



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, September 28, 2025

Dear Friends,

Today is the 26th Sunday in Ordinary Time.

"My soul, give praise to the Lord"

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

https://youtube.com/live/1p_u1sNrHS0?feature=share

From the Office of Readings for Week 26 of the Year: Sunday:

The beginning of the letter of St Polycarp to the Philippians

You have been saved by grace

Polycarp and the Elders with him, to the Church of God sojourning in Philippi: all mercy and peace to you, from God Almighty and Jesus Christ our Saviour.

When you welcomed those copies of the True Love and took the opportunity of setting them forward on their road, I rejoiced with you in Jesus Christ. The chains that bound them were the badges of saints, the diadems of men truly chosen by our Lord and God. I rejoiced too that your firmly rooted faith, so well-known since the earliest times, still flourishes and bears fruit for our Lord Jesus Christ. He bore the burden of our sins even as far as suffering death, and *God raised him up, releasing him from the pains of the underworld; you did not see him but still you believed in him, in unspeakably glorious joy.* Many desire to come into this joy, knowing that *you are saved by grace, not by works*, – not by your actions but by the will of God through Jesus Christ.

So gird up your loins and serve God in fear and sincerity. Leave aside empty vanities and vulgar error, believing in him who raised up our Lord Jesus Christ from the dead and gave him glory and a throne on his right hand, to whom are subject all things in heaven and earth, whom everything that has breath serves, who is coming as the judge of the living and of the dead: God will require vengeance for his blood from any who disobey him.

Now he who raised him from the dead will also raise us up if we do his will and walk according to his commandments and love the things which he loved, if we refrain from all unrighteousness, covetousness, love of money, evil speaking, and false witness, if we *do not render evil with evil, abuse for abuse, blow for blow, or curse for curse*, but if we remember what the Lord taught when he said, *Do not judge, that you may not be judged; forgive and you will be forgiven; be merciful and you will receive mercy. For whatever you measure out to other people will be measured out to you also... Blessed are the poor, and they who are persecuted for righteousness' sake, for theirs is the Kingdom of God.*

Responsory

- ℟. God has saved us and called us to be holy, not because of anything we ourselves have accomplished, but for his own purpose, and by his own grace.* This grace had already been granted to us, in Christ Jesus, before the beginning of time.
- ℣. Not to us, O Lord, not to us, but to your own name give glory for the sake of your love and your truth.* This grace

had already been granted to us, in Christ Jesus, before the beginning of time.

Source: <https://universalis.com/europe.england.eastanglia/20250928/readings.htm>

Harvest Fast Day.

Harvest Family Fast Day is on Friday 3rd October 2025.

Your support this Family Fast Day will help more of our neighbours get safe water for their families.

For further information:

<https://cafod.org.uk/fundraise/family-fast-day>

Pope Leo urges Catholics to pray daily Rosary for Peace in October.

Pope Leo XIV invites the faithful to join in praying the Rosary every day during October to invoke God's gift of peace, and announces a Rosary in St. Peter's Square on October 11 as part of the Jubilee of Marian Spirituality.

For further information please click into the following link:

https://www.vaticannews.va/en/pope/news/2025-09/pope-leo-xiv-appeal-rosary-peace-october-11.html?utm_source=newsletter&utm_medium=email&utm_campaign=NewsletterVN-EN

St. Martha's News is attached for you.

Monday 29th September is the Feast of SS Michael, Gabriel, & Raphael, Archangels

From the Office of Readings:

A sermon of Pope St Gregory the Great

The word "angel" denotes a function rather

than a nature

You should be aware that the word "angel" denotes a function rather than a nature. Those holy spirits of heaven have indeed always been spirits. They can only be called angels when they deliver some message. Moreover, those who deliver messages of lesser importance are called angels; and those who proclaim messages of supreme importance are called archangels. And so it was that not merely an angel but the archangel Gabriel was sent to the Virgin Mary. It was only fitting that the highest angel should come to announce the greatest of all messages.

Some angels are given proper names to denote the service they are empowered to perform. In that holy city, where perfect knowledge flows from the vision of almighty God, those who have no names may easily be known. But personal names are assigned to some, not because they could not be known without them, but rather to denote their ministry when they came among us. Thus, Michael means

"Who is like God"; Gabriel is "The Strength of God"; and Raphael is "God's Remedy."

Whenever some act of wondrous power must be performed, Michael is sent, so that his action and his name may make it clear that no one can do what God does by his superior power. So also our ancient foe desired in his pride to be like God, saying: I will ascend into heaven; I will exalt my throne above the stars of heaven; I will be like the Most High. He will be allowed to remain in power until the end of the world when he will be destroyed in the final punishment. Then, he will fight with the archangel Michael, as we are told by John: A battle was fought with Michael the archangel.

So too Gabriel, who is called God's strength, was sent to Mary. He came to announce the One who appeared as a humble man to quell the cosmic powers. Thus God's strength

announced the coming of the Lord of the heavenly powers, mighty in battle. Raphael means, as I have said, God's remedy, for when he touched Tobit's eyes in order to cure him, he banished the darkness of his blindness. Thus, since he is to heal, he is rightly called God's remedy.

Responsory

℟. An angel stood at the altar of the temple having a golden censer in his hand, and a great quantity of incense was given to him,* and from the angel's hand the smoke of the incense went up in the presence of God.

℣. A thousand thousand waited on him, ten thousand times ten thousand stood before him,* and from the angel's hand the smoke of the incense went up in the presence of God.

Source: <https://universalis.com/europe.england.eastanglia/20250929/readings.htm>

Tuesday 30th September is the Memorial of St. Jerome, Priest & Doctor.

St Jerome (340 - 420)

He was born in Strido, in Dalmatia. He studied in Rome and was baptized there. He was attracted by the ascetic life and travelled to the East, where he was (unwillingly) ordained a priest. He was recalled to Rome to act as secretary to Pope Damasus, but on the Pope's death he returned to the East, to Bethlehem, where (with the aid of St Paula and others) he founded a monastery, a hospice, and a school, and settled down to the most important work of his life, the translation of the Bible into Latin, a translation which, with some revisions, is still in use today. He wrote many works of his own, including letters and commentaries on Holy Scripture. When a time of troubles came upon the

world, through barbarian invasions, and to the Church, through internal dissension, he helped the refugees and those in need. He died at Bethlehem.

Source: <https://universalis.com/europe.england.eastanglia/20250930/today.htm>

Wednesday 1st October is the Memorial of St. Therese of the Child Jesus, Virgin & Doctor of the Church.

Saint Thérèse of the Child Jesus (1873 - 1897)

Marie-Françoise-Thérèse Martin was born in Alençon, in France, on 2 January 1873. Her mother, who already had breast cancer, died when Thérèse was four, and the family moved to Lisieux. Thérèse became a nun at the Carmelite convent there at the age of 15, after a long battle against the superior, who insisted that 16, or even 21, would be a more sensible age. She died of tuberculosis at the age of 24, and that was that. Another forgotten nun, you could easily say: "born, was good, died". Holy, no doubt; but nothing much to write home about.

But in 1895 Mother Agnès of Jesus, the prioress, had commanded Thérèse to write her memoirs. Writing "not to produce a literary work, but under obedience," Thérèse took a year to fill six exercise books. She presented them to the prioress, who put them in a drawer unread. A year after Thérèse's death, the memoirs were published in a small edition of 2,000. This was the first spark that ignited a "storm of glory" that swept the world. Miracles started to happen: conversions, cures, even apparitions. "We must lose no time in crowning the little saint with glory," said the Prefect of the Congregation of Rites, "if we do not want the voice of the people to anticipate us." The beatification process opened thirteen years after Thérèse's death. She was canonized in 1925, the Pope having suspended the rule that forbids

canonization less than 50 years after someone's death. Her parents, Louis and Zélie Martin, were canonized by Pope Francis on 18 October 2015. Their feast day is 12 July.

When Thérèse was 17, she confided to a visiting Jesuit her hope of becoming a great saint and to love God as much as the Carmelite Saint Teresa of Ávila. The Jesuit thought he found traces of pride and presumption and advised her to moderate her desires. "Why, Father?" asked Thérèse, "since our Lord has said, *Be perfect as your heavenly Father is perfect.*" 100 years after Thérèse's death, Pope John Paul II declared her a Doctor of the Church, joining St Catherine of Siena and St Teresa of Ávila.

The very storm of glory that propelled Thérèse into sainthood makes her a difficult saint for many of us to stomach. That is the fault of the period, not the saint. The late 19th century was a highly sentimental time, and much of the literature about Thérèse has taken that quality and made it sweeter and sicklier still. But there are antidotes. One is to read Thérèse herself: *The Story of a Soul* is still in print in most languages. Another is a clear and astringent biography such as that by Guy Gaucher, Bishop of Meaux (which may be hard to find but is worth looking for).

What makes St Thérèse so special?

We have grown used to the idea that just as there are people with talents for sport or scholarship, and the rest of us can only admire them without trying to keep up, so there are people with a talent for holiness and heroic virtue, and the rest of us can only bumble along as best we can. We can't do better because we're not designed to do better, so there's no point in trying. We sink into a consoling mediocrity.

Thérèse wrecks this. She was physically weak and psychologically vulnerable. For her the great saints were giants, they were inaccessible mountains, and she was only an

"obscure grain of sand;" but she was not discouraged. St John of the Cross taught her that God can never inspire desires that cannot be fulfilled. The Book of Proverbs told her, "If anyone is *a very little one*, let him come to me." If you only look, Scripture is permeated with images of our littleness and weakness with respect to God, and of his care for us in our insignificance.

Thérèse's "Little Way" means taking God at his word and letting his love for us wash away our sins and imperfections. When a priest told her that her falling asleep during prayer was due to a want of fervour and fidelity and she should be desolate over it, she wrote "I am not desolate. I remember that little children are just as pleasing to their parents when they are asleep as when they are awake."

We can't all hug lepers or go off and become missionaries and martyrs. But we all do have daily opportunities of grace. Some of them may be too small to see, but the more we love God, the more we will see them. If we can't advance to Heaven in giant strides, we can do it in tiny little steps. Our weakness is no excuse for mediocrity.

Source: <https://universalis.com/europe.england.eastanglia/20251001/today.htm>

Thursday 2nd October is the Memorial of the Holy Guardian Angels.

From the Office of Readings:

That they might guard you in all your ways

He has given his angels charge over you to guard you in all your ways. Let them thank the Lord for his mercy; his wonderful works are for the children of men. Let them give thanks and say among the nations, the Lord has done great things for them. O Lord, what is man that you have made yourself known to him, or why do you incline your heart to him? And you do incline your heart to him; you show him your care and your concern.

Finally, you send your only Son and the grace of your Spirit, and promise him a vision of your countenance. And so, that nothing in heaven should be wanting in your concern for us, you send those blessed spirits to serve us, assigning them as our guardians and our teachers.

He has given his angels charge over you to guard you in all your ways. These words should fill you with respect, inspire devotion and instil confidence; respect for the presence of angels, devotion because of their loving service, and confidence because of their protection. And so the angels are here; they are at your side, they are with you, present on your behalf. They are here to protect you and to serve you. But even if it is God who has given them this charge, we must nonetheless be grateful to them for the great love with which they obey and come to help us in our great need.

So let us be devoted and grateful to such great protectors; let us return their love and honour them as much as we can and should. Yet all our love and honour must go to him, for it is from him that they receive all that makes them worthy of our love and respect.

We should then, my brothers, show our affection for the angels, for one day they will be our co-heirs just as here below they are our guardians and trustees appointed and set over us by the Father. We are God's children although it does not seem so, because we are still but small children under guardians and trustees, and for the present little better than slaves.

Even though we are children and have a long, a very long and dangerous way to go, with such protectors what have we to fear? They who keep us in all our ways cannot be overpowered or led astray, much less lead us astray. They are loyal, prudent, powerful. Why then are we afraid? We have only to follow them, stay close to them, and we shall dwell under the protection of God's heaven.

Responsory

- ℟. He has commanded his angels to keep you in all your ways;* they shall bear you upon their hands lest you strike your foot against a stone.
- ℣. Upon you no evil shall fall, no plague approach where you dwell;* they shall bear you upon their hands lest you strike your foot against a stone.

Source: <https://universalis.com/europe.england.eastanglia/20251002/readings.htm>

Saturday 4th October is the Memorial of St. Francis of Assisi.

St Francis of Assisi (1181 - 1226)

Francis was the son of a prosperous cloth merchant in Assisi. When his father objected to having his goods sold without his consent to pay for the restoration of a church, the bishop commanded Francis to repay the money. He did. He also renounced his father and gave back everything he had ever been given, even his garments. He began a life of perfect evangelical poverty, living by begging and even then only accepting the worst food that people had to give. He preached to all the love of God and the love of the created world; because, having renounced everything, he celebrated everything he received, or saw, or heard, as a gift. A rich man sold everything and joined him in living next to a leper colony; a canon from a neighbouring church gave up his position and joined them also. They looked into the Gospel and saw the story of the rich young man whom Jesus told to sell everything; they saw Jesus telling his disciples to take nothing with them on their journey; they saw Jesus saying that his followers must also carry his cross. And on that basis they founded an order. Francis went to Rome himself and persuaded the Pope to sanction it, though it must have seemed at once impractical and subversive

to set thousands of men (however holy) wandering penniless round the towns and villages of Europe.

Because Francis was wearing an old brown garment begged from a peasant, tied round the middle with string, that became the Franciscan habit. Ten years later 5,000 men were wearing it; a hundred years later Dante was buried in it because it was more glorious than cloth of gold.

There is too much to say about Francis to fit here. He tried to convert the Muslims, or at least to attain martyrdom in doing so. He started the practice of setting up a crib in church to celebrate the Nativity.

Francis died in 1226, having started a revolution. The Franciscans endure to this day.

Source: <https://universalis.com/europe.england.eastanglia/20251004/today.htm>

Renee Thomas

I was saddened to hear that Renee had died on Wednesday 24th September.

She was a faithful member of our parish.

When I first arrived in the parish before I was ordained, I sang in the choir at Our Lady's and Renee who sat in front of me always made me feel very welcome.

In the last few months Renee sat near the front at the 11.30am Mass, and we exchanged smiles at the end of Mass when I turned around after genuflecting to the blessed sacrament.

May the Choirs of angels come to greet her and may Renee rest in peace.

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