



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 03 May, 2026

Dear Friends,

Today is the Fifth Sunday of Easter.

'May your merciful love be upon us, as we hope in you, O Lord.'

The 11.30am Mass from Our Lady's will be livestreamed and the YouTube link is:

<https://youtube.com/live/sKXnh-A-T90?feature=share>

From the Sunday Missal:

Christ is the Way, the Truth and the Life. We are a chosen race, a royal priesthood, a consecrated nation, a people set apart to sing the praises of God. God has poured out all these gifts on us through the Holy Spirit. We are called to proclaim God's word revealed to us in Christ, and to trust that Christ always has a special love and care for us.

Tuesday (5th May) is the day of prayer for survivors of Abuse.

From the Bishops' Conference of England and Wales:

The National Day of Prayer for Survivors of Abuse takes place every year on the fifth Tuesday of Easter.

In 2026, the day is marked on Tuesday, 5 May.

Theme: Jesus said, ***"I came that they may have life and have it abundantly."*** (John 10:10) The theme for this year's Day of Prayer for Survivors of Abuse looks at the scourge of domestic abuse which causes pain and fear that prevent its victims from living the life Jesus came to bring. Immediately before the much-loved part of this verse from the Gospel of John, we hear Jesus's words: "The thief comes only to steal and kill and destroy." This is how abuse feels to those who experience it – their dignity and value as a unique child of God is stripped away and destroyed.

The physical danger domestic abuse presents to life is clear. A woman is murdered by a partner or ex-partner every five days in the UK. Between three and 10 women die by suicide each week due to domestic abuse. Abusers can also perpetrate spiritual and coercive abuse, disrupting their victims' relationships with God and the Church. This can lead victims – adults and children – to feel guilt

and shame that push them away from the support that the Church has to offer. At its best, the Church can – and should – be a safe haven where support is available for victims and survivors so that they can live life without fear and begin to experience the life in abundance Jesus came to bring. This hope is what we pray for this year.

<https://www.cbcew.org.uk/national-day-of-prayer-for-survivors-of-abuse-2026>

From the Office of Readings for EasterTide: Week 5: Sunday

A reading from the sermons of St. Maximus of Turin

Christ is the day

Christ is risen! He has burst open the gates of hell and let the dead go free; he has renewed the earth through the members of his Church now born again in baptism, and has made it blossom afresh with men brought back to life. His Holy Spirit has unlocked the doors of heaven, which stand wide open to receive those who rise up from the earth. Because of Christ's resurrection the thief ascends to paradise, the bodies of the blessed enter the holy city, and the dead are restored to the company of the living. There is an upward movement in the whole of creation, each element raising itself to something higher. We see hell restoring its victims to the upper regions, earth sending its buried dead to heaven, and heaven presenting the new arrivals to the Lord. In one and the same movement, our Saviour's passion raises men from the depths, lifts them up from the earth, and sets them in the heights.

Christ is risen. His rising brings life to the dead, forgiveness to sinners, and glory to the saints. And so David the prophet summons all creation to join in celebrating the Easter festival: *Rejoice and be glad*, he cries, *on this day which the Lord has made.*

The light of Christ is an endless day that knows no night. Christ is this day, says the Apostle; such is the meaning of his words: *Night is almost over; day is at hand.* He tells us that night is almost over, not that it is about to fall. By this we are meant to understand that the coming of Christ's light puts Satan's darkness to flight, leaving no place for any shadow of sin. His everlasting radiance dispels the dark clouds of the past and checks the hidden growth of

vice. The Son is that day to whom the day, which is the Father, communicates the mystery of his divinity. He is the day who says through the mouth of Solomon: *I have caused an unfailing light to rise in heaven.* And as in heaven no night can follow day, so no sin can overshadow the justice of Christ. The celestial day is perpetually bright and shining with brilliant light; clouds can never darken its skies. In the same way, the light of Christ is eternally glowing with luminous radiance and can never be extinguished by the darkness of sin. This is why John the evangelist says: *The light shines in the darkness, and the darkness has never been able to overpower it.*

And so, my brothers, each of us ought surely to rejoice on this holy day. Let no one, conscious of his sinfulness, withdraw from our common celebration, nor let anyone be kept away from our public prayer by the burden of his guilt. Sinner he may indeed be, but he must not despair of pardon on this day which is so highly privileged; for if a thief could receive the grace of paradise, how could a Christian be refused forgiveness?

Responsory

- R. The Lord in all his beauty is exalted above the stars: * he rides in splendour on the clouds of heaven, where his name will abide for ever, alleluia.
- V. From the heights of heaven he comes forth, and to the heights of heaven he returns: * he rides in splendour on the clouds of heaven, where his name will abide for ever, alleluia.

The Month of May-the Month of Mary



The month of May is a special time for us, to pay homage to our Blessed Mother Mary.

Mary has a unique role in salvation history as the Mother of God, conceived without Sin, who by her own free will agreed to bring the "Word made flesh", (John 1:14) our Lord and Saviour Jesus Christ into the world.

Mary is prefigured as the one who would crush the head of the serpent (a figure of Satan) in Genesis

3:15 through her Divine Son. Still she in no way overshadows Him, nor would she ever wish to.

Her life in the Gospel years was one of service and great devotion to Jesus, from Bethlehem where she gave birth to Him, to Calvary in Jerusalem where she stood by His cross in His Crucifixion, from Crib to Cross, as it were.

May Crowning

May is Mary's month - And during May, throughout the Catholic world, special devotions honour the Virgin Mary. "May Crowning" is a traditional Catholic ritual that occurs in the month of May and it recognizes Mary as Queen of heaven and earth. Since medieval times, there has been a correlation between Mary and the month of May. May is considered the season of the beginning of new life. "May Crowning" marks a new spiritual season. Our Mary, Queen of heaven and earth, lifted us right out of the last long, cold days of winter and firmly planted our hearts in the warm and promising soil of spring.

To mark the month of May you may wish to listen to the following link "Bring Flowers of the Rarest" The words and tune may be familiar to you.

<https://youtu.be/IPISwWu7IKA>

Newsletter from St. Martha's is attached for you.

Monday 4th May is the Feast of English Martyrs.

From Universalis:

The English Martyrs

On 4 May 1535, at Tyburn in London, there died three Carthusian monks, the first of many martyrs of the English Reformation. Of these martyrs, forty-two have been canonized, and a further 242 have been declared Blessed; but the true number of those who died on the scaffold, perished in prison, or were tortured or persecuted for their faith cannot now be reckoned. The persecution lasted a hundred and fifty years and left a permanent mark on English culture: to this day Catholics continue to suffer certain minor disabilities under English law.

The martyrs celebrated today came from every walk of life. There were rich and poor; married and single; men and women. They are remembered for the example they gave of constancy in their faith and courage in the face of persecution.

From 2001, there are also celebrated on this day the forty martyrs of England and Wales who were canonized on 25 October 1970 and formerly celebrated on that day. They include Saints Cuthbert Mayne, John Houghton, Edmund Campion, and Richard Gwynn, as well as Saints John Roberts and Ambrose Barlow from the Benedictine monastery of St Gregory at Douay (now at Downside Abbey in Somerset),

Mass times taken from the Parish Newsletter:

Newsletter for the Fifth Sunday of Easter 3 May 2026			
Year A. Psalter week 1.		Diocesan cycle of prayer: St Laurence, Cambridge.	
Fifth Sunday of Easter, 3 May		Saturday 6.00pm Mass OL	People of the Parish
		9.30am Mass HF	Mahesha's intensions
		9.30am Lithuanian First Communion OL	
		11.30am Mass OL	Thanksgiving - Liam Beduko
		11.30am Holy Qurbana HF	
		4.00pm Vespers and Benediction OL	
Monday 4 May	The English Martyrs	10.30am Mass OL	Sean Doherty RIP
Tuesday 5 May	Easter Feria	4.00pm Mass Queen Elizabeth Hospital	Helena Blankson RIP
Wednesday 6 May	Easter Feria	12.00pm Mass OL	Fr Harry Wace RIP
Thursday 7 May	Easter Feria	9.30am Mass HF	
Friday 8 May	Easter Feria	12.00pm Mass OL	
Saturday 9 May	Easter Feria	10.00am Mass HF	
Sixth Sunday of Easter, 10 May		Saturday 6.00pm Mass OL	People of the parish
		9.30am Mass HF	Mark Fincham RIP
		11.30am Mass OL	Divine Healing for Mrs Genevieve
		11.30am Holy Qurbana HF	
		4.00pm Vespers and Benediction OL	
Confessions: Saturday 10.30am Holy Family Church. Saturday 5.00pm Our Lady's Church.			

The link to our YouTube channel is:
[Our Lady's King's Lynn TV - YouTube](#)

And the link to our Parish Website:
[The Catholic Parish of King's Lynn](#)

God bless,

Shaun

Deacon Shaun Morrison

