



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 22, 2026

Dear Friends,

Today is the First Sunday of Lent.

'Have mercy on us, O Lord' for we have sinned'

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

<https://youtube.com/live/BVemTCnx4hE?feature=share>

From the Office of Readings for Lent Week 1 Sunday:

A reading from the discourses of St. Augustine on the Psalms

In the person of Christ we were tempted and we overcame the devil

Hear, O God, my petition, listen to my prayer. Who is speaking? An individual, it seems. See if it is an individual: *I cried out to you from the ends of the earth while my heart was in anguish.* Now it is no longer one person; rather, it is one in the sense that Christ is one, and we are all his members. What single individual can cry from the ends of the earth? The one who cries from the ends of the earth is none other than the Son's inheritance. It was said to him: *Ask of me, and I shall give you the nations as your inheritance, and the ends of the earth as your possession.* This possession of Christ, this inheritance of Christ, this body of Christ, this one Church of Christ, this unity that we are, cries from the ends of the earth. What does

it cry? What I said before: *Hear, O God, my petition, listen to my prayer; I cried out to you from the ends of the earth.* That is, I made this cry to you *from the ends of the earth;* that is, on all sides.

Why did I make this cry? *While my heart was in anguish.* The speaker shows that he is present among all the nations of the earth in a condition, not of exalted glory but of severe trial.

Our pilgrimage on earth cannot be exempt from trial. We progress by means of trial. No one knows himself except through trial, or receives a crown except after victory, or strives except against an enemy or temptations.

The one who cries from the ends of the earth is in anguish, but is not left on his own. Christ chose to foreshadow us, who are his body, by means of his body, in which he has died, risen and ascended into heaven, so that the members of his body may hope to follow where their head has gone before.

He made us one with him when he chose to be tempted by Satan. We have heard in the gospel how the Lord Jesus Christ was tempted by the devil in the wilderness. Certainly Christ was tempted by the devil. In Christ you were tempted, for Christ received his flesh from your nature, but by his own power gained salvation for you; he suffered death in your nature, but by his own power gained glory for you; therefore, he suffered temptation in your nature, but by his own power gained victory for you.

If in Christ we have been tempted, in him we overcome the devil. Do you think only of Christ's temptations and fail to think of his victory? See yourself as tempted in him, and see yourself as victorious in him. He could have kept the devil from himself; but if he were not tempted he could not teach you how to triumph over temptation.

Responsory

R. They will fight against you but shall not overcome you,* for I am with you to deliver you – it is the Lord who speaks.

V. You shall not fall a victim to the sword: your life shall be safe,* for I am with you to deliver you – it is the Lord who speaks.

From the Parish Newsletter:

LENT COURSE

At Our Lady's each Thursday at 7pm there will be a Mass celebrated in a different style followed by a discussion over refreshments about what was helpful or not about that style.

26th Feb-English Mass "ad orientem"

5th March -"Taize" style

12th March- Ordinariate Use

19th March -Sung Mass

26th March -Latin "versus populo"

Sunday Gospel Reflection from Vatican News.

As the Church observes the First Sunday of Lent, Fr Luke Gregory reflects on the theme, "Strength in Temptation: The Wilderness Experience."

You can read the article by clicking into the following link:

[Sunday Gospel Reflection: Strength in temptation - Vatican News](#)

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
