



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, October 01, 2023

Dear Friends,

Happy October!

Today is the 26th Sunday in Ordinary Time.

"Remember your mercy, Lord."

Today we give thanks to God for the harvest and all the good things that come to us.

Offerings of tinned food and packets given this weekend at Our Lady's and Holy Family, as an expression of our gratitude will be shared with the Night Shelter and the Food bank.



The YouTube link for the livestream for the **11.30am Mass** from Our Lady's is:

<https://www.youtube.com/live/B7UD0gJQZYY?si=P8BIJOWsvHBYPR-L>

From the Office of Readings for the 26th Sunday in Ordinary Time:

The beginning of the letter of St Polycarp to the Philipppians.

You have been saved by grace.

Polycarp and the Elders with him, to the Church of God sojourning in Philippi: all mercy and peace to you, from God Almighty and Jesus Christ our Saviour.

When you welcomed those copies of the True Love and took the opportunity of setting them forward on their road, I rejoiced with you in Jesus Christ. The chains that bound

them were the badges of saints, the diadems of men truly chosen by our Lord and God. I rejoiced too that your firmly rooted faith, so well-known since the earliest times, still flourishes and bears fruit for our Lord Jesus Christ. He bore the burden of our sins even as far as suffering death, and *God raised him up, releasing him from the pains of the underworld; you did not see him but still you believed in him, in unspeakably glorious joy.* Many desire to come into this joy, knowing that *you are saved by grace, not by works*, – not by your actions but by the will of God through Jesus Christ.

So gird up your loins and serve God in fear and sincerity. Leave aside empty vanities and vulgar error, believing in him who raised up our Lord Jesus Christ from the dead and gave him glory and a throne on his right hand, to whom are subject all things in heaven and earth, whom everything that has breath serves, who is coming as the judge of the living and of the dead: God will require vengeance for his blood from any who disobey him.

Now he who raised him from the dead will also raise us up if we do his will and walk according to his commandments and love the things which he loved, if we refrain from all unrighteousness, covetousness, love of money, evil speaking, and false witness, if we *do not render evil with evil, abuse for abuse, blow for blow, or curse for curse*, but if we remember what the Lord taught when he said, *Do not judge, that you may not be judged; forgive and you will be forgiven; be merciful and you will receive mercy. For whatever you measure out to other people will be measured out to you also... Blessed are the poor, and they who are persecuted for righteousness' sake, for theirs is the Kingdom of God.*

Responsory

R. God has saved us and called us to be holy, not because of anything we ourselves have accomplished, but for his own purpose, and by his own grace.* This grace had already been granted to us, in Christ Jesus, before the beginning of time.

V. Not to us, O Lord, not to us, but to your own name give glory for the sake of your love and your truth.* This grace had already been granted to us, in Christ Jesus, before the beginning of time.

Friday 6th October is **Cafod Harvest Fast Day**.

Cafod has produced the following YouTube video for their Harvest appeal 2023. The link is:

<https://youtu.be/NJr5jOvp1hU>

Website links to Cafod:

<https://cafod.org.uk/fundraise/family-fast-day>

<https://cafod.org.uk/>

Envelopes to make donations to Cafod are available at Our Lady's and Holy Family.

Further dates for your diary:

On **Friday 6th October** at 7pm at Our Lady's there is a Holy Hour for Vocations.

Sunday 8th October at 4.45pm is the next Adult Formation in the Faith group meeting in the Wigglesworth Room at Our Lady's church. All are welcome.

W/C 8th October:

Each week a different parish in the diocese takes it in turn to have a prolonged time of prayer before the Blessed Sacrament. Our turn is the week beginning 8th October.

During this time there will be periods of Exposition of the Blessed Sacrament.

Monday 2nd October is the Memorial of the **Holy Guardian Angels**.



Angel of God, my Guardian dear, to whom His love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.

From Universalis:

The Holy Guardian Angels

The doctrine that every individual soul has a guardian angel has never been defined by the Church and so is not an article of faith, but is the "mind of the Church", as expressed particularly by St Jerome and St Basil. It is present in both the Old and New Testaments. As Jesus says, *See that you never despise any of these little ones, for I tell you that their angels in heaven always gaze on the face of my Father in heaven*. Thus even little children have guardian angels, and these angels remain in the presence of God even as they

fulfil their mission on earth.

Anciently, all angels were celebrated together on the feast of St Michael. A separate feast of the Guardian Angels began in Valencia in 1411. At the reform of the Breviary in the 16th century it was included among the local feasts, and it was raised to the status of a feast in the General Calendar in 1608, placed on the first free day after the feast of Saints Michael, Gabriel and Raphael.

One of the benefits of this feast is that it reminds us that God cares for us each, individually. We all know this in theory, but it is easy – in times of depression or temptation – to convince ourselves that we are too small to matter, for good or ill. **Let us use this feast to remind ourselves that each of us has an angel of our very own looking after us; and also to pray to God for our own Guardian Angel.** What a bore and a burden to them some of us are. May we one day be a cause of rejoicing for them also.

(Source: <https://universalis.com/europe.england.eastanglia/20231002/today.htm>)

From a sermon of St Bernard of Clairvaux

That they might guard you in all your ways

He has given his angels charge over you to guard you in all your ways. Let them thank the Lord for his mercy; his wonderful works are for the children of men. Let them give thanks and say among the nations, the Lord has done great things for them. O Lord, what is man that you have made yourself known to him, or why do you incline your heart to him? And you do incline your heart to him; you show him your care and your concern. Finally, you send your only Son and the grace of your Spirit, and promise him a vision of your countenance. And so, that nothing in heaven should be wanting in your concern for us, you send those blessed spirits to serve us, assigning them as our guardians and our teachers.

He has given his angels charge over you to guard you in all your ways. These words should fill you with respect, inspire devotion and instil confidence; respect for the presence of angels, devotion because of their loving service, and confidence because of their protection. And so the angels are here; they are at your side, they are with you, present on your behalf. They are here to protect you and to serve you. But even if it is God who has given them this charge, we must nonetheless be grateful to them for the great love with which they obey and come to help us in our great need.

So let us be devoted and grateful to such great protectors; let us return their love and honour them as much as we can and should. Yet all our love and honour must go to him, for it is from him that they receive all that makes them worthy of our love and respect.

We should then, my brothers, show our affection for the angels, for one day they will be our co-heirs just as here below they are our guardians and trustees appointed and set over us by the Father. We are God's children although it does not seem so, because we are still but small children

under guardians and trustees, and for the present little better than slaves.

Even though we are children and have a long, a very long and dangerous way to go, with such protectors what have we to fear? They who keep us in all our ways cannot be overpowered or led astray, much less lead us astray. They are loyal, prudent, powerful. Why then are we afraid? We have only to follow them, stay close to them, and we shall dwell under the protection of God's heaven.

Wednesday **4th October** is the Memorial of **St Francis of Assisi**.

St Francis of Assisi (1181 - 1226)

Francis was the son of a prosperous cloth merchant in Assisi. When his father objected to having his goods sold without his consent to pay for the restoration of a church, the bishop commanded Francis to repay the money. He did. He also renounced his father and gave back everything he had ever been given, even his garments. He began a life of perfect evangelical poverty, living by begging and even then only accepting the worst food that people had to give. He preached to all the love of God and the love of the created world; because, having renounced everything, he celebrated everything he received, or saw, or heard, as a gift. A rich man sold everything and joined him in living next to a leper colony; a canon from a neighbouring church gave up his position and joined them also. They looked into the Gospel and saw the story of the rich young man whom Jesus told to sell everything; they saw Jesus telling his disciples to take nothing with them on their journey; they saw Jesus saying that his followers must also carry his cross. And on that basis they founded an order. Francis went to Rome himself and persuaded the Pope to sanction it, though it must have seemed at once impractical and subversive to set thousands of men (however holy) wandering penniless round the towns and villages of Europe.

Because Francis was wearing an old brown garment begged from a peasant, tied round the middle with string, that became the Franciscan habit. Ten years later 5,000 men were wearing it; a hundred years later Dante was buried in it because it was more glorious than cloth of gold.

There is too much to say about Francis to fit here. He tried to convert the Muslims, or at least to attain martyrdom in doing so. He started the practice of setting up a crib in church to celebrate the Nativity.

Francis died in 1226, having started a revolution. The Franciscans endure to this day.

(Source: <https://universalis.com/europe.england.eastanglia/20231004/today.htm>)

Saturday **7th October** is the Memorial of **Our Lady of the Rosary**.

Our Lady of the Rosary

The feast of the Holy Rosary was instituted by Pope Pius V to celebrate the anniversary of the defeat of the Turkish fleet at the battle of Lepanto on the first Sunday in October 1571, which ended the threat of Muslim domination of the Mediterranean and was ascribed in part to the prayers and processions of the Rosary confraternity in Rome. Later the feast was moved to the fixed date of 7 October.

Source: <https://universalis.com/europe.england.eastanglia/20221007/today.htm>

Also October is the month of the Rosary. The Rosary is prayed in the Shrine at Our Lady's every Friday at 11.30am and in Holy Family Church every Saturday after Mass.



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

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