



# 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 19, 2023

Dear Friends,

Today is the **Seventh Sunday in Ordinary Time.**

*"The Lord is compassion and love."*

It is Psalter Week 3 for the Divine Office.

The YouTube link for the 11.30am Mass at Our Lady's is:

[11.30 Our Lady's](#)

### From the Office of Readings:

**A reading from the Four Centuries on Charity by St Maximus the Confessor.**

*Without love everything is in vain.*

Charity is a right attitude of mind which prefers nothing to the knowledge of God. If a man possesses any strong attachment to the things of this earth, he cannot possess true charity. For anyone who really loves God prefers to know and experience God rather than his creatures. The whole set and longing of his mind is ever directed towards him.

For God is far superior to all his creation, since everything which exists has been made by God and for him. And so, in deserting God, who is beyond compare, for the inferior works of creation, a man shows that he values God, the author of creation, less than creation itself.

The Lord himself reminds us: *Whoever loves me will keep my commandments. And this is my commandment: that you love one another.* So the man who does not love his neighbour does not obey God's command. But one who does not obey his command cannot love God. A man is blessed if he can love all men equally. Moreover, if he truly loves God, he must love his neighbour absolutely. Such a man cannot hoard his wealth. Rather, like God himself, he generously gives from his own resources to each man according to his needs.

Since he imitates God's generosity, the only distinction he draws is the person's need. He does not distinguish between a good man and a bad one, a just man and one who is unjust. Yet his own goodness of will makes him prefer the man who strives after virtue to the one who is deprived.

A charitable mind is not displayed simply in giving money; it is manifested still more by personal service as well as by the communication of God's word to others. In fact, if a man's service towards his brothers is genuine and if he really

renounces worldly concerns, he is freed from selfish desires. For he now shares in God's own knowledge and love. Since he does possess God's love, he does not experience weariness as he follows the Lord his God. Rather, following the prophet Jeremiah, he withstands every type of reproach and hardship without even harbouring an evil thought towards any man.

For Jeremiah warns us: *Do not say: "We are the Lord's temple."* Neither should you say: *"Faith alone in our Lord Jesus Christ can save me."* By itself faith accomplishes nothing. *For even the devils believe and shudder.*

No, faith must be joined to an active love of God which is expressed in good works. The charitable man is distinguished by sincere and long-suffering service to his fellow man: it also means using things aright.

### Responsory

R. I give you a new commandment: love one another as I have loved you.\* Anyone who loves his brother lives in the light.

V. We can be sure that we know Christ only by keeping his commandments.\* Anyone who loves his brother lives in the light.



**Wednesday 22<sup>nd</sup> February is Ash Wednesday.**

*Ash Wednesday is the beginning of Lent and is a day of Fast and Abstinence.*

*Fasting means having only one main meal and binds all from the age of 18 to 59.*

*Abstinence means eating no meat (or another food for those who are vegetarian or vegan) and binds all over the age of 7 (except for the sick)*

**Mass is at  
9.30am at Holy Family Church  
&  
7.30pm at Our Lady's Church.**

**2.00pm at Holy Family Church School Liturgy of Ashes  
(not Mass)**

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

[7.30 Our Lady's Ash Wednesday](#)

## From the Office of Readings:

### A reading from the letter of Pope St Clement I to the Corinthians

#### Repent

Let us fix our attention on the blood of Christ and recognise how precious it is to God his Father, since it was shed for our salvation and brought the grace of repentance to all the world.

If we review the various ages of history, we will see that in every generation the Lord has *offered the opportunity of repentance* to any who were willing to turn to him. When Noah preached God's message of repentance, all who listened to him were saved. Jonah told the Ninevites they were going to be destroyed, but when they repented, their prayers gained God's forgiveness for their sins, and they were saved, even though they were not of God's people.

Under the inspiration of the Holy Spirit, the ministers of God's grace have spoken of repentance; indeed, the Master of the whole universe himself spoke of repentance with an oath: *As I live, says the Lord, I do not wish the death of the sinner but his repentance.* He added this evidence of his goodness: *House of Israel, repent of your wickedness. Tell the sons of my people: If their sins should reach from earth to heaven, if they are brighter than scarlet and blacker than sackcloth, you need only turn to me with your whole heart and say, "Father," and I will listen to you as a holy people.*

In other words, God wanted all his beloved ones to have the opportunity to repent and he confirmed this desire by his own almighty will. That is why we should obey his sovereign and glorious will and prayerfully entreat his mercy and kindness. We should be suppliant before him and turn to his compassion, rejecting empty works and quarrelling and jealousy which only lead to death.

Brothers, we should be humble in mind, putting aside all arrogance, pride and foolish anger. Rather, we should act in accordance with the Scriptures, as the Holy Spirit says: *The wise man must not glory in his wisdom nor the strong man in his strength nor the rich man in his riches. Rather, let him who glories glory in the Lord by seeking him and doing what is right and just.* Recall especially what the Lord Jesus said when he taught gentleness and forbearance. *Be merciful, he said, so that you may have mercy shown to you. Forgive, so that you may be forgiven. As you treat others, so you will be treated. As you give, so you will receive. As you judge, so you will be judged. As you are kind to others, so you will be treated kindly. The measure of your giving will be the measure of your receiving.*

Let these commandments and precepts strengthen us to live in humble obedience to his sacred words. As Scripture asks: *Whom shall I look upon with favour except the humble, peaceful man who trembles at my words?*

Sharing then in the heritage of so many vast and glorious achievements, let us hasten towards the goal of peace, set before us from the beginning. Let us keep our eyes firmly

fixed on the Father and Creator of the whole universe, and hold fast to his splendid and transcendent gifts of peace and all his blessings.

#### Responsory

- ℟. Let the wicked man abandon his way, the evil man his thoughts. Let him turn back to the Lord: he will take pity on him,\* for the Lord our God is all tenderness and compassion and ready to relent.
- ℣. The Lord takes no pleasure in the death of the sinner, but desires that he turn from his way and live;\* for the Lord our God is all tenderness and compassion and ready to relent.

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### Lent Station Mass

The Bishop will be coming to Holy Family Church on  
**Tuesday 7th March**  
for our Deanery Lent Station Mass.

Please note the times have changed from what I wrote about last week.

The new times are:

**6.00pm Exposition and confession**  
**7.00pm Mass**

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### The Divine Office

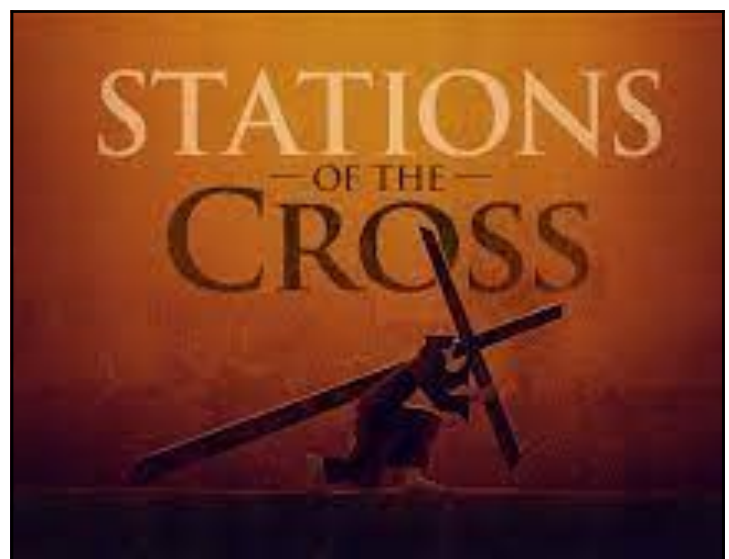
Morning Prayer (Lauds) is prayed in Holy Family Church on Thursdays at 9.15am and Saturdays at 9.45am

Evening Prayer (Vespers) is prayed in Our Lady's Church on Saturdays at 5.30pm and Sundays (with Benediction) at 4.00pm.

Books are provided.

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### Stations of the Cross



There will be Stations of the Cross **each Friday** during Lent at 11.30am in Our Lady's Church.

And on Thursday 23rd February- SVP will lead Stations of the Cross after the 9.30am Mass at Holy Family.

## Pope Francis

In his Message for Lent 2023, Pope Francis highlights the relationship between the Lenten journey and the synodal journey, which are both rooted in tradition and open to newness.

Personal and ecclesial 'transfiguration' is the goal of the ascetical journey of Lent, and similarly of the synodal process.

Pope Francis takes his inspiration from the Gospel account of the Transfiguration, proclaimed each year on the Second Sunday of Lent. As with the chosen disciples at the Transfiguration, Jesus "takes us with Him to a place apart" during the season of Lent.

"Lenten penance," he writes, "is a commitment, sustained by grace, to overcoming our lack of faith and our resistance to following Jesus on the way of the cross."

This requires effort, sacrifice, and concentration, which are also requirements for the Synodal Journey; and therefore we can say that "our Lenten journey is 'synodal' since we make it together along the same path, as disciples of the one Master."

Source: <https://www.cbcew.org.uk/pope-francis-our-lenten-journey-is-synodal/>

The link to the full message is:

[Pope Francis](#)

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The link to our YouTube channel is:

<https://www.youtube.com/channel/UC8V030I7usRZiKoTlwBAKq>

And the link to our Parish Website:

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

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God bless

**Shaun**

**Deacon Shaun Morrison**

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ASH  
WEDNESDAY



Remember that  
you are dust, and to  
dust you shall return.  
Ecclesiastes 3:20

Catholic.org

