



# 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 — June 02, 2024

Dear Friends,

Today is the **Solemnity of the Most Holy Body and Blood of Christ. (Corpus Christi)**

*"I am the living bread which has come down from heaven, says the Lord. Anyone who eats this bread will live forever."*

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

[https://www.youtube.com/live/zyM-71piUD4?si=2G4LiugX\\_CcccU0H](https://www.youtube.com/live/zyM-71piUD4?si=2G4LiugX_CcccU0H)

From the Parish Newsletter:

#### **CORPUS CHRISTI PROCESSION**

This afternoon (Sunday at 3pm) is our Deanery Corpus Christi Procession in the grounds of Oxburgh Hall. It is always a lovely expression of our Faith in the real presence of Jesus in the Eucharist. Please come in good numbers. It would be especially good to see our First Communion children. We also need altar servers for Cross and Acolytes, Thurifers and torch-bearers. To get to Oxburgh Hall take the A10 out of Lynn and then the A134 towards Thetford and then follow the brown tourist signs to Oxburgh Hall on your left. Passes giving free access to the National Trust grounds are available after Mass today and also there will be someone outside the gate with passes for those who need one. It is permitted to have a picnic in the grassy car park outside the grounds before the event.

**From the Office of Readings for today:**

**A reading from the works of St Thomas Aquinas**

*How precious and wonderful is this banquet!*

Since it was the will of God's only-begotten Son that men should share in his divinity, he assumed our nature in order that by becoming man he might make men gods. Moreover, when he took our flesh he dedicated the whole of its substance to our salvation. He offered his body to God the Father on the altar of the cross as a sacrifice for our reconciliation. He shed his blood for our ransom and purification, so that we might be redeemed from our wretched state of bondage and cleansed from all sin. But to ensure that the memory of so great a gift would abide with us for ever, he left his body as food and his blood as drink for the faithful to consume in the form of bread and wine.

O precious and wonderful banquet, that brings us salvation and contains all sweetness! Could anything be of more

intrinsic value? Under the old law it was the flesh of calves and goats that was offered, but here Christ himself, the true God, is set before us as our food. What could be more wonderful than this? No other sacrament has greater healing power; through it sins are purged away, virtues are increased, and the soul is enriched with an abundance of every spiritual gift. It is offered in the Church for the living and the dead, so that what was instituted for the salvation of all may be for the benefit of all. Yet, in the end, no one can fully express the sweetness of this sacrament, in which spiritual delight is tasted at its very source, and in which we renew the memory of that surpassing love for us which Christ revealed in his passion.

It was to impress the vastness of this love more firmly upon the hearts of the faithful that our Lord instituted this sacrament at the Last Supper. As he was on the point of leaving the world to go to the Father, after celebrating the Passover with his disciples, he left it as a perpetual memorial of his passion. It was the fulfilment of ancient figures and the greatest of all his miracles, while for those who were to experience the sorrow of his departure, it was destined to be a unique and abiding consolation.

#### **Responsory**

- ℟. See in this bread the body of Christ which hung upon the cross, and in this cup the blood which flowed from his side.\* Take his body, then, and eat it; take his blood and drink it, and you will become his members.
- ℣. The body of Christ is the bond which unites you to him: eat it, or you will have no part in him. The blood is the price he paid for your redemption: drink it, lest you despair of your sinfulness.\* Take his body, then, and eat it; take his blood and drink it, and you will become his members.

**Friday 7th June is the Solemnity of the Most Sacred Heart of Jesus.**

Mass is at 12 Noon at Our Lady's Church.

Friday Abstinence is dispensed today.

From the Office of Readings for the Solemnity of the Most Sacred Heart of Jesus:

**A reading from the works of St. Bonaventure**

*With you is the source of life*

You who have been redeemed, consider who it is who hangs on the cross for you, whose death gives life to the dead, whose passing is mourned by heaven and earth, while even

the hard stones are split. Consider how great he is; consider what he is.

In order that the Church might be formed from the side of Christ as he slept on the cross, in order that the word of scripture might be fulfilled – ‘They shall look on him whom they have pierced’ – God’s providence decreed that one of the soldiers should open his sacred side with a spear, so that blood with water might flow out to pay the price of our salvation. This blood, which flowed from its source in the secret recesses of his heart, gave the sacraments of the Church power to confer the life of grace, and for those who already live in Christ was a draught of living water welling up to eternal life.

Arise, then, bride of Christ, be like the dove that nests in the rock-face at the mouth of a cavern, and there, like a sparrow which finds its home, do not cease to keep vigil; there, like a turtle-dove, hide the fledglings of your chaste love; place your lips there to draw water from the wells of your Saviour. For this is the spring flowing from the middle of paradise; it divides and becomes four rivers, then spreads through all devout hearts, and waters the whole world and makes it fruitful.

O soul devoted to God, whoever you may be, run to this source of life and light with eager longing. And with the power of your inmost heart cry out to him: ‘O indescribable beauty of God most high! O pure radiance of everlasting light! O life that gives life to all life! O light that illuminates every light, and preserves in its undying splendour the myriad flames that have shone before the throne of your godhead from the dawn of time!

‘O water eternal and inaccessible, clear and sweet, flowing from the spring that is hidden from the eyes of all mortal men; the spring whose depths cannot be plumbed, whose height cannot be measured, whose shores cannot be charted, whose purity cannot be muddled.’

From this source flows the river which makes glad the city of God, so that with glad shouts and songs of thanksgiving we sing to you our hymns of praise, and by experience prove that with you is the fountain of life; and in your light we shall see light.

### **Responsory**

- ℟. Bless the Lord, my soul, remembering all he has done for you;\* he rescues your life from deadly peril, crowns you with the gifts of his kindness and compassion.
- ℣. O taste and see that the Lord is good;\* he rescues your life from deadly peril, crowns you with the gifts of his kindness and compassion.

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## **Saturday 8th June is the Memorial of the Immaculate Heart of the Blessed Virgin Mary.**

Devotion to the Immaculate Heart of Mary began as early as the twelfth century. During the seventeenth century in France, St John Eudes popularised this devotion along with that to the Sacred Heart. St Luke’s Gospel twice mentions that Mary ‘kept all these things in her heart’, pondering the word of God. Mary shows us how to listen to the words the Holy Spirit speaks to us in the depths of our hearts, and how to respond in faith.

From the Office of Readings for the Memorial of the Immaculate Heart of the Blessed Virgin Mary:

### **A reading from the sermons of St. Laurence Justinian**

*Mary kept all these things in her heart*

As Mary pondered all she had learned from reading and from what she had heard and seen, how greatly did she increase in faith, advance in merit and become enlightened with wisdom! More and more she was consumed with burning love. Drawing life and inspiration from the heavenly mysteries which were being unlocked for her, she was filled with joy; she became alive with the Spirit, she was guided towards God and was kept humble in herself. The effects of divine grace are such indeed that they raise one from the depths to the heights, and transform one in an ever greater degree of glory. Entirely blessed was the mind of the Virgin which, through the direction of the Spirit dwelling in her, ever obeyed the command of the Word of God in all things. She was governed not by her own judgement or opinions, but she outwardly performed through her body whatever wisdom had indicated inwardly to her faith. It was surely fitting that divine Wisdom, which had built the house of the Church for its abode, should use most holy Mary as its instrument, where the observance of the law, purification of the heart, the doctrine of humility and spiritual offering were concerned.

Imitate her, O faithful soul. Enter into the temple of your heart that you may be purified in spirit and cleansed of the pollution of your sins. In everything we do God considers our disposition rather than our actions. And so, whether we retire mentally to God in earnest contemplation and remain at rest or whether we are intent on being of service to those around us with good works and worthy undertakings, let our object be that we are motivated only by love of Christ. So the really acceptable offering of purification of the spirit is that which is rendered not in a man-made temple but in the temple of the heart, where Christ the Lord is pleased to enter.

### **Responsory**

℟. I know not how to praise you, holy and immaculate Virgin.\* Heaven itself cannot contain the One whom you bore in your womb.

℣. Blessed are you among women, and blessed is the fruit of your womb.\* Heaven itself cannot contain the One whom you bore in your womb.

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The link to our YouTube channel is:

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

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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