass Red Mount Chapel	
Thursday 14 May	Solemnity of The Ascension of the Lord	9.30am Mass HF 7.30pm Mass OL	
Friday 15 May	Easter Feria	11.00am Pilgrim Mass OL	Sr Mary Bertille Ezech DMMM RIP
Saturday 16 May	Easter Feria	10.00am Mass HF	
Seventh Sunday of Easter, 17 May World Communications Day. Second collection for the Catholic Communications Network.		Saturday 6.00pm Mass OL 9.30am Mass HF 11.30am Mass OL 11.30am Holy Qurbana HF 4.00pm Vespers and Benediction OL	People of the Parish Francis Sam
Confessions: Saturday 10.30am Holy Family Church. Saturday 5.00pm Our Lady's Church.			