



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 — August 18, 2024

Dear Friends,

Today is the 20th Sunday in Ordinary Time.

"I am the living bread which has come down from heaven. Anyone who eats this bread will live forever; and the bread that I shall give is my flesh, for the life of the world"

The YouTube link for the livestream of the 11.30am Mass from Our Lady's is:

https://www.youtube.com/live/JFuZFe117qs?si=THQas4I_KdPAUhhO

From the Office of Readings for 20th Sunday in Ordinary Time:

**A reading from the homilies of
St John Chrysostom on St. Matthew's Gospel**

Salt of the earth and light of the world

You are the salt of the earth. It is not for your own sake, he says, but for the world's sake that the word is entrusted to you. I am not sending you only into two cities or only into ten or twenty, not to a single nation, as I sent the prophets of old, but across land and sea, to the whole world. And that world is in a miserable state. For when he says: *You are the salt of the earth*, he is indicating that all mankind had lost its savour and had been corrupted by sin. Therefore, he requires of these men those virtues which are especially useful and even necessary if they are to bear the burdens of many. For the man who is kindly, modest, merciful and just will not keep his good works to himself but will see to it that these admirable fountains send out their streams for the good of others. Again, the man who is clean of heart, a peacemaker and ardent for truth will order his life so as to contribute to the common good.

Do not think, he says, that you are destined for easy struggles or unimportant tasks. *You are the salt of*

the earth. What do these words imply? Did the disciples restore what had already turned rotten? Not at all. Salt cannot help what is already corrupted. That is not what they did. But what had first been renewed and freed from corruption and then turned over to them, they salted and preserved in the newness the Lord had bestowed. It took the power of Christ to free men from the corruption caused by sin; it was the task of the apostles through strenuous labour to keep that corruption from returning.

Have you noticed how, bit by bit, Christ shows them to be superior to the prophets? He says they are to be teachers not simply for Palestine but for the whole world. Do not be surprised, then, he says, that I address you apart from the others and involve you in such a dangerous enterprise. Consider the numerous and extensive cities, peoples and nations I will be sending you to govern. For this reason I would have you make others prudent, as well as being prudent yourselves. For unless you can do that, you will not be able to sustain even yourselves.

If others lose their savour, then your ministry will help them regain it. But if you yourselves suffer that loss, you will drag others down with you. Therefore, the greater the undertakings put into your hands, the more zealous you must be. For this reason he says: *But if the salt becomes tasteless, how can its flavour be restored? It is good for nothing now, but to be thrown out and trampled by men's feet.*

When they hear the words: *When they curse you and persecute you and accuse you of every evil*, they may be afraid to come forward. Therefore he says: "Unless you are prepared for that sort of thing, it is in vain that I have chosen you. Curses shall necessarily be your lot but they shall not harm you and will simply be a testimony to your constancy. If through fear, however, you fail to show the

forcefulness your mission demands, your lot will be much worse, for all will speak evil of you and despise you. That is what being trampled by men's feet means."

Then he passes on to a more exalted comparison: *You are the light of the world*. Once again, "of the world": not of one nation or twenty cities, but of the whole world. The light he means is an intelligible light, far superior to the rays of the sun we see, just as the salt is a spiritual salt. First salt, then light, so that you may learn how profitable sharp words may be and how useful serious doctrine. Such teaching holds in check and prevents dissipation; it leads to virtue and sharpens the mind's eye. *A city set on a hill cannot be hidden; nor do men light a lamp and put it under a basket*. Here again he is urging them to a careful manner of life and teaching them to be watchful, for they live under the eyes of all and have the whole world for the arena of their struggles.

Responsory

- ℟. You will receive power when the Holy Spirit comes on you,* and then you must be my witnesses to the ends of the earth.
- ℣. Your light must shine so brightly before men that they can see your good works and glorify your Father,* and then you must be my witnesses to the ends of the earth.

Annual Procession of Our Lady of Walsingham to the Red Mount Chapel

Today Sunday (18th August 2024) we have our annual procession of Our Lady of Walsingham to the Red Mount Chapel.

The procession starts at 3pm from Our Lady's Church on London Road.

It would be lovely to see many of you as this is a great act of witness of our Christian faith to the town and is a lovely occasion.

If you have never experienced this procession what can you expect?

We gather in Our Lady's Church for 3pm, the clergy and servers gather in the sanctuary, where we sing the Assumption Hymn, and those who are going to help carry the statue of Our Lady of Walsingham and banners are invited forward to pick

up the statue which is firmly fixed to a statue carrier decorated with flowers and the procession is formed.

(Volunteers to help carry the statue and banners will be most welcome!)

We walk in procession for Our Lady's Church following Our Lady of Walsingham singing hymns and saying the Rosary crossing London Road to Windsor Road and on to the Walks to the Red Mount Chapel. Our Lady is placed outside the Red Mount Chapel where we pause to pray and sing.

We then walk back in procession to Our Lady's for Benediction of the Blessed Sacrament and Our Lady of Walsingham statue is returned to the Holy House.

Sometimes I get asked about Benediction and I found this statement that may be helpful:

Benediction (meaning blessing) is a special way of receiving the blessing of Jesus directly from a consecrated host instead of through His minister, the Deacon, Priest or Bishop. The humeral veil that removes the Deacon, Priest or Bishops' hands from direct contact with the monstrance holding the consecrated host brings emphasis to the fact that the blessing is being received as if Jesus were physically standing before us offering it Himself, because He actually is doing just that—through His sacramental Real Presence.

After the Procession and Benediction we will all need some refreshments which will be available in the Wigglesworth Room/Garden which will be a great opportunity to celebrate and chat with one another.

History of the Red Mount Chapel

From the Friends of the Walks website:

<https://www.thewalks.uk/red-mount-chapel/>

Introduction

The Chapel of St Mary on the Mount, known as the Red Mount Chapel, was built between 1483-85 by Robert Curraunt for William Spynke, the Benedictine prior of Lynn. It was for use by pilgrims travelling to the shrine of Our Lady at Walsingham.

The chapel was built on 'the hille called the Lady of the Mounthe', on the line of the town's defences. The brick-built chapel is octagonal, with buttresses at

each corner. It has three entrances, the one at the rear probably being used by the priest.

Since it was closed for worship in the 1530's, the chapel has been used for water storage; as a study, as a gunpowder store during the civil war; as an observatory and as a stable. By 1800 it was in a poor state of repair and was restored in 1828 by public subscription. Further work took place in the 1920's and 30's.

During major repairs in 2007, the building was re-roofed, discrete structural repairs carried out and new lighting installed. The entry passage into the Lower Chapel was partially reconstructed, along with a section of the perimeter wall. The remainder of the many-sided wall originally surrounding the chapel is now hidden beneath the mound.

The link to our YouTube channel is:

<https://www.youtube.com/channel/UC8V030I7usRZiKoTlrwBAKg>

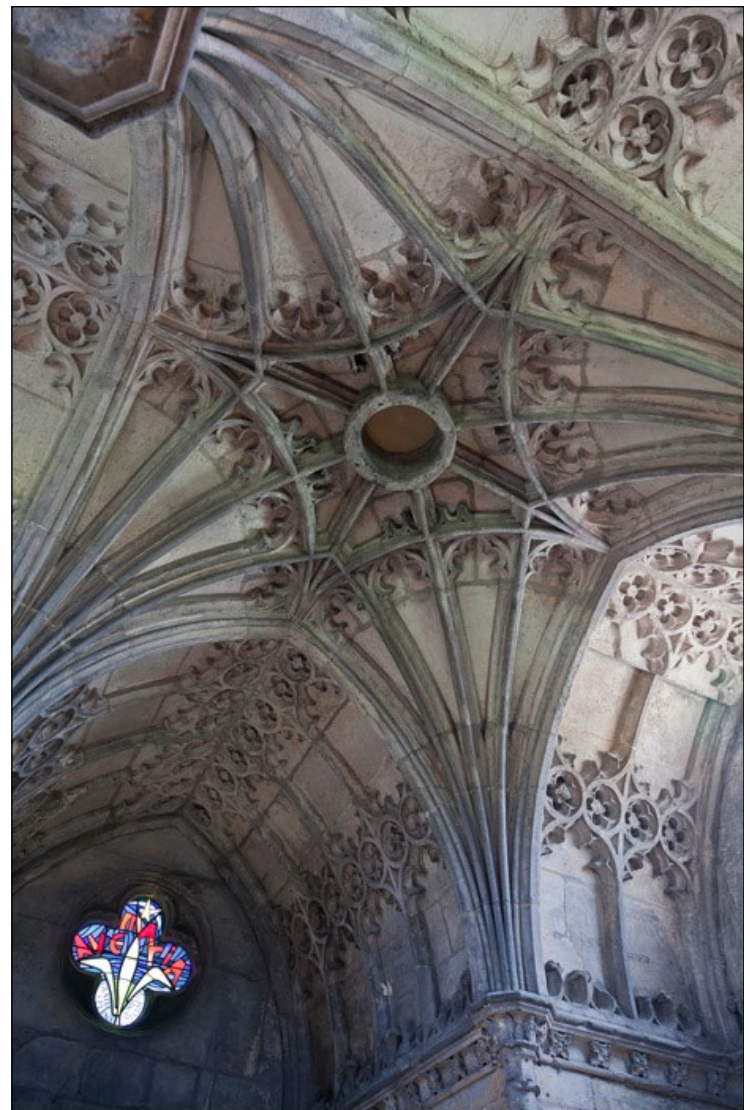
And the link to our Parish Website

<http://www.catholicparish-kingslynn.org.uk/>

God bless

Shaun

Deacon Shaun Morrison



**FAN VAULTING
IN
THE RED MOUNT CHAPEL
KING'S LYNN**



THE RED MOUNT CHAPEL, KING'S LYNN

Our Lady Of Walsingham