



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, January 28, 2024

Dear Friends,

Today is the 4th Sunday in Ordinary Time.

***"O that today you would listen to his voice!
Harden not your hearts"***

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

[https://www.youtube.com/live/o93gQCfbk_U?
si=Zj5WKJIUljLCW7L](https://www.youtube.com/live/o93gQCfbk_U?si=Zj5WKJIUljLCW7L)

The link for the live stream of the 2pm Ordinariate Mass is:

[https://www.youtube.com/live/aE_Hp6RCqik?
si=wk4C-fYw5R7iodWv](https://www.youtube.com/live/aE_Hp6RCqik?si=wk4C-fYw5R7iodWv)

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

A reading from the letter of St. Ignatius of Antioch to Smyrna.

Christ has called us into his kingdom and his glory.

From Ignatius, known as Theophorus, to the Church of God the Father and of Jesus Christ, his beloved, at Smyrna in Asia, wishing you all joy in an immaculate spirit and the Word of God. By his mercy you have won every gift and lack none, filled as you are with faith and love, beloved of God and fruitful in sanctity.

I celebrate the glory of Jesus Christ as God, because he is responsible for your wisdom, well aware as I am of the perfection of your unshakeable faith. You are like men who have been nailed body and soul to the cross of Jesus Christ, confirmed in love by his blood.

In regard to the Lord, you firmly believe that he was *of the race of David according to the flesh*, but God's son by the will and power of God; truly born of the Virgin and baptised by John, *that all justice might be fulfilled*; truly nailed to a cross in the flesh

for our sake under Pontius Pilate and the Tetrarch Herod, and of his most blessed passion we are the fruit. And thus, by his resurrection he raised up a standard over his saints and faithful ones for all time (both Jews and Gentiles alike) in the one body of his Church. For he endured all this for us, for our salvation; and he really suffered, and just as truly rose from the dead.

As for myself, I am convinced that he was united with his body even after the resurrection. When he visited Peter and his companions, he said to them: *Take hold of me, touch me and see that I am not a spirit without a body.* Immediately they touched him and believed, clutching at his body and his very spirit. And for this reason they despised death and conquered it. In addition, after his resurrection, the Lord ate and drank with them like a real human being, even though in spirit he was united with his Father.

And so I am giving you serious instruction on these things, dearly beloved, even though I am aware that you believe them to be so.

Responsory

- ℟. I died to the law – to live for God. My present bodily life is lived by faith in the Son of God,* who loved me and gave himself up for me.
- ℣. I have been crucified with Christ: the life I now live is not my life, but the life which Christ lives in me,* who loved me and gave himself up for me.

Today is also Racial Justice Sunday.

From the Bishops' Conference of England and Wales:

The theme for Racial Justice Sunday is: *"Seeing one another in the life of the Church"*.

It is important to recognise that we are all children of

God, regardless of our race and background. This year's theme seeks to promote reflection, discussion and action on our theme and to encourage us to carry this through in the weeks and months after Racial Justice Sunday.

For this year's resources, we are celebrating the diversity of those who have led holy and exemplary lives. Our Catholic saints walked in this world as we do and were men and women of heroic virtue that can intercede for us to bring our prayers to the Lord. For further information please see the following link which is the source of the above paragraph:

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

A prayer for Racial Justice Sunday:

**God of light and truth,
you call all men and women to live lives of holiness and justice.
Help us to see in one another: a heart which is tender, a mind which is humble
and a care for our brothers and sisters;
so that together we may build up the Body of Christ as a sign of hope and mercy for all.
We make this prayer through Jesus our Lord.
Amen.**

Bishop Paul McAleenan, Lead Bishop for Racial Justice, offers a short message for Racial Justice Sunday where he explains the theme and offers Catholics suggestions to mark the day. The YouTube link for this is:

[The importance of racial justice and why we work for it](#)

Holocaust Memorial Day-27th January.

From the Bishops' Conference of England and Wales:

Bishop Declan Lang, Chair of the Bishop's Conference's International Affairs department, urges us to reflect on those who lost their lives in the Holocaust and pray for those who work tirelessly to promote and protect freedom around the world.

For further reading on this please see the attached link:

<https://www.cbcew.org.uk/bishop-lang-pray-for-those-who-work-tirelessly-to-promote-freedom/>

Friday 2nd February is the Feast of the Presentation of the Lord.



We also know this day as Candlemas Day. The blessing of Candles and Procession will take place before the 12 Noon Mass at Our Lady's.

On Tuesday, 2 February 2010 in his homily Pope Benedict XVI said:

On the Feast of the Presentation of Jesus in the Temple we are celebrating a mystery of Christ's life linked to the precept of Mosaic Law which prescribed that 40 days after the birth of their first-born child parents should go to the Temple of Jerusalem to offer the infant to the Lord and for the ritual purification of the mother (cf. Ex 13:1-2, 11-16; Lv 12:1-8). Mary and Joseph also fulfilled this rite, offering to comply with the law a couple of turtle doves or pigeons. In giving a deeper interpretation to these things we understand that at this moment it is God himself who is presenting his Only-Begotten Son to humanity through the words of the elderly Simeon and the Prophetess Anna. Simeon, in fact, proclaimed Jesus as the "salvation" of humanity, a "light" for all the nations and a "sign that is spoken against", because he would reveal the thoughts of hearts (cf. Lk 2:29-35). In the East this Feast was called Hypapante, a feast of encounter. In fact, Simeon and Anna, who met Jesus in the Temple and recognized him as the Messiah so long awaited, represent humanity that encounters its Lord in the Church. Subsequently, this Feast also spread to the West, where above all the symbol of light and the procession with candles which gave rise to the term "Candlemas" developed. This visible sign is intended to mean that the Church encounters in faith the One who is "the light of men" and in order to bring this "light" into the world, receives him with the full dynamism of her faith.

(Source: https://www.vatican.va/content/benedict-xvi/en/homilies/2010/documents/hf_ben-xvi_hom_20100202_vita-consacrata.html)

From the Office of Readings:

A reading from a sermon by St Sophronius.

Let us accept the clear and eternal light.

In honour of the divine mystery that we celebrate today, let us all hasten to meet Christ. Everyone should be eager to join the procession and to carry a light.

Our lighted candles are a sign of the divine splendour of the one who comes to expel the dark shadows of evil and to make the whole universe radiant with the brilliance of his eternal light. Our candles also show how bright our souls should be when we go to meet Christ.

The Mother of God, the most pure Virgin, carried the true light in her arms and brought him to those who lay in darkness. We too should carry a light for all to see and reflect the radiance of the true light as we hasten to meet him.

The light has come and has shone upon a world enveloped in shadows; the Dayspring from on high has visited us and given light to those who lived in darkness. This, then, is our feast, and we join in procession with lighted candles to reveal the light that has shone upon us and the glory that is yet to come to us through him. So let us hasten all together to meet our God.

The true light has come, the light that enlightens every man who is born into this world. Let all of us, my brethren, be enlightened and made radiant by this light. Let all of us share in its splendour, and be so filled with it that no one remains in the darkness. Let us be shining ourselves as we go together to meet and to receive with the aged Simeon the light whose brilliance is eternal. Rejoicing with Simeon, let us sing a hymn of thanksgiving to God, the Father of the light, who sent the true light to dispel the darkness and to give us all a share in his splendour.

Through Simeon's eyes we too have seen the salvation of God which he prepared for all the nations and revealed as the glory of the new Israel, which is ourselves. As Simeon was released from the bonds of this life when he had seen Christ, so we too were at once freed from our old state of sinfulness.

By faith we too embraced Christ, the salvation of God the Father, as he came to us from Bethlehem. Gentiles before, we have now become the people of God. Our eyes have seen God incarnate, and

because we have seen him present among us and have mentally received him into our arms, we are called the new Israel. Never shall we forget this presence; every year we keep a feast in his honour.

Responsory

℟. The glory of the Lord entered the temple by the gate facing east,* and the glory of the Lord filled the temple.

℣. Mary and Joseph brought the child Jesus into the temple,* and the glory of the Lord filled the temple.

Saturday 3rd February is the Memorial of St. Blaise, Bishop & Martyr.

The blessing of throats will be available after the 10am Mass at Holy Family.

From Bible Alive 2023:

One summer's day in 316, the town square of Sebastea, in ancient Armenia, was witness to a miracle. As the former bishop known to us today as St. Blaise) was being led towards the prison by guards, a mother rushed up to him brandishing her young son. The boy was choking to death from a fishbone caught in his throat. With one hand on the boy's throat, Blaise called upon the power of the Lord to save him and the child instantly coughed up the bone and began to breathe.

To this day Catholics call upon St Blaise for help, whenever anyone has a problem with their throat. This might be an incident of choking, nervous swallowing prior to (or during) public speaking or a serious throat illness.



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