



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 March 05, 2023

Dear Friends, Good morning to you.

Today is the **Second Sunday of Lent**.

"May your love be upon us, O Lord, as we place all our hope in you."

"From the bright cloud the Father's voice was heard: This is my Son, the Beloved. Listen to him."

It is Psalter Week 2 for the Divine Office.

The YouTube link for the 11.30am Mass at Our Lady's is:
[11.30 Our Lady's 5th March](#)

This coming Tuesday (7th March) is the Station Mass.

From the parish newsletter:

During Lent the Bishop goes around the diocese gathering the people together in each deanery.

This week Bishop Peter will be coming to our deanery. On Tuesday there will be Exposition of the Blessed Sacrament from **6.00pm in Holy Family Church** when there will be opportunity for Confession with various priests from the deanery. **At 7.00pm** there will be Pontifical Mass with the bishop followed by a light supper in the narthex. This will be the bishop's first visit to the parish so it would be good to have as many people as possible to make him welcome.

Wednesday 8th March is the Feast of **St. Felix, Bishop**. Secondary Patron of our Diocese of East Anglia.

A native of Burgundy, Felix became a bishop in Gaul and offered himself to work for the conversion of the East Angles. In 630 Sigebert, their king, came back from exile and work began.

Felix undertook the mission with the approval of Honorius of Canterbury, and placed his episcopal see at Dunwich, now washed away by the sea. He preached with great success in Norfolk, Suffolk and Cambridgeshire.

(Source: <https://universalis.com/europe.england.eastanglia/20230308/today.htm>)

From the Office of Readings: (for the Second Sunday of Lent)

A reading from the sermons of Pope St Leo the Great

The law was given through Moses, grace and truth came through Jesus Christ

The Lord reveals his glory in the presence of chosen witnesses. His body is like that of the rest of mankind, but he makes it shine with such splendour that his face becomes like the sun in glory, and his garments as white as snow.

The great reason for this transfiguration was to remove the scandal of the cross from the hearts of his disciples, and to prevent the humiliation of his voluntary suffering from disturbing the faith of those who had witnessed the surpassing glory that lay concealed.

With no less forethought he was also providing a firm foundation for the hope of holy Church. The whole body of Christ was to understand the kind of transformation that it would receive as his gift: the members of that body were to look forward to a share in that glory which first blazed out in Christ their head.

The Lord had himself spoken of this when he foretold the splendour of his coming: *Then the just will shine like the sun in the kingdom of their Father*. Saint Paul the apostle bore witness to this same truth when he said: *I consider that the sufferings of the present time are not to be compared to the future glory that is to be revealed in us*. In another place he says: *You are dead, and your life is hidden with Christ in God. When Christ, your life, is revealed, then you also will be revealed with him in glory*.

This marvel of the transfiguration contains another lesson for the apostles, to strengthen them and lead them into the fullness of knowledge. Moses and Elijah, the law and the prophets, appeared with the Lord in conversation with him. This was in order to fulfil exactly, through the presence of these five men, the text which says: *Before two or three witnesses every word is ratified*. What word could be more firmly established, more securely based, than the word which is proclaimed by the trumpets of both old and new testaments, sounding in harmony, and by the utterances of ancient prophecy and the teaching of the Gospel, in full agreement with each other?

The writings of the two testaments support each other. The radiance of the transfiguration reveals clearly and unmistakably the one who had been promised by signs foretelling him under the veils of mystery. As Saint John says: *The law was given through Moses, grace and truth came through Jesus Christ.* In him the promise made through the shadows of prophecy stands revealed, along with the full meaning of the precepts of the law. He is the one who teaches the truth of the prophecy through his presence, and makes obedience to the commandments possible through grace.

In the preaching of the holy Gospel all should receive a strengthening of their faith. No one should be ashamed of the cross of Christ, through which the world has been redeemed.

No one should fear to suffer for the sake of justice; no one should lose confidence in the reward that has been promised. The way to rest is through toil, the way to life is through death. Christ has taken on himself the whole weakness of our lowly human nature. If then we are steadfast in our faith in him and in our love for him, we win the victory that he has won, we receive what he has promised.

When it comes to obeying the commandments or enduring adversity, the words uttered by the Father should always echo in our ears: *This is my Son, the beloved, in whom I am well pleased; listen to him.*

Responsory

- ℟. You have come to Jesus, the mediator who brings a new covenant. Make sure that you never refuse to listen when he speaks.* The people who refused to listen to him on earth could not escape their punishment: then how shall we escape if we turn away from his voice that warns us from heaven?
- ℣. O that today you would listen to his voice: harden not your hearts.* The people who refused to listen to him on earth could not escape their punishment: then how shall we escape if we turn away from his voice that warns us from heaven?

Lenten Reflections 2023

The Lenten series of addresses on EWTN this year are given by six priests of the Ordinariate which can be found on YouTube.

For Lent 2: **Our Lenten Encounter With God.** The link is:
<https://youtu.be/ROfcwUJsPfM>

From last week **For Lent 1: Overcoming Temptations** the link is:
<https://youtu.be/k6M97j7ULuc>

The Divine Office

Morning Prayer (Lauds) is prayed in Holy Family Church on Thursdays at 9.15am and Saturdays at 9.45am Evening Prayer (Vespers) is prayed in Our Lady's Church on Saturdays at 5.30pm and Sundays (with Benediction) at 4pm. Books are provided.

Stations of the Cross

There will be Stations of the Cross **each Friday** during Lent at 11.30am in Our Lady's Church.

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/>

God bless

Shaun

Deacon Shaun Morrison

