



# 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, September 24, 2023

Dear Friends,

Today is the Solemnity of Our Lady of Walsingham. (The Principal Patron of our Diocese)

Let us praise God the Father who chose Mary as the mother of his Son and wanted all generations to call her blessed. – May the Virgin Mary intercede for us.

Happy Solemnity to you!

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

[https://www.youtube.com/live/85-Lw0lleZc?si=DOTaDt\\_jytWqTCNL](https://www.youtube.com/live/85-Lw0lleZc?si=DOTaDt_jytWqTCNL)



The YouTube link for the livestream for the **2.00pm Ordinariate Mass** is:

[https://www.youtube.com/live/jyqdypp41Dc?si=F3xdIWY0LhFlng\\_Y](https://www.youtube.com/live/jyqdypp41Dc?si=F3xdIWY0LhFlng_Y)

From the Office of Readings for Our Lady of Walsingham from Universalis.

From the sermons of St Ælred of Rievaulx

*Mary our Mother*

Let us come to his bride, let us come to his mother, let us

come to the best of his handmaidens. All of these descriptions fit Blessed Mary.

But what are we to do for her? What sort of gifts shall we offer her? O that we might at least repay to her the debt we owe her! We owe her honour, we owe her devotion, we owe her love, we owe her praise. We owe her honour because she is the Mother of our Lord. He who does not honour the mother, will without doubt dishonour the son. Besides, scripture says: 'Honour your father and your mother.'

What then shall we say, brethren? Is she not our mother? Certainly, brethren, she is in truth our mother. Through her we are born, not to the world but to God.

We all, as you believe and know, were in death, in the infirmity of old age, in darkness, in misery. In death because we had lost the Lord; in the infirmity of old age, because we were in corruption; in darkness because we had lost the light of wisdom, and so we had altogether perished.

But through Blessed Mary we all underwent a much better birth than through Eve, inasmuch as Christ was born of Mary. Instead of the infirmity of age we have regained youth, instead of corruption incorruption, instead of darkness light.

She is our mother, mother of our life, of our incorruption, of our light. The Apostle says of our Lord, 'Whom God made our wisdom, our righteousness, our sanctification and redemption.'

She therefore who is the mother of Christ is the mother of our wisdom, mother of our righteousness, mother of our sanctification, mother of our redemption. Therefore she is more our mother than the mother of our flesh. Better therefore is our birth which we derive from Mary, for from her is our holiness, our wisdom, our righteousness, our sanctification, our redemption.

Scripture says, 'Praise the Lord in his saints'. If our Lord is to be praised in those saints through whom he performs mighty works and miracles, how much more should he be praised in her in whom he fashioned himself, he who is wonderful beyond all wonder.

### Responsory

R. Blessed is the holy Virgin Mary, and most worthy of all praise,\* through her has risen the Sun of Justice, Christ our God, by whom we are saved and re deemed.

✠. Let us joyfully celebrate this feast of the Blessed Virgin Mary.\* through her has risen the Sun of Justice, Christ our God, by whom we are saved and redeemed.

Source: <https://universalis.com/europe.england.eastanglia/20230924/readings.htm>

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About the author of the reading from the above Office of Readings -St Aelred of Rievaulx (1110 - 1167)

Aelred was born in Hexham in around 1109. His family was well connected and at an early age he was sent into the service of King David of Scotland. There he rose to the position of Master of the Royal Household. In time he became attracted to the religious life, but he was also much attached to the life he lived at court and to King David himself. It took a considerable personal struggle for him at the age of 24 to give up his secular pursuits and to enter the newly founded Cistercian monastery of Rievaulx in Yorkshire in 1133. At 34 he moved from there and took charge of a new foundation in Lincolnshire. But within four years he had returned to Rievaulx as Abbot where he remained for the rest of his life. He died in 1167.

Aelred is remembered both for his energy and for his gentleness. His writings and his sermons were characterised by a deep love of the Scriptures and by a very personal love of Christ 'as friend and Saviour'. He was sensitive and understanding in his dealings with his fellow monks and under his direction the monastery at Rievaulx grew to an extraordinary size. He did not enjoy robust health and the last ten years of his life were marked by a long and painful illness. His position as Abbot required him to travel on visitation to monasteries not only in England and Scotland but even in France, and the physical suffering and exhaustion which this incurred seems to have been considerable. A contemporary account of the last year of his life describes him as being left helpless on his bed unable to speak or move for an hour after celebrating his morning Mass.

Aelred was a singularly attractive figure, a man of great spiritual power but also of warm friendliness and humanity. He has been called the St Bernard of the North.

Source: <https://universalis.com/europe.england.eastanglia/20230924/today.htm>

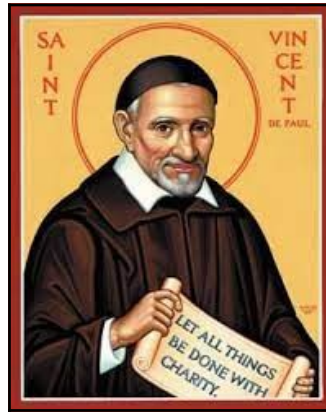
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**Tuesday 26th September** is Saints Cosmas and Damian, Martyrs.

Prayer from Morning Prayer:

Lord God, we proclaim your great power as we keep the memory of Saint Cosmas and Saint Damian.  
In your providence you have exalted them to glory, and you have given us the patronage of their prayers.  
Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever. **Amen.**

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**Wednesday 27th September** is the Memorial of St. Vincent de Paul, Priest.

### A writing of St Vincent de Paul:

*Serving the poor is to be preferred above all things*

Even though the poor are often rough and unrefined, we must not judge them from external appearances nor from the mental gifts they seem to have received. On the contrary, if you consider the poor in the light of faith, then you will observe that they are taking the place of the Son of God who chose to be poor.

Although in his passion he almost lost the appearance of a man and was considered a fool by the Gentiles and a stumbling block by the Jews, he showed them that his mission was to preach to the poor: He sent me to preach the good news to the poor. We also ought to have this same spirit and imitate Christ's actions, that is, we must take care of the poor, console them, help them, support their cause.

Since Christ willed to be born poor, he chose for himself disciples who were poor. He made himself the servant of the poor and shared their poverty. He went so far as to say that he would consider every deed which either helps or harms the poor as done for or against himself. Since God surely loves the poor, he also loves those who love the poor. For when one person holds another dear, he also includes in his affection anyone who loves or serves the one he loves. That is why we hope that God will love us for the sake of the poor. So when we visit the poor and needy, we try to understand the poor and weak. We sympathise with them so fully that we can echo Paul's words: I have become all things to all men. Therefore, we must try to be stirred by our neighbours' worries and distress. We must beg God to pour into our hearts sentiments of pity and compassion and to fill them again and again with these dispositions.

It is our duty to prefer the service of the poor to everything else and to offer such service as quickly as possible. If a needy person requires medicine or other help during prayer time, do whatever has to be done with peace of mind. Offer the deed to God as your prayer. Do not become upset or feel guilty because you interrupted your prayer to serve the poor. God is not neglected if you leave him for such service. One of God's works is merely interrupted so that another can be carried out. So when you leave prayer to serve some poor person, remember that this very service is performed for God. Charity is certainly greater than any rule. Moreover, all rules must lead to charity. Since she is a noble mistress, we must do whatever she commands. With renewed devotion, then, we must serve the poor, especially outcasts and

beggars. They have been given to us as our masters and patrons.

(Source: <https://universalis.com/europe.england.eastanglia/20230927/readings.htm>)

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Friday **29th September** is the Feast of Saints Michael, Gabriel and Raphael, Archangels.



From the Office of Readings:

### A sermon of Pope St Gregory the Great

*The word "angel" denotes a function rather than a nature*

You should be aware that the word "angel" denotes a function rather than a nature. Those holy spirits of heaven have indeed always been spirits. They can only be called angels when they deliver some message. Moreover, those who deliver messages of lesser importance are called angels; and those who proclaim messages of supreme importance are called archangels. And so it was that not merely an angel but the archangel Gabriel was sent to the Virgin Mary. It was only fitting that the highest angel should come to announce the greatest of all messages.

Some angels are given proper names to denote the service they are empowered to perform. In that holy city, where perfect knowledge flows from the vision of almighty God, those who have no names may easily be known. But personal names are assigned to some, not because they could not be known without them, but rather to denote their ministry when they came among us. Thus, Michael means "Who is like God"; Gabriel is "The Strength of God"; and Raphael is "God's Remedy."

Whenever some act of wondrous power must be performed, Michael is sent, so that his action and his name may make it clear that no one can do what God does by his superior power. So also our ancient foe desired in his pride to be like God, saying: I will ascend into heaven; I will exalt my throne above the stars of heaven; I will be like the Most High. He will be allowed to remain in power until the end of the world when he will be destroyed in the final punishment. Then, he will fight with the archangel Michael, as we are told by John: A battle was fought with Michael the archangel.

So too Gabriel, who is called God's strength, was sent to Mary. He came to announce the One who appeared as a humble man to quell the cosmic powers. Thus God's

strength announced the coming of the Lord of the heavenly powers, mighty in battle. Raphael means, as I have said, God's remedy, for when he touched Tobit's eyes in order to cure him, he banished the darkness of his blindness. Thus, since he is to heal, he is rightly called God's remedy.

Source: <https://universalis.com/europe.england.eastanglia/20230929/readings.htm>

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Saturday **30th September** is Memorial of St. Jerome, Priest & Doctor of the Church.

St Jerome (340 - 420)

He was born in Strido, in Dalmatia. He studied in Rome and was baptised there. He was attracted by the ascetic life and travelled to the East, where he was (unwillingly) ordained a priest. He was recalled to Rome to act as secretary to Pope Damasus, but on the Pope's death he returned to the East, to Bethlehem, where (with the aid of St Paula and others) he founded a monastery, a hospice, and a school, and settled down to the most important work of his life, the translation of the Bible into Latin, a translation which, with some revisions, is still in use today. He wrote many works of his own, including letters and commentaries on Holy Scripture. When a time of troubles came upon the world, through barbarian invasions, and to the Church, through internal dissension, he helped the refugees and those in need. He died at Bethlehem.

Source: <https://universalis.com/europe.england.eastanglia/20230930/today.htm>

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The link to our YouTube channel is:

<https://www.youtube.com/channel/UC8V03017usRZiKoTlrwBAKg>

And the link to our Parish Website:

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

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God bless

**Shaun**

**Deacon Shaun Morrison**

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