



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, July 20, 2025

Dear Friends,

Today is the 16th Sunday in Ordinary Time.

"Blessed are those who hold fast to the word of God in an honest and good heart, and bear fruit with patience"

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

<https://youtube.com/live/bmoUl5ztJuM?feature=share>

From the Office of Readings for Week 16 of the Year: Sunday

The beginning of the letter of St. Ignatius of Antioch to the Magnesians

We ought not just to have the name of Christians, but to be so in reality.

Ignatius, also called Theophorus, to the church at Magnesia on the Maeander, a church blessed with the grace of God the Father in Christ Jesus, our Saviour, in whom I salute you. I send you every good wish in God the Father and in Jesus Christ.

I was delighted to hear of your love of God, so well-ordered and devout, and so I decided to address you in the faith of Jesus Christ. Honoured as I am with a name of the greatest splendour, though I am still in chains I sing with the praises of the churches, and pray that they be united with the flesh and the spirit of Jesus Christ, who is our eternal life; a union in faith and love, to which nothing must be preferred; and above all a union with Jesus and the Father,

for if in him we endure all the power of the prince of this world, and escape unharmed, we shall make our way to God.

I have had the honour of seeing you in the person of Damas your bishop, a man of God, and in the persons of your worthy presbyters, Bassus and Apollonius, and my fellow-servant, the deacon Zotion; may I continue to take delight in him for he is obedient to the bishop as to the grace of God, and to the presbyters as to the law of Jesus Christ.

Now it hardly becomes you to presume on your bishop's youth, but rather, having regard to the power of God the Father, to show him every mark of respect. This, I understand, is what your holy presbyters do, not taking advantage of his youthful condition but deferring to him with the prudence which comes from God, or rather not to him but to the Father of Jesus Christ, to the bishop of all. So then, for the honour of him who loves us, it is proper to obey without hypocrisy; for a man does not so much deceive the bishop he can see as try to deceive the bishop he cannot see. In such a case he has to reckon not with a man, but with God who knows the secrets of the heart.

We should then really live as Christians and not merely have the name; for many invoke the bishop's name but do everything apart from him. Such men, I think, do not have a good conscience, for they do not assemble lawfully as commanded.

All things have an end, and two things, life and death, are side by side set before us, and

each man will go to his own place. Just as there are two coinages, one of God and the other of the world, each with its own image, so unbelievers bear the image of this world, and those who have faith with love bear the image of God the Father through Jesus Christ. Unless we are ready through his power to die in the likeness of his passion, his life is not in us.

Responsory

- ℟. Be an example to all the believers in the way you speak and behave, and in your love, your faith and your purity.* In this way you will save both yourselves and those who listen to you.
- ℣. Practise these duties; devote yourselves to them, so that all may see your progress.* In this way you will save both yourselves and those who listen to you.

Tuesday 22nd July is the Feast of St. Mary Magdalene.

From Universalis:

Mary of Magdala was healed of “seven devils” by Jesus. She ministered to him in Galilee and was present at his crucifixion. She was in the group of women who were the first to discover the empty tomb, and it was to her that the risen Jesus first appeared.

The Western tradition is that Mary Magdalene is also “the woman who was a sinner” and the sister of Martha and Lazarus of Bethany. There is no evidence either way, and the tradition is tenuous enough for even such authorities as St Ambrose to hold, with the East, that they are three different people. It seems, therefore, that although the Western tradition is to be respected and is a real inspiration, it may not necessarily be historical. (Indeed, in 2021 Mary of Bethany was formally recognised as separate, being included in the same feast as Martha and Lazarus, a week after Mary of Magdala).

This kind of ambiguity is inevitable in a religion such as Christianity, which is founded on definite historical events rather than myths which can be adjusted into logic. We need not worry about it too much: if it had been harmful to us to celebrate the tradition of heroic penitence, the Holy Spirit would not have allowed it.

Even without the extra tradition, Mary Magdalene is a unique and important character in the story of the Resurrection, chosen by Christ as one of the first witnesses of the event that changed the world.

Wednesday 23rd July is the Feast of St. Bridget, Religious. Patron of Europe.

St. Bridget:

Died in Rome in 1373, Canonised in 1391.

This Bridget (Birgitta) is often called ‘of Sweden’, which distinguishes her from the well-known Brigid.

About 1317 she married a nobleman, Ulf Godmarsson, and they had eight children, including St. Catherine of Vadstena, and a son Charles, who caused his mother great distress in later years. About 1335 Bridget was appointed principal lady-in-waiting at court, where she zealously endeavored to get Queen Blanche, and her husband, King Magnus II, to take life more seriously. Her own husband died in 1344, and Bridget applied herself to the founding of the order of the holy Saviour (‘Bridgettines’), primarily for women; its mother house was at Vadstena, which became an important Swedish religious centre. She spent much time in Rome, living very austere, looking after the poor and the sick, and proffering very outspoken advice to the popes about the serious ecclesiastical and political problems of the time. She died in Rome on returning from a pilgrimage to the Holy Land.

St. Bridget appears as an intense

personality, and throughout her life she claimed to have visions and religious inspirations, on the strength of which she sometimes acted, as in her mission to the popes. Her dictated book of 'Revelations', chiefly about Christ's sufferings and about future events, exercised wide influence and provoked strong controversy, especially at the time of her canonisation and at the Councils of Constance and Basle (1414, 1431). Some theologians averred that she was deceived and not always orthodox; others maintained that her experiences were authentic and in accord with sound doctrine.

St. Bridget's daughter *Catherine of Vadstena* is also venerated as a saint, though never formally Canonised (died 1381; feast day 24 March). She finished her mother's work by obtaining official approval for the Bridgettine Order at Rome, and died in retirement at Vadstena.

Source: Penguin Dictionary of the Saints - Third Edition.

Friday 25th July is the Feast of St. James, Apostle.

From my catholic life website:

<https://mycatholic.life/saints/saints-of-the-liturgical-year/july-25-saint-james-apostle/>

Among the Twelve Apostles were two named James: James, the son of Zebedee and James, the son of Alphaeus. The former is traditionally called James the Greater, and the latter is traditionally called James the Lesser, perhaps because the former was taller than the latter, or more likely because of the greater importance James the Greater played in the Gospel narrative.

James the Greater, was the brother of John, the Gospel writer. Their mother is traditionally believed to be Salome, who is identified as the sister to the Blessed Virgin Mary. Hence, if Salome and Mary were siblings, then James and John were Jesus'

cousins.

In John's Gospel (John 1:35–51), two of John the Baptist's disciples were with John when he saw Jesus walking by. The Baptist said of Jesus, "Behold, the Lamb of God." The two disciples then left the Baptist and followed Jesus. One of the disciples was Andrew, and the other is traditionally believed to be James the Greater. The Gospels of Matthew and Mark record James' calling a bit differently. "[Jesus] walked along a little farther and saw James, the son of Zebedee, and his brother John. They too were in a boat mending their nets. Then he called them. So they left their father Zebedee in the boat along with the hired men and followed him" (Mark 1:19–20). James and John most likely came from a family of means. Their father, Zebedee, most likely employed other fishermen alongside his sons. Their mother, Salome, is said to have been one of the women who supported Jesus and the disciples out of her own means. And John was entrusted with the care of Jesus' mother, partly implying that he had the means to do so.

Among the Twelve Apostles, Peter, James, and John are recorded in the Gospels as being present at three special events that the others were not. First, when Jesus cured Jairus' daughter, Jesus brought these three into the house with Him (see Mark 5:37). Second, it was only these three whom Jesus took with Him when He was transfigured in glory on top of a high mountain (see Matthew 17:1–9, Mark 9:2p8, Luke 9:28–36). Finally, these three alone accompanied Jesus after the Last Supper during Jesus' Agony in the Garden (Matthew 26:36–46, Mark 14:32–42). Though they fell asleep three times during our Lord's agony, they were, nonetheless, privileged to be there with Him.

James and his brother John are also known for boldly asking Jesus that they sit at His left and right when He entered His Kingdom. In Matthew's Gospel, the request is made on

behalf of the brothers by their mother, Salome (see Matthew 20:20–28), and in Mark's Gospel it is the brothers themselves who make the request (see Mark 10:35–45).

In Luke 9:51–56, we read that Jesus “resolutely determined to journey to Jerusalem” where He knew He would suffer death. On His journey toward Jerusalem, Jesus sent disciples ahead of Him to a Samaritan town to prepare for his arrival. However, the Samaritans would not welcome Jesus and His disciples. As a result, James and John ask Jesus, “Lord, do you want us to call down fire from heaven to consume them?” Jesus rebuked them for this thought and they traveled on. It was on account of this excessive zeal and perhaps the quick tempers and boldness of James and John that they are referred to as the “Sons of Thunder” (see Mark 3:17).

One last mention of James is found in Acts 12:1–3. Herod Agrippa, who ruled Judea from 41–44, martyred James the Greater as a way of appeasing the Pharisaic Jews who were opposed to Jesus and His followers. According to an account by Eusebius, a fourth-century Bishop of Caesarea Maritima, James' zeal for the faith led to his arrest, but the one who turned James in as his accuser ended up converting to the faith. As a result, his accuser was also martyred with James.

One later tradition states that James traveled to Spain to preach the Gospel before returning to Jerusalem to endure martyrdom. That same tradition states that after his martyrdom, his body was either miraculously transported to Spain, eventually arriving in Compostela where many believe he is buried, or that his body was taken to Spain by his followers. The exact site of his burial was lost for centuries. In the ninth century, a hermit named Pelagius observed a star or a cluster of stars that led him to Saint James' burial site in Compostela. After the discovery, King Alfonso II ordered the construction of a church over his grave; the site is now

referred to as Santiago (Saint James) of Compostela (field of stars). Since that time, the site has been a major pilgrimage site. The Camino de Santiago (Way of Saint James) is a route traveled on foot from various starting points in France, Spain, and Portugal that all lead to the Cathedral of Santiago de Compostela where Saint James is believed to have been buried.

From the Cathedral of Santiago de Compostela website:

<https://catedraldesantiago.es/en/cathedral/>

The Apostle Saint James the Elder is one of the twelve disciples of Jesus Christ. Brother of John, the Evangelist, he is the son of Zebedee and Mary Salome. Along with Peter and John he belongs to the group of three privileged disciples who were admitted by Jesus into the important moments of his life, such as his agony in the Garden of Gethsemane and during his Transfiguration. According to the Acts of the Apostles, Saint James was the first Apostle to become a martyr by being beheaded by Herod Agrippa in the year 43 in Jerusalem. The tradition narrates how his body was taken by sea to Galicia, and was buried in a forest, today the site of the Cathedral.

Saturday 26th July is the Memorial of Ss. Joachim & Anne. Parents of the Blessed Virgin Mary.

From Universalis:

An ancient tradition, already known in the 2nd century, gives these names to the parents of the Virgin Mary. The cult of St Anna became popular in the 6th century in the East, and in the 10th century in the West, where she is the patron saint of Brittany; Joachim was added a long time later – too often the fate of fathers.

Although the information about Mary's parents is found in an early apocryphal writing that gives many miraculous and

highly-coloured stories about the early life of the Virgin Mary, there is no reason to suppose that such a straightforward fact as her parents' names should be wrong, since there is nothing to be gained from falsifying it. It does not occur in the Gospels simply because the most reliable evangelists (the only ones whom we have allowed into the Bible) felt they had more important things to talk about.

But what, after all, could be more important than the parents who brought up the Virgin Mary to be the woman she was? At the moment of consenting to the Incarnation she took the most important decision ever taken by any human being, and the fact that she took it is, to a great extent, the work of her parents. The Holy Spirit gave her the strength to take the decision; but her parents' training gave her the wisdom to choose.

Those of us who have children must seek to bring them up to the best of our ability, to meet challenges that, like Anna and Joachim, we have no way of even imagining.

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

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