



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 07, 2025

Dear Friends,

Today is the 23rd Sunday in Ordinary Time.

"O Lord, you have been our refuge, from generation to generation"

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

<https://youtube.com/live/J914Mfu73e4?feature=share>

Apologies about the technical difficulties with the live stream last week. Hopefully all will be okay for this week.

From the Office of Readings for Week 23 of the Year: Sunday.

From a sermon on the Beatitudes by Saint Leo the Great

Christian Wisdom

The Lord then goes on to say: *Blessed are those who hunger and thirst for righteousness, for they shall be filled.* This hunger is not for bodily food, this thirst is not for any earthly drink: it is a longing to be blessed with righteousness, and, by penetrating the secret of all mysteries, to be filled with the Lord himself.

Happy is the soul that longs for the food of righteousness and thirsts for this kind of drink; it would not seek such things if it had not already savoured their delight. When the soul hears the voice of the Spirit saying to it through the prophet: *Taste and see that the Lord is good*, it has already received a portion of God's goodness, and is on fire with love, the love that gives joy of the utmost purity. It counts as nothing all that belongs to time; it is entirely consumed with desire to eat and drink the food of

righteousness. The soul lays hold of the true meaning of the first and great commandment: *You shall love the Lord God with your whole heart, and your whole mind and your whole strength*, for to love God is nothing else than to love righteousness.

Finally, just as concern for one's neighbour is added to love of God, so the virtue of mercy is added to the desire for righteousness, as it is said: *Blessed are the merciful, for God will be merciful to them.*

Remember, Christian, the surpassing worth of the wisdom that is yours. Bear in mind the kind of school in which you are to learn your skills, the rewards to which you are called. Mercy itself wishes you to be merciful, righteousness itself wishes you to be righteous, so that the Creator may shine forth in his creature, and the image of God be reflected in the mirror of the human heart as it imitates his qualities. The faith of those who live their faith is a serene faith. What you long for will be given you; what you love will be yours for ever.

Since it is by giving alms that everything is pure for you, you will also receive that blessing which is promised next by the Lord: *Blessed are the pure of heart, for they shall see God.* Dear friends, great is the happiness of those for whom such a reward is prepared. Who are the clean of heart if not those who strive for those virtues we have mentioned above? What mind can conceive, what words can express the great happiness of seeing God? Yet human nature will achieve this when it has been transformed so that it sees the Godhead *no longer in a mirror or obscurely but face to face* – the Godhead that no man has been able to see. In the inexpressible joy of this eternal

vision, human nature will possess *what eye has not seen or ear heard, what man's heart has never conceived.*

Responsory

- R.** What treasures of loving kindness, Lord, do you store up for the men who fear you: * these treasures you give in their fullness to those who put their trust in you.
- V.** This no eye has seen, no ear has heard or human heart conceived. * These treasures you give in their fullness to those who put their trust in you.
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We pray for Our Holy Father Pope Leo as he prepares for Holy Mass with the Canonisations of Carlo Acutis and Pier Giorgio Frassati today. (10:00 Rome Time)

From: <https://www.liverpoolcatholic.org.uk/news/celebrating-two-new-saints-carlo-acutis-and-pier-giorgio-frassati>

On Sunday 7 September, the Church will mark the canonisation of Carlo Acutis and Pier Giorgio Frassati, two young Catholics whose lives continue to inspire faith, prayer, and service.

Born in London in 1991, Blessed Carlo Acutis will be the first millennial saint. Known for his deep devotion to the Eucharist, his care for the poor, and his creative use of technology to share the faith, Carlo reminds us that holiness is possible for everyone – even in our modern world. His motto, “The Eucharist is my highway to heaven,” continues to inspire young people across the world.

Blessed Pier Giorgio Frassati (1901–1924), a passionate mountaineer and tireless advocate for justice, reminds us that faith is lived not only in prayer but also in action. His commitment to the poor, his love of the outdoors, and his conviction that “charity is not enough; we need social reform,” speak powerfully into our times.

Monday 8th September is the Feast of the Nativity of the Blessed Virgin Mary.

From the Office of Readings:

A reading from the sermons of St Andrew of Crete

The old has passed away, behold all things are made new

‘The fulfilment of the law is Christ himself, who does not so much lead us away from the letter as lift us up to its spirit. For the law’s consummation was this, that the very lawgiver accomplished his work and changed letter into spirit, summing everything up in himself and, though subject to the law, living by grace. He subordinated the law, yet harmoniously united grace with it, not confusing the distinctive characteristics of the one with the other, but effecting the transition in a way most fitting for God. He changed whatever was burdensome, servile and oppressive not what is light and liberating, so that we should be enslaved no longer *under the elemental spirits of the world*, as the Apostle says, nor held fast as bondservants under the letter of the law.

This is the highest, all-embracing benefit that Christ has bestowed on us. This is the revelation of the mystery, this is the emptying out of the divine nature, the union of God and man, and the deification of the manhood that was assumed. This radiant and manifest coming of God to men most certainly needed a joyful prelude to introduce the great gift of salvation to us. The present festival, the birth of the Mother of God, is the prelude, while the final act is the fore-ordained union of the Word with flesh. Today the Virgin is born, tended and formed and prepared for her role as Mother of God, who is the universal King of the ages.

Justly, then, do we celebrate this mystery since it signifies for us a double grace. We are led towards the truth, and we are led away from our condition of slavery to the letter of the law. How can this be? Darkness yields before the coming of the light, and grace exchanges legalism for freedom. But midway between the two stands today’s mystery, at the frontier where types and

symbols give way to reality, and the old is replaced by the new. Therefore, let all creation sing and dance and unite to make worthy contribution to the celebration of this day. Let there be one common festival for saints in heaven and men on earth. Let everything, mundane things and those above, join in festive celebration. Today this created world is raised to the dignity of a holy place for him who made all things. The creature is newly prepared to be a divine dwelling place for the Creator.

Responsory

℟. Let us celebrate today, with great devotion, the birth of Mary, the ever-virgin Mother of God,* whose virtues shed light upon the Church throughout the world.

℣. Let us glorify Christ with heart and soul on this feast of Mary, the noble Mother of God,* whose virtues shed light upon the Church throughout the world.

Friday 12th September is The Most Holy Name of Mary.

From the Office of Readings:

From the homilies of St Bernard of Clairvaux on the glories of the Virgin Mother.

“And the Virgin’s name was Mary”. Let us speak a little about this name, which is said to mean “star of the sea,” and which so well befits the Virgin Mother. Rightly is she likened to a star. As a star emits a ray without being dimmed, so the Virgin brought forth her Son without receiving any injury. The ray takes naught from the brightness of the star; nor the Son from His Mother’s virginal integrity. This is the noble star risen out of Jacob, whose ray illumines the whole world, whose splendour shines in the heavens, penetrates the abyss, and, traversing the whole earth, gives warmth rather to souls than to bodies, cherishing virtues, withering vices. Mary is that bright and incomparable star, whom we need to see raised above this vast sea, shining by her merits, and giving us light by her example.

All of you, who see yourselves amid the tides of the world, tossed by storms and tempests rather than walking on the land, do not turn your eyes away from this shining star, unless you want to be overwhelmed by the hurricane. If temptation storms, or you fall upon the rocks of tribulation, look to the star: call upon Mary! If you are tossed by the waves of pride or ambition, detraction or envy, look to the star, call upon Mary. If anger or avarice or the desires of the flesh dash against the ship of your soul, turn your eyes to Mary. If troubled by the enormity of your crimes, ashamed of your guilty conscience, terrified by dread of the judgement, you begin to sink into the gulf of sadness or the abyss of despair, think of Mary.

In dangers, in anguish, in doubt, think of Mary, call upon Mary. Let her name be ever on your lips, ever in your heart; and the better to obtain the help of her prayers, imitate the example of her life. Following her, you do not stray; invoking her, you do not despair; thinking of her, you do not wander; upheld by her, you do not fall; shielded by her, you do not fear; guided by her, you do not grow weary; favoured by her, you reach the goal. And thus you experience in yourself how good is that saying: “And the Virgin’s name was Mary”.

Saturday 13th September is the Memorial of St. John Chrysostom, Bishop and Doctor of the Church.

From Universalis:

St John Chrysostom (349 - 407)

He was born in Antioch. After a thorough education, he took up the ascetic life. He was ordained to the priesthood, and became a fruitful and effective preacher.

He was elected Patriarch of Constantinople in 397, and was energetic in reforming the ways of the clergy and the laity alike. He incurred the displeasure of the Emperor and was twice forced into exile. When the second exile, to Armenia, had lasted three years, it was decided that he should be sent

still further away, but he died on the journey, worn out by his hardships.

His sermons and writings did much to explain the Catholic faith and to encourage the living of the Christian life: his eloquence earned him the surname “Chrystostom” (the Greek for “golden mouth”).

<https://universalis.com/europe.england.eastanglia/20250913/today.htm>

From the Parish Newsletter:

FIRST HOLY COMMUNION 2026

There is a meeting for parents next Saturday at 11am in Holy Family Church to outline the programme of preparation for First Holy Communion next year. The list for registration closed at the end of July.

CHILDREN’S LITURGY

We are proposing to restart Children’s Liturgy at 9.30am and 11.30am Mass. For this, we shall need volunteers to help with the sessions. Helpers will pair up to guide the children, aged 4 to 6, through the first half of the Mass. If you are interested in contributing to this, there is a meeting organised for volunteers on Sunday 14th September at 5pm in the Wrigglesworth Room. There is lots of information and guidance available and all of this will be shared then. Feel free to contact me. Helen L’Estrange.

Contact details are: h.lestrange@sky.com
07590496538

GRAPE VINE

Please send your articles, pictures, drawings, photos for the next issue of the Grape Vine Magazine to Lotte
editor.grapevine.kl@gmail.com ASAP.

Parish Council Meeting

Sunday September 21st.

WRIGGLESWORTH ROOM; after vespers & Benediction approx. 4.30pm. This meeting is to Re-establish a working Parish Council. The meetings’ function is·

- To share expected NEW Diocesan guidelines· To share information about

upkeep & costs of buildings & property requirements·

- To establish Parish needs through co-opted “officers” research with parishioners·
 - To establish some core teams to represent / support specific needs·
 - To establish long term continuity by evolving buddy / apprentice positions in all key areas.
 - WE must focus on future needs, not past reflections .
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Ordinariate Podcast

Please see the following link for this week’s podcast:

https://youtu.be/e_T15crZ9XQ

The link to our YouTube channel is:

<https://www.youtube.com/channel/UC8V030I7usRZiKoTlrwBAKg>

And the link to our Parish Website:

<https://cpkl.org>

God bless,

Shaun

Deacon Shaun Morrison
