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 08, 2026

Dear Friends,

Today is the 5th Sunday in Ordinary Time.

'A light rises in the darkness for the upright'

The link for the live stream of the **11.30am Mass from Our Lady's is:**
https://youtube.com/live/VqElTbw-8zQ?feature=share

From the Office of Readings for Week 5 of the Year Sunday:

A reading from the letter of St. Paul to the Galatians

The gospel preached by Paul

From Paul to the churches of Galatia, and from all the brothers who are here with me, an apostle who does not owe his authority to men or his appointment to any human being but who has been appointed by Jesus Christ and by God the Father who raised Jesus from the dead. We wish you the grace and peace of God our Father and of the Lord Jesus Christ, who in order to rescue us from this present wicked world sacrificed himself for our sins, in accordance with the will of God our Father, to whom be glory for ever and ever. Amen.

I am astonished at the promptness with which you have turned away from the one who called you and have decided to follow a different version of the Good News. Not that there can be more than one Good News; it is merely that some troublemakers among you want to change the Good News of Christ; and let me warn you that if anyone preaches a version of the Good News different from the one we have already preached to you, whether it be ourselves or an angel from heaven, he is to be condemned. I am only repeating what we told you before: if anyone preaches a version of the Good News different from the one you have already heard, he is to be condemned. So now whom am I trying to please – man, or God? Would you say it is men's approval I am looking for? If I still wanted that, I should not be what I am – a servant of Christ.

The fact is, brothers, and I want you to realise this, the Good News I preached is not a human message that I was given by men, it is something I learnt only through a revelation of Jesus Christ.

Responsory

℟. Grace and peace be yours from God the Father and from our Lord Jesus Christ.* He it is who has given himself up for our sins.

℣. If, after all these years, I were still courting the favour of men, I should not be what I am, the slave of Christ.* He it is who has given himself up for our sins.

A reading from St. Augustine's explanation of the letter to the Galatians

The need to realise how powerful is God's grace

Paul writes to the Galatians to make them understand that by God's grace they are no longer under the law. When the Gospel was preached to them, there were some among

them of Jewish origin known as circumcisers – though they called themselves Christians – who did not grasp the gift they had received. They still wanted to be under the burden of the law. Now God had imposed that burden on those who were slaves to sin and not on servants of justice. That is to say, God had given a just law to unjust men in order to show them their sin, not to take it away. For sin is taken away only by the gift of faith that works through love. The Galatians had already received this gift, but the circumcisers claimed that the Gospel would not save them unless they underwent circumcision and were willing to observe also the other traditional Jewish rites.

The Galatians, therefore, began to question Paul's preaching of the Gospel because he did not require Gentiles to follow Jewish observances as other apostles had done. Even Peter had yielded to the scandalised protests of the circumcisers. He pretended to believe that the Gospel would not save the Gentiles unless they fulfilled the burden of the law. But Paul recalled him from such dissimulation, as is shown in this very same letter. A similar issue arises in Paul's letter to the Romans, but with an evident difference. Through his letter to them, Paul was able to resolve the strife and controversy that had developed between the Jewish and Gentile converts.

In the present letter Paul is writing to persons who were profoundly influenced and disturbed by the circumcisers. The Galatians had begun to believe them and to think that Paul had not preached rightly, since he had not ordered them to be circumcised. And so the Apostle begins by saying: I am amazed that you are so quickly deserting him who called you to the glory of Christ, and turning to another gospel.

After this there comes a brief introduction to the point at issue. But remember in the very opening of the letter Paul had said that he was an apostle not from men nor by any man, a statement that does not appear in any other letter of his. He is making it quite clear that the circumcisers, for their part, are not from God but from men, and that his authority in preaching the Gospel must be considered equal to that of the other apostles. For he was called to be an apostle not from men nor by any man, but through God the Father and his Son Jesus Christ.

Responsory

℟. The law was our tutor, bringing us to Christ, to find in faith our justification.* When faith comes, then we are no longer under the rule of a tutor.

℣. Until faith came, we were all being kept in bondage to the law, waiting for the faith that was one day to be revealed.* When faith comes, then we are no longer under the rule of a tutor.

Today is also the day of Prayer for Victims of Trafficking.

The following is the Message sent by the Holy Father on the occasion of the 12th World Day of Prayer and Awareness against Human Trafficking:

Peace begins with dignity: a global call to end human trafficking

Dear brothers and sisters,

On the occasion of the 12th World Day of Prayer and Awareness against Human Trafficking, I firmly renew the Church's urgent call to confront and bring an end to this grave crime against humanity.

This year in particular, I wish to recall the greeting of the Risen Lord: **"Peace be with you"** (Jn 20:19). These words are more than a salutation; they offer a path toward a renewed humanity. True peace begins with the recognition and protection of the God-given dignity **of every person.** Yet, in an age marked by escalating violence, many are tempted to seek peace "through weapons as a condition for asserting one's

own dominion" (*Address to Members of the Diplomatic Corps accredited to the Holy See, 9 January 2026)*.

Moreover, in situations of conflict, the loss of human life is too often dismissed by warmongers as "collateral damage," sacrificed in the pursuit of political or economic interests.

Sadly, the same logic of dominion and disregard for human life also fuels the scourge of human trafficking. Geopolitical instability and armed conflicts create fertile ground for traffickers to exploit the most vulnerable, especially displaced persons, migrants and refugees. Within this broken paradigm, women and children are the most impacted by this heinous trade. Furthermore, the widening gap between the rich and the poor forces many into precarious circumstances, leaving them susceptible to the deceptive promises of recruiters.

This phenomenon is particularly disturbing in the rise of so-called "cyber slavery," whereby individuals are lured into fraudulent schemes and criminal activities, such as online fraud and drug smuggling. In such cases, the victim is coerced into assuming the role of perpetrator, exacerbating their spiritual wounds. These forms of violence are not isolated incidents, but symptoms of a culture that has forgotten how to love as Christ loves.

In the face of these grave challenges, we turn to prayer and awareness.

Prayer is the "small flame" that we must guard amidst the storm, as it gives us the strength to resist indifference to injustice. Awareness enables us to identify the hidden mechanisms of exploitation in our neighborhoods and in digital spaces. Ultimately, the violence of human trafficking can be overcome only through a renewed vision that beholds every individual as a beloved child of God.

I wish to express my heartfelt gratitude to everyone who serves as the hands of Christ by reaching out to victims of trafficking, including international networks and organizations. I would also like to acknowledge the survivors who have become advocates in support of other victims. May the Lord bless them for their courage, fidelity and tireless commitment.

With these sentiments, I entrust those who commemorate this day to the intercession of Saint Josephine Bakhita, whose life stands as a powerful witness of hope in the Lord who loved her to the end (cf. Jn 13:1). Let us all join the journey toward a world where peace is not merely the absence of war, but is "unarmed and disarming," rooted in full respect for the dignity of all.

Source: https://press.vatican.va/content/salastampa/en/bollettino/pubblico/2026/02/06/260206f.html

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Homily given by Cardinal Vincent Nichols for the Mass of Thanksgiving for his Ministry as Archbishop of Westminster, at Westminster Cathedral on 5 February 2026.

The opening hymn of our celebration together this evening was very clear: we are to praise the Lord always, for God is our good and merciful Creator, and the giver of all good gifts.

This is the purpose of our Mass of Thanksgiving this evening, and I thank you warmly for coming to give thanks for our life together in this Diocese for the last sixteen years.

Yes, for me this is the moment in which I end these years of service to you all as the bishop entrusted with your care. Archbishop Richard will take on this work of service in a little while, and I know you will welcome him warmly.

For my part, I have so much for which to give thanks.

These years of service have been for me an immense privilege, and I thank you all for the love and support you have given. I thank especially my fellow priests, who have so often responded to the demands made of them with generosity and good humour. Forgive me if I name just a few who have shared most closely in this service: the bishops who have assisted in this — George Stack, Alan Hopes, Bernard Longley, John Arnold, John Sherrington, John Wilson, Paul McAleenan and Jim Curry. I thank the Vicars General who have been alongside me: Seamus O'Boyle and Martin Hayes, and those who have been my Private Secretaries, supporting me through thick and thin: Martin Hayes, John O'Leary and, most of all, Alexander Master for the last ten of these years, in which he has given his all to me and to this diocesan family. There are bonds between us, together with the other members of the Archbishop's Council and the Diocesan Trustees, which will endure. But, again, I thank you all for your support and for the great witness of your loving faith in the Lord.

I have so many rich memories which I carry and treasure in my heart.

As a young priest, on my first appointment as chaplain to a Sixth Form College in Lancashire, I remember entering the campus for the first time and meeting a Mr Tony Hylton, a historian. He said, 'You are most welcome, Father. But you don't need to be worried about your role here. The faith is in good hands, the hands of the laity. It will endure.'

As a bishop, I have learned how true this is. In parish after parish, in visits and Confirmations and special events, in Diocesan pilgrimages, I have consistently seen the enduring quality of the faith of God's people in this Diocese: it is such a great gift. I have always found there such encouragement and refreshment, especially in difficult days.

And then I've been privileged to play my part in the two visits of a Pope to this country, indeed to this Cathedral: Pope St John Paul II in 1982 and Pope Benedict in 2010. I have seen the love that is in the hearts of so many for the Pastor Pastorum, the Shepherd of the Shepherds, the Bishop of Rome. What wonderful moments they have been, when expressions of our faith have filled the airways and streets, softening the cynical and summoning many to prayer and reflection. It has been my immense joy to play a part in this recent Conclave, the election of Pope Leo, as well as in the Coronation of King Charles and in his State Visit to the Holy See.

My cup runneth over! So much for which to be thankful!

Underlying all these moments, one thing is so clear: in the heart of every person there is a longing for the gift of faith, the gift by which we can shape our lives, by which we can find our way in life in the knowledge and love of our Maker. This faith enables us to serve each other with generosity and bear our burdens, knowing that a final fulfilment in God's presence awaits us when he calls.

This, then, is our calling: to be like the shining star that brought the Magi to meet and recognise their infant King. May the faith of each one of us be a quiet summons to others, mainly through our way of life, accompanied, when the time is right, with words of invitation, encouragement and explanation. Thus we are always to be a Church in missionary mode and to be so joyfully. I look forward to my part in this journey in the years to come, under the guidance of our new Archbishop, Richard.

Standing at this personal crossroads, I recall the times of great trial, and the failures, that have been part of my journey. I do so with thankfulness for the mercy of God and readily asking for forgiveness. I recall times when weariness has led me to neglect a person or an issue. I recall the faces of those rightly disappointed in my response to them. I recall the pain of the pandemic and

the unforgettable image of good people kneeling at the doors of this Cathedral, which remained shut when we needed most of all to be in the Eucharistic presence of the Lord. I will never forget our slow learning of the depth of the trauma of childhood abuse, especially when suffered in our Church, and the painful growth in awareness and responsiveness. I thank all who have led in this journey and who today reach out to such suffering and to that of human trafficking and slavery.

Just recently I was given this lovely quotation from the writings of St Ignatius:
'*Do what you can calmly and gently. Do not be disturbed by the rest, but leave to God's providence what you cannot manage yourself. God is well pleased with the earnestness and moderate anxiety with which you attend to your obligations. He is not pleased with that anxiety which afflicts the soul, because He wishes our limitations and weaknesses to seek the support of His strength, with trust that in His goodness He will supply what is lacking in our weakness and shortcomings… Keep your soul in peace.*'

This I can pray, as can we all, and lean more readily upon God's mercy and forgiveness.

For me, then, this is a moment of exit, but not the final exit of David of which we read in the first reading.

It is also a moment in which I stand at a threshold, just like the disciples in the Gospel passage from St Mark being sent out on their mission. Here there is a new summons for me, a summons to use time more carefully in coming closer to the Lord, to spend more time in his presence now that the demands of this office are lifted. So please pray for me that I may have the radical trust in the Lord that was asked of the disciples as they set out on their new mission. And be sure of my continuing prayers and service for you all, for this beloved Church of Westminster and, of course, for our new Archbishop, as he, in turn, accepts the call of the Lord.

In the words of the hymn after Holy Communion, let us always praise our great and glorious God and call upon his name, today and in the days to come. Amen.

Source: https://rcdow.org.uk/cardinal/homilies/mass-of-thanksgiving/

St. Martha's Newsletter is attached for you.

KSC RACE NIGHT Big screen, Tote, Bingo, Raffle + FISH & CHIP Supper. @ St. Marthas ON Friday 13th February AT 6.30 pm till 9.00pm.
Tickets £10 each. All games + other refreshments = extra. Tickets available from KSC brothers. OR email echomicz2@yahoo.co.uk to secure.
Food allergies / requirements inform at purchase please

JOHN CAIRNS RIP

There will be a Memorial Mass for John Cairns on Wednesday 11th February at 12 noon in Our Lady's Church followed by refreshments in the Wrigglesworth Room.

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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