



# 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 09, 2023

Dear Friends,

Today is the 14th Sunday in Ordinary Time.

*"I will bless your name for ever, O God my King."*

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

<https://www.youtube.com/live/Hdse1rH3HT8?feature=share>

### Sea Sunday

From <https://www.stellamaris.org.uk/>

Today is also Sea Sunday when the Church prays for all those who live and work at sea.

Seafarers and all those who work at Sea play a vital role in all of our lives, but they often work in difficult, hazardous conditions. In the last year, more crews have been abandoned by their employers than ever before. Many are still being denied the right to leave their ships for even a short break away from the relentless noise and pressure onboard. Many are reporting more stress and poorer mental health.

### From our newsletter:

Today is Sea Sunday when we pray for all those who work at sea including those who come to our own port of King's Lynn. Over 90% of the goods in our shops come by sea and the seafarers are often away from their families for many months. The Apostleship of the Sea (Stella Maris) provides pastoral care for them.

**There will be a second collection for Stella Maris at all Sunday Masses this weekend-Your support will make a big difference to seafarers in need.**

### From the Office of Readings for today:

#### A reading from the sermons of St Augustine

*A contrite heart is a sacrifice to God*

*I acknowledge my transgression*, says David. If I admit my fault, then you will pardon it. Let us never assume that if we live good lives we will be without sin; our lives should be praised only when we continue to beg for pardon. But men are hopeless creatures, and the less they concentrate on

their own sins, the more interested they become in the sins of others. They seek to criticise, not to correct. Unable to excuse themselves, they are ready to accuse others. This was not the way that David showed us how to pray and make amends to God, when he said: *I acknowledge my transgression, and my sin is ever before me*. He did not concentrate on others' sins; he turned his thoughts on himself. He did not merely stroke the surface, but he plunged inside and went deep down within himself. He did not spare himself, and therefore was not impudent in asking to be spared.

Do you want God to be appeased? Learn what you are to do that God may be pleased with you. Consider the psalm again: *If you wanted sacrifice, I would indeed have given it; in burnt offerings you will take no delight*. Are you then to be without sacrifice? Are you to offer nothing? Will you please God without an offering? Consider what you read in the same psalm: *If you wanted sacrifice, I would indeed have given it; in burnt offerings you will take no delight*. But continue to listen, and say with David: *A sacrifice to God is a contrite spirit; God does not despise a contrite and humble heart*. Cast aside your former offerings, for now you have found out what you are to offer. In the days of your fathers you would have made offerings of cattle – these were the sacrifices. *If you wanted sacrifice, I would indeed have given it*. These then, Lord, you do not want, and yet you do want sacrifice.

*You will take no delight in burnt offerings*, David says. If you will not take delight in burnt offerings, will you remain without sacrifice? Not at all. *A sacrifice to God is a contrite spirit; God does not despise a contrite and humble heart*.

You now have the offering you are to make. No need to examine the herd, no need to outfit ships and travel to the most remote provinces in search of incense. Search within your heart for what is pleasing to God. Your heart must be crushed. Are you afraid that it might perish so? You have the reply: *Create a clean heart in me, O God*. For a clean heart to be created, the unclean one must be crushed.

We should be displeased with ourselves when we commit sin, for sin is displeasing to God. Sinful though we are, let us at least be like God in this, that we are displeased at what displeases him. In some measure then you will be in harmony with God's will, because you find displeasing in yourself what is abhorrent to your Creator.

## Responsory

- ℟. My sins are embedded like arrows in my flesh. Lord, before they wound me,\* heal me with the medicine of repentance.
- ℣. A clean heart create for me, O God. Put a steadfast spirit within me.\* Heal me with the medicine of repentance.
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## FIRST HOLY COMMUNION 2024

Application forms for the next First Communion class are available from church. They must be returned before schools break up for the summer holidays so that preparations may be made for the classes.

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## ADULT FORMATION IN THE FAITH

It is proposed to begin a course of instruction in the Faith for those who are thinking about becoming Catholics. This will be in the autumn and if you are interested, please speak to one of the priests or deacons.

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**Tuesday (11th July) is the Feast of St. Benedict, Abbot. Patron of Europe.**

From <https://universalis.com/europe.england.eastanglia/20230711/today.htm>:

Benedict was born in Nursia, in Umbria, and studied in Rome; but he was unable to stomach the dissolute life of the city, and he became a solitary hermit at Subiaco. His reputation spread, and some monks asked him to be their abbot; but they did not like the discipline he imposed and tried to poison him.

Benedict organised various small communities of monks and nuns in various places, including the great monastery of Monte Cassino. He drew up a set of rules to guide the communal life of monasteries. Although this was not the first monastic rule ever, the Rule of St Benedict has proved so wise and balanced that it has served as the foundation of practically every attempt at communal living ever since – and not only in religious communities. The Rule of St Benedict recognises that people aim at perfection but often fall well short of it, and aims to be a “rule for beginners” in which even the least perfect and least able can grow in spiritual stature. To visit a Benedictine monastery of almost any kind is to find oneself spending time among a group of people who, by their strivings to live and grow together, have become more and more *themselves*, as God intended them, instead of being crushed into false uniformity by some idealistic and authoritarian regime.

For those of us in the world, too, the Rule of St Benedict has much to say: it drags our eyes up to the stars but keeps our feet firmly on the ground; it calls us to perfection but keeps us sane.

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Yesterday was a lovely day at the Cathedral for the Ordination Mass to the Priesthood for two new Priests for our diocese.

Congratulations to  
**Fr. Mark Ashwood and Fr. Bienn Carlo Mannutag.**

Please keep them in your prayers.

The YouTube link for the Ordination Mass is:  
<https://www.youtube.com/live/FkOIQYc1m3U?feature=share>

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Queenie is going to the Vet on Friday for her dental work. Here is Queenie relaxing in her bed:



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The link to our YouTube channel is:  
<https://www.youtube.com/channel/UC8V03017usRZiKoTlrwBAKg>

And the link to our Parish Website:  
<http://www.catholicparish-kingslynn.org.uk/>

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God bless

**Shaun**

**Deacon Shaun Morrison**

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