



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 11, 2024

Dear Friends,

Today is the 6th Sunday in Ordinary Time.

"You are my refuge, O Lord; you fill me with the joy of salvation"

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

https://www.youtube.com/live/-j_5rf4ADfM?si=7g5OFboAjiOxIWvY

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

A reading from the commentary of St. Ephraem on the Diatessaron.

The Word of God is an inexhaustible fountain.

Lord, who can comprehend even one of your words? We lose more of it than we grasp, like those who drink from a living spring. For God's word offers different facets according to the capacity of the listener, and the Lord has portrayed his message in many colours, so that whoever gazes upon it can see in it what suits him. Within it he has buried manifold treasures, so that each of us might grow rich in seeking them out.

The word of God is a tree of life that offers us blessed fruit from each of its branches. It is like that rock which was struck open in the wilderness, from which all were offered spiritual drink. As the Apostle says: They ate spiritual food and they drank spiritual drink.

And so whenever anyone discovers some part of the treasure, he should not think that he has exhausted God's word. Instead he should feel that this is all that he was able to find of the wealth contained in it. Nor should he say that the word is weak and sterile or look down on it simply because this portion was all that he happened to find. But precisely because he could not capture it all he should give thanks for its riches.

Be glad then that you are overwhelmed, and do not be saddened because he has overcome you. A thirsty man is happy when he is drinking, and he is not depressed because he cannot exhaust the spring. So let this spring quench your thirst, and not your thirst the spring. For if you can satisfy your thirst without exhausting the spring, then when you thirst again you can drink from it once more; but if when your thirst is sated the spring is also dried up, then your victory would turn to harm.

Be thankful then for what you have received, and do not be saddened at all that such an abundance still remains. What you have received and attained is your present share, while what is left will be your heritage. For what you could not take at one time because of your weakness, you will be able to grasp at another if

you only persevere. So do not foolishly try to drain in one draught what cannot be consumed all at once, and do not cease out of faintheartedness from what you will be able to absorb as time goes on.

Responsory

℟. The word of the Lord remains for ever.* What is this word? It is the Good News that has been brought to you.

℣. This is the book of the commandments of God, the Law that stands for ever: those who keep it live.* What is this word? It is the Good News that has been brought to you.

Today is also the day of prayer for the unemployed, for the sick and for engaged couples:

For the unemployed. From the Diocesan yearbook:

The day of prayer for the unemployed was organised by Church Action on Poverty. They have renamed their day as Poverty Action Sunday. Caritas-Social Action is the agency in the Catholic Church which acts as an umbrella for many diocesan and local organisations concerned with poverty and other social issues.

Message from His Holiness Pope Francis for the World day of prayer for the sick:

11 February 2024

"It is not good that man should be alone".

Healing the Sick by Healing Relationships

"It is not good that man should be alone" (cf. Gen 2:18). From the beginning, God, who is love, created us for communion and endowed us with an innate capacity to enter into relationships with others. Our lives, reflecting in the image of the Trinity, are meant to attain fulfilment through a network of relationships, friendships and love, both given and received. We were created to be together, not alone. Precisely because this project of communion is so deeply rooted in the human heart, we see the experience of abandonment and solitude as something frightening, painful and even inhuman. This is all the more the case at times of vulnerability, uncertainty and insecurity, caused often by the onset of a serious illness. In this regard, I think of all those who found themselves terribly alone during the Covid-19 pandemic: the patients who could not receive visitors, but also the many nurses, physicians and support personnel overwhelmed by work and enclosed in isolation wards. Naturally, we cannot fail to recall all those persons who had to face the hour of their death alone,

assisted by healthcare personnel, but far from their own families. I share too in the pain, suffering and isolation felt by those who, because of war and its tragic consequences, are left without support and assistance. War is the most terrible of social diseases, and it takes its greatest toll on those who are most vulnerable.

At the same time, it needs to be said that even in countries that enjoy peace and greater resources, old age and sickness are frequently experienced in solitude and, at times, even in abandonment. This grim reality is mainly a consequence of the culture of individualism that exalts productivity at all costs, cultivates the myth of efficiency, and proves indifferent, even callous, when individuals no longer have the strength needed to keep pace. It then becomes a throwaway culture, in which *"persons are no longer seen as a paramount value to be cared for and respected, especially when they are poor or disabled, 'not yet useful' – like the unborn, or 'no longer needed' – like the elderly"* (Fratelli Tutti, 18). Sadly, this way of thinking also guides certain political decisions that are not focused on the dignity of the human person and his or her needs, and do not always promote the strategies and resources needed to ensure that every human being enjoys the fundamental right to health and access to healthcare. The abandonment of the vulnerable and their isolation is favoured also by the reduction of healthcare merely to a provision of services, without these being accompanied by a "therapeutic covenant" between physicians, patients and family members. We do well to listen once more to the words of the Bible: "It is not good for man to be alone!" God spoke those words at the beginning of creation and thus revealed to us the profound meaning of his project for humanity, but at the same time, the mortal wound of sin, which creeps in by generating suspicions, fractures, divisions and consequently isolation. Sin attacks persons and all their relationships: with God, with themselves, with others, with creation. Such isolation causes us to miss the meaning of our lives; it takes away the joy of love and makes us experience an oppressive sense of being alone at all the crucial passages of life.

Brothers and sisters, the first form of care needed in any illness is compassionate and loving closeness. To care for the sick thus means above all to care for their relationships, all of them: with God, with others – family members, friends, healthcare workers – , with creation and with themselves. Can this be done? Yes, it can be done and all of us are called to ensure that it happens. Let us look to the icon of the Good Samaritan (cf. Lk 10:25-37), to his ability to slow down and draw near to another person, to the tender love with which he cares for the wounds of a suffering brother. Let us remember this central truth in life: we came into the world because someone welcomed us; we were made for love; and we are called to communion and fraternity. This aspect of our lives is what sustains us, above all at times of illness and vulnerability. It is also the first therapy that we must all adopt in order to heal the diseases of the society in which we live. To those of you who experience illness, whether temporary or chronic, I would say this: Do not be ashamed of your longing for closeness and tenderness! Do not conceal it, and never think that you are a burden on others. The condition of the sick urges all of us to step back from the hectic pace of our lives in order to rediscover ourselves. At this time of epochal change, we Christians in particular are called to adopt the compassion-filled gaze of Jesus. Let us care for those who suffer and are alone, perhaps marginalised and cast aside. With the love for one another that Christ the Lord bestows on us in prayer, especially in the Eucharist, let us tend the

wounds of solitude and isolation. In this way, we will cooperate in combating the culture of individualism, indifference and waste, and enable the growth of a culture of tenderness and compassion.

The sick, the vulnerable and the poor are at the heart of the Church; they must also be at the heart of our human concern and pastoral attention. May we never forget this! And let us commend ourselves to Mary Most Holy, Health of the Sick, that she may intercede for us and help us to be artisans of closeness and fraternal relationships.

Source: [32th World Day of the Sick 2024 | Francis](#)

Diocesan day of prayer for engaged couples.

This is a new initiative from the Diocesan Commission for Family Life which will take place each year on the Sunday before St. Valentine's Day.

Wednesday (14th Feb) is Ash Wednesday when we begin the Holy Season of Lent.

From Walk with Me booklet:

Lent is a season of penance and self-denial expressed through the ancient disciplines of prayer, fasting and almsgiving. From the start of Lent on Ash Wednesday we are reminded of our mortality and exhorted to repent and believe the Gospel. This much is true- we are pilgrims on a journey of conversion back to the Father's house. How fitting that in dedicating ourselves to prayer we should focus on the Our Father, that most perfect of prayers, a summary of the whole Gospel. The Father knows all our needs, wants and desires and gives his children good things. So we dare to pray and call God 'Father'.

From the newsletter:

Lent begins on Wednesday which is a Day of Fasting and Abstinence. Fasting applies to everyone under 59 and Abstinence from all meat applies to everyone over 7. The sick are exempt.

Masses for Ash Wednesday are:

9.30am at Holy Family Church.

7.30pm at Our Lady's Church.

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
