



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 05, 2023

Dear Friends,

Today is the **Fifth Sunday in Ordinary Time**.

"You are the light of the world."

It is Psalter Week 1 for the Divine Office.

The YouTube link for the 11.30am Mass at Our Lady's is:

[Youtube Our Lady's](#)

Today is also Racial Justice Sunday.

Racial Justice Sunday is the day the church focuses on the need to oppose racism and pursue racial justice with renewed vigour.

The theme for Racial Justice Sunday is:

"All are included in the mission of Christ and His Church. Let us walk together, pray together and work together"

It reflects the role each of us must play in promoting the mission of Christ and His Church. This was inspired by conversations around last year's Racial Justice Sunday and Pope Francis' visit to Canada in July 2022 when he spoke about looking towards a future of 'Justice, healing and reconciliation'.

A prayer:

God of our past, present and future, you created each one of us in your image and likeness,
help us to recognise you in each person.

As we pray for end to suffering caused by racism, lead us this day to walk with one another,
pray with one another and work together, so that we create a future based on justice and healing, where all can fulfil the hope you have for all peoples.

We ask this through Christ our Lord. Amen

There is a YouTube video where Father Mark Odion, Regional Superior of the Missionary Society of St Paul focuses on 'Walking Together' for racial justice.

The link to this is:

[Walking Together for Racial Justice](#)

(Source: Bishops' Conference of England & Wales)

<https://www.cbcew.org.uk/racial-justice-sunday/>

Wednesday 8th February is the day of prayer for victims of Trafficking.

St Josephine Bakhita is the patron saint of victims of modern slavery and human trafficking. On her Feast Day Catholics are encouraged to pray for all those affected by the crimes of modern slavery and human trafficking, and the people that volunteer and work to eradicate this crime. Josephine Margaret Bakhita was a Sudanese-Italian Canossian religious sister who lived in Italy for 45 years, after having been a slave in Sudan. In 2000 she was declared a saint.

From the Vatican website:

[St Josephine Bakhita](#)

Saturday 11th February is the World Day of Prayer for the Sick. (And Our Lady of Lourdes)

An extract from a message from Pope Francis:

The World Day of the Sick calls for prayer and closeness towards those who suffer. Yet it also aims to raise the awareness of God's people, healthcare institutions and civil society with regard to a new way of moving forward together. The prophecy of Ezekiel judges harshly the priorities of those who wield economic, cultural, and political power over others: *"You eat the fat, you clothe yourselves with the wool, you slaughter the fatlings; but you do not feed the sheep. You have not strengthened the weak, you have not healed the sick, you have not bound up the injured, you have not brought back the strayed, you have not sought the lost, but with force and harshness you have ruled them"* (Ezekiel 34:3-4).

God's word is always illuminating and timely; not only in what it denounces, but also in what it proposes. Indeed, the conclusion of the parable of the Good Samaritan suggests how the exercise of fraternity, which began as a face-to-face encounter, can be expanded into organised care. The elements of the inn, the innkeeper, the money and the promise to remain informed of the situation (cf. Lk 10:34-35) all point to the commitment of healthcare and social workers, family members and volunteers, through whom good stands up in the face of evil every day, in every part of the world.

Link to the full message is:

[Pope Francis World day of prayer for the sick](#)

There is a Mass to celebrate Our Lady of Lourdes with Anointing of the Sick at the Cathedral (St John the Baptist, Norwich) on Saturday 11th February at 11.30am.

Bishop Peter will celebrate the Mass.

From the Office of Readings:

(appears in the Divine Office of the Office of Readings for Monday in the fifth week in Ordinary time)

A reading from the Breviloquium of St Bonaventure

From the Knowledge of Jesus Christ flows the understanding of the whole of holy scripture

The source of sacred Scripture was not human research but divine revelation. This revelation comes from the Father of Light from whom the whole concept of fatherhood in heaven and on earth derives. From him, through Jesus Christ his Son, the Holy Spirit enters into us. Then, through the Holy Spirit who allots and apportions his gifts to each person as he wishes, we receive the gift of faith, and through faith Christ lives in our hearts.

So we come to know Christ and this knowledge becomes the main source of a firm understanding of the truth of all sacred Scripture. It is impossible, therefore, for anyone to achieve this understanding unless he first receives the gift of faith in Christ. This faith is the foundation of the whole Bible, a lamp and a key to its understanding. As long as our earthly state keeps us from seeing the Lord, this same faith is the firm basis of all supernatural enlightenment, the light guiding us to it, and the doorway through which we enter upon it. What is more, the extent of our faith is the measure of the wisdom which God has given us. Thus, no one should overestimate his wisdom; instead, he should soberly make his assessment according to the extent of the faith which God has given him.

The outcome or the fruit of reading holy Scripture is by no means negligible: it is the fullness of eternal happiness. For these are the books which tell us of eternal life, which were written not only that we might believe but also that we might have everlasting life. When we do live that life we shall understand fully, we shall love completely, and our desires will be totally satisfied.

Then, with all our needs fulfilled, we shall truly know the love that surpasses understanding and so be filled with the fullness of God. The purpose of the Scriptures, which come to us from God, is to lead us to this fullness according to the truths contained in those sayings of the apostles to which I have referred. In order to achieve this, we must study holy

Scripture carefully, and teach it and listen to it in the same way.

If we are to attain the ultimate goal of eternal happiness by the path of virtue described in the Scriptures, we have to begin at the very beginning. We must come with a pure faith to the Father of Light and acknowledge him in our hearts. We must ask him to give us, through his Son and in the Holy Spirit, a true knowledge of Jesus Christ, and along with that knowledge a love of him. Knowing and loving him in this way, confirmed in our faith and grounded in our love, we can know the length and breadth and height and depth of his sacred Scripture. Through that knowledge we can come at last to know perfectly and love completely the most blessed Trinity, whom the saints desire to know and love and in whom all that is good and true finds its meaning and fulfilment.

Monday 6th February is the Memorial of St. Paul Miki and companions, Martyrs.

St Paul Miki (1564/6 - 1597)

He was born in Japan between 1564 and 1566. He joined the Society of Jesus and preached the gospel to the Japanese people with great success. When a persecution of the Catholics arose he was arrested together with twenty-five others. Mocked and tortured, they were eventually taken to Nagasaki on 5 February 1597, bound to crosses and speared.

Source:

<https://universalis.com/europe.england.eastanglia/20230206/today.htm>

Friday 10th February is the Memorial of St. Scholastica, Virgin.

A reading from the dialogues of St Gregory the Great:

Scholastica, the sister of Saint Benedict, had been consecrated to God from her earliest years. She was accustomed to visiting her brother once a year. He would come down to meet her at a place on the monastery property, not far outside the gate.

One day she came as usual and her saintly brother went with some of his disciples; they spent the whole day praising God and talking of sacred things. As night fell they had supper together.

Their spiritual conversation went on and the hour grew late. The holy nun said to her brother: "Please do not leave me tonight; let us go on until morning talking about the delights of the spiritual life." "Sister," he replied, "what are you saying? I simply cannot stay outside my cell."

When she heard her brother refuse her request, the holy woman joined her hands on the table, laid her head on them and began to pray. As she raised her head from the table, there were such brilliant flashes of lightning, such great peals of thunder and such a heavy downpour of rain that neither Benedict nor his brethren could stir across the threshold of the place where they had been seated. Sadly he began to complain: "May God forgive you, sister. What have you done?" "Well," she answered, "I asked you and you would not listen; so I asked my God and he did listen. So now go off, if you can, leave me and return to your monastery."

Reluctant as he was to stay of his own will, he remained against his will. So it came about that they stayed awake the whole night, engrossed in their conversation about the spiritual life.

It is not surprising that she was more effective than he, since as John says, God is love, it was absolutely right that she could do more, as she loved more.

Three days later, Benedict was in his cell. Looking up to the sky, he saw his sister's soul leave her body in the form of a dove, and fly up to the secret places of heaven. Rejoicing in her great glory, he thanked almighty God with hymns and words of praise. He then sent his brethren to bring her body to the monastery and lay it in the tomb he had prepared for himself.

Their minds had always been united in God; their bodies were to share a common grave.

Source:

<https://universalis.com/europe.england.eastanglia/20230210/readings.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

Queenie spotted a rabbit on one of her walks during the past week & as you can see from the photo she was very alert & excited:

