



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 10, 2024

Dear Friends,

Today is the Fourth Sunday in 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 breasts."*

In Latin:

*"Laetare, Ierusalem,
Et conventum facite,
Omnes qui diligitis eam;
Gaudete cum laetitia,
qui in tristitia fuistis,
Ut exsultetis, et satiemini ab
Uberibus consolationis vestrae."*

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

<https://www.youtube.com/live/mm1tv7EAE78?si=YfPBhIFeQS-7H5hO>

From the Office of Readings for today:

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

(The Gospel of John 9:1-41 that is referred to in this Homily is read on the Fourth Sunday of Lent in Year A) **(We are currently Year B in the Lectionary)**

Christ is the way to the light, the truth and the 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: *Dear 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.

Pastoral Letter from Our Bishop:

Bishop Peter has released a video version of his pastoral message, to be read in parishes today on the Fourth Sunday of Lent – Laetare Sunday. The link to the video is:

<https://youtu.be/46MsCkA97uo?si=7KPdkbt8c7KthkQo>

Happy Mothering Sunday to all of you who are mothers.

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.

From the Bishops' Conference of England and Wales

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

Fourth Sunday of Lent Gospel reflection by Bishop Philip Moger, Auxiliary bishop in the Archdiocese of Southwark. (John 3:14-21)

What's in a name? Who was this Nicodemus in the gospel? What does his name mean? Elsewhere Jesus calls him a 'Teacher in Israel' and his name means 'Ruler' or 'Conqueror'. But Nicodemus isn't a major figure in the gospels; he's not mentioned much. He's more important for what/who he represents than in his own right. He is, in a sense, a ruler: he's an influential member of the Jewish establishment, and he certainly seems interested in Jesus and in what he has to say. St John uses him to stand for all those whose attraction to Jesus falls short of commitment in faith. His attitude is sincere, but a bit detached. Maybe he's similar to the rich young man whom Jesus meets elsewhere, the one who knows the Law, and who's prepared to follow Jesus up to a point, a sort of a la carte hanger-on, but not prepared to make a leap of faith. Now at this point, we might feel within us a growing unease. Isn't this, in its way, a description of us? If we're honest, don't we pick and mix a bit with our faith, with what God asks of us? I like this bit, I'll do that, I'll let you have this part of me, but don't ask me for that! If so, don't panic. It's more or less a description of everyone! Yet, at the heart of today's gospel, at the heart of the entire gospel is the love of God: God so loved the world that he gave his only Son. And as Holy Week approaches, we relive, once again, the saving events of Christ's suffering, death and resurrection, which gave us life and showed in an

unmistakable way how much we are loved. But this love isn't a passive thing, like oil poured over us, but something active, something which calls for a response in us. And what is this response? Belief. But belief isn't a notional thing, like saying 'I believe that certain types of whale are endangered species'. No, for John, it has less to do with knowledge, than with activity. It's a verb, a 'doing word'. When we say we believe, we commit ourselves to something. We try to live, to do God's word. If this seems daunting, let's take courage from St Paul: we are God's work of art. When God looks at us, he sees not a pile of old bricks arranged on the floor of the gallery, but a masterpiece hanging in pride of place. Let's not lose heart- we are capable of great things! And we needn't lose heart if we think our faith flags sometimes. One of the greatest statements/prayers in the gospel is Lord, I believe; help me where faith falls short. Just because we're not perfect yet (who is?) doesn't mean we need to remain a bystander like Nicodemus. We can, with confidence, put out into the deep. We may feel we're not too knowledgeable about our faith: remember the words of the Parish Priest of Lourdes about St Bernadette: 'she knows nothing, but understands everything'. There's a language and a knowing which doesn't depend on intellectual ability, but on love. God so loved the world but does the world love God? More than ever, the world needs us to teach it the love of God and neighbour, or rather to live it in such a way that it converts by attraction. Maybe we can resolve for the rest of Lent to try to do nothing which makes for discord and conflict, but only those things which build up the kingdom of God.

Bishop Philip Moger

Auxiliary bishop in the Archdiocese of Southwark.

Source: <https://www.cbcew.org.uk/fourth-sunday-of-lent-reflection/>

The Big Lent Walk

From St. Martha's School Council:

Dear Parishioners,

We are all so thankful every day for how lucky we are in our daily lives, compared to so many people around the world. What better way to try and help those less fortunate than ourselves, by helping to raise money to support them with CAFOD.

As part of our Lenten promise, we are joining together at St Martha's to try and walk 1 mile at school every day during Lent, to raise money for our brothers and sisters living in poverty, throughout the world. This is part of the CAFOD initiative 'The Big Lent Walk'.

Every member of our school will join in the 'Big Lent Walk' and we are asking for your support by making a donation; no matter how big or small. All we ask is that you give what you can afford. Thank you for your support and for helping us try to help others.

The Justgiving fundraising page is:

[St Martha's Fundraising Page](https://schools.walk.cafod.org.uk/fundraising/st-marthas-fundraising-page)

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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.

Exposition of the Blessed Sacrament

Each week a different parish in the diocese takes it in turn to have the Exposition of the Blessed Sacrament to pray for the needs of our diocese and for vocations. This week it is our turn. Please try to come at **3pm this afternoon before Vespers and Benediction** at 4pm, and to the period after Mass Wednesday to Saturday and spend some time in adoration of Our Lord present in the Blessed Sacrament. (Times below)

Daily Mass and Exposition of the Blessed Sacrament

Daily Mass and Exposition of the Blessed Sacrament times are:

Monday 11th March

Mass at 9am at Our Lady's Church

Tuesday 12th March

Mass at 4pm at the Sacred Space at the Queen Elizabeth Hospital

Wednesday 13th March

Mass at 12 Noon at Our Lady's Church

Exposition 12:30-1pm at Our Lady's Church

Thursday 14th March

Mass at 9.30am at Holy Family Church and Exposition following the Mass.

Friday 15th March

Mass at 12 noon at Our Lady's Church

Exposition 12:30pm-1pm at Our Lady's Church

Saturday 16th March

Mass at 10am at Holy Family Church

Exposition 10:30 am-11:00 am at Holy Family Church

The link to our YouTube channel is:

<https://www.youtube.com/channel/UC8V03017usRZiKoTlrwBAKq>

And the link to our Parish Website:

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

God bless

Shaun

Deacon Shaun Morrison
