



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, January 14, 2024

Dear Friends,

Today is the 2nd Sunday in Ordinary Time.

"Here I am, Lord! I come to do your will"

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

<https://www.youtube.com/live/HS-qjgwdXQA?si=WLIQkf-bm6v9jsMh>

From the Office of Readings for the Second Sunday In Ordinary Time:

A reading from the letter of St Ignatius of Antioch to the Ephesians.

The harmony of unity

It is right for you to give glory in every way to Jesus Christ who has given glory to you; you must be made holy in all things by being united in perfect obedience, in submission to the bishop and the presbyters.

I am not giving you orders as if I were a person of importance. Even if I am a prisoner for the name of Christ, I am not yet made perfect in Jesus Christ. I am now beginning to be a disciple and I am speaking to you as my fellow-disciples. It is you who should be strengthening me by your faith, your encouragement, your patience, your serenity. But since love will not allow me to be silent about you, I am taking the opportunity to urge you to be united in conformity with the mind of God. For Jesus Christ, our life, without whom we cannot live, is the mind of the Father, just as the bishops, appointed over the whole earth, are in conformity with the mind of Jesus Christ.

It is fitting, therefore, that you should be in agreement with the mind of the bishop as in fact you are. Your excellent presbyters, who are a credit to God, are as suited to the bishop as strings to a harp. So in your harmony of mind and heart the song you sing is Jesus Christ. Every one of you should form a choir, so that, in harmony of sound through harmony of hearts, and in unity taking the note from God, you may sing with one voice through Jesus Christ to the Father. If you do this, he will listen to you and see from your good works that you are members of his Son. It is then an advantage to you to live in perfect unity, so that at all times you may share in God.

If in a short space of time I have become so close a friend of your bishop – in a friendship not based on nature but on spiritual grounds – how much more blessed do I judge you to be, for you are as united with him as the Church is to Jesus Christ, and Jesus Christ to the Father, so that all things are in harmony through unity. Let no one make any mistake: unless a person is within the sanctuary, he is deprived of God's bread. For if the prayer of one or two has such power, how much more has the prayer of the bishop and the whole Church.

Responsory

- ℟. I implore you, for the sake of the Lord, to lead a life worthy of your vocation.* Do all you can to preserve the unity of the Spirit, in the bond of peace.
- ℣. There is one Body, one Spirit, just as you were all called into one and the same hope when you were called.* Do all you can to preserve the unity of the Spirit, in the bond of peace.

Today is also Peace Day.

From the Bishops' Conference of England and Wales:

Peace Sunday 2024 is Sunday 14th January and the theme chosen by Pope Francis is 'Artificial Intelligence and Peace'. Pax Christi has produced a series of resources to mark the day.

For further information please click on the attached link:
<https://www.cbcew.org.uk/peace-sunday-2024/>

And the week of prayer for **Christian Unity begins on Wednesday 18th January.**

May they all be one. Father, may they be one in us, as you are in me and I am in you, so that the world may believe that it was you who sent me.

John 17: 20 – 21

Tuesday 16th January is the Memorial of St. Fursey, Abbot.

Saint Fursey (- c.650)

Born in Ireland, Saint Fursey established a monastery at Rathmat, on the shores of Loch Corrib, and then journeyed to England where he founded another at Burgh Castle, near

Great Yarmouth. He finally crossed over to France and became the abbot-founder of Lagny, near Paris. He was buried in Picardy and his shrine survived until the French Revolution. His life is also famous for his remarkable ecstasies, of which St Bede and others wrote.

Source: <https://universalis.com/europe.england.eastanglia/20240116/today.htm>

Wednesday 17th January is the Memorial of St. Anthony, Abbot

St Anthony, Abbot (251 - 356)

St Anthony is the originator of the monastic life. He was born in Egypt: when his parents died, he listened to the words of the Gospel and gave all his belongings to the poor. He went out into the wilderness to begin a life of penitence, living in absolute poverty, praying, meditating, and supporting himself by manual work. He suffered many temptations, both physical and spiritual, but he overcame them. Disciples gathered round him, attracted by his wisdom, moderation, and holiness. He gave support to the victims of the persecutions of Diocletian, and helping St Athanasius in his fight against the Arians. He lived to be over a hundred years old, and died in 356.

The Gospels are full of wise sayings of Jesus that seem to be ignored, and one of the most poignant of these was in his meeting with that young man who asked over and over again, insistently, "What must I do to have eternal life?". When, in the end, Jesus told him that if he wanted to be perfect he would have to sell all that he had and give the money to the poor, the young man went away, sorrowing; because he was very rich. What could be more of a waste than that? You tell someone what he has to do, and he is afraid to do it. And yet... 250 years later, St Anthony hears the story, and does give away all that he has, and becomes the founder of monasticism. And then again, over 1,000 years later, St Francis of Assisi hears the story, and gives away his possessions (and some of his father's) and revolutionises Christianity again.

Not all the words that we speak are forgotten, even though we cannot see their effects ourselves. Let us pray that those unknown effects may always be good ones.

Source: <https://universalis.com/europe.england.eastanglia/20240117/today.htm>

The link to our YouTube channel is:

<https://www.youtube.com/channel/UC8V030I7usRZiKoTlrwBAKq>

And the link to our Parish Website:

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

God bless

Shaun

Deacon Shaun Morrison

More on SAINT FURSEY

Saint Fursey (died 650) was an Irish monk who did much to establish Christianity throughout the British Isles and particularly in East Anglia. He reportedly experienced angelic visions of the afterlife. Fursey is one of the Four Comely Saints.

Early life

He was born in the region of modern-day Connacht supposedly the son of Fintan and grandson of Finlog, pagan king of the area. His mother was Gelges, the Christian daughter of Aed-Finn, king of Connacht. He was born probably amongst the Hy-Bruin, and was baptised by St Brendan the Traveller, his father's uncle, who then ruled a monastery in the Island of Oirbsen, now called Inisquin in Lough Corrib. He was educated by St Brendan's monks, and when he became of the proper age he was inducted into the monastery at Inisquin (near Galway), under the Abbot St Meldan, his "soul-friend" (anam-chura), where he devoted himself to religious life. His great sanctity was early discerned, and there is a legend that here, through his prayers, twin children of a chieftain related to King Brendinus were raised from the dead. He built his own monastery at Killursa outside the town of Headford in modern County Galway and he became the patron saint of the Parish of Headford.

Visions

He was said to have been something of an ascetic, wearing thin clothing year round. Aspirants came in numbers to place themselves under his rule, but he wished to secure also some of his relatives for the new monastery. For this purpose he set out with some monks for Munster, but on coming near his father's home he was seized with an apparently mortal illness. He fell into a trance from the ninth hour of the day to cock-crow, and while in this state received the first of the ecstatic visions which have made him famous in medieval literature.

In this vision were revealed to him the state of man in sin, the beauty of virtue. He heard the angelic choirs singing "the saints shall go from virtue to virtue, the God of Gods will appear in Sion." An injunction was laid on him by the two angels who appeared to restore him to his body to become a more zealous labourer for the Lord. Three nights later, the ecstasy was renewed. He was taken to the heavens by three angels who contended six times with demons for his soul. He saw the fires of hell, the strife of demons, and then heard the angel hosts sing in four choirs "Holy, holy, holy, Lord God of hosts." Among the spirits of those just made perfect he recognized Saints Meldan and Beoan. They entertained him with much spiritual instruction concerning the duties of ecclesiastics and monks, the dreadful effects of pride and disobedience, and the heinousness of spiritual and internal sins. They also predicted famine and pestilence. As he returned through the fire the demon hurled a tortured sinner at him, burning him, and the angel of the Lord said to him, "Because thou didst receive the mantle of this man when dying in his sin the fire consuming him hath scarred thy body also." Fursey's body bore the mark from that day forward. Exactly twelve months later he received a third vision. This time, the angel remained with him a whole day, instructed him for his preaching, and prescribed for him twelve years of apostolic labour. This he faithfully fulfilled in Ireland, and then stripping himself of all earthly goods he retired for a time to a small island in the ocean.

After some years he founded a monastery at Rathmat on the shore of Lough Corrib which Colgan identifies as Killursa, in the deanery of Annadown. His brothers Foillan and Ultan then joined the community at Rathmat, but Fursey seems to have renounced the administration of the monastery and to have devoted himself to preaching throughout the land, frequently exorcising evil spirits.

Mission to East Anglia

Fursey was the first recorded Irish missionary to Anglo-Saxon England. He arrived in East Anglia with his brothers, Foillan and Ultan, during the 630s shortly before St Aidan founded his monastery on Holy Island.

The conversion of the Kingdom of East Anglia to Christianity began under Raedwald, but halted with the martyrdom of Raedwald's successor, his son Eorpwald. Sigeberht of East Anglia was already Christian when he took the throne around 630. By 633, Sigeberht of East Anglia had established the first East Anglian bishopric at Dommoc and appointed a Burgundian Bishop named Felix.

When Fursey arrived with his brothers Foillan and Ultan, as well as other brethren, bearing the relics of Saints Meldan and Beoan, he had been welcomed by the king, who gave him land to establish an abbey at Cnobheresburg, where there was an abandoned Roman fort, traditionally identified with Burgh Castle in Norfolk.

Here he laboured for some years converting the Picts and Saxons. After Sigeberht was slain by an army led by Penda of Mercia, it is recorded that his successor King Anna of East Anglia, and his nobles, further endowed the monastery at Cnobheresburg. Three miracles are recorded of Fursey's life in this monastery. He then retired for a year to live with Ultan the life of an anchorite. However, as great numbers continued to visit him, and as war threatened in East Anglia, he left Foillan as abbot and proceeded to Lagny, in France around 644.



Saint Fursey and the monk;
from a 14th-century manuscript