

## Parish of Our Lady of the Annunciation - King's Lynn

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Holy Family Church  
Field Lane, Gaywood,  
King's Lynn. PE30 4AY

**Tuesday, 19th May 2020.**

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Dear Friends,

Thinking of you as a new day begins.

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We remember and pray for the soul of Pat Pressling whose funeral is today at 9.15am at the Crematorium. May she rest in peace and rise in glory.

May those who mourn be comforted.

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The Mass readings for today are:

A reading from the Acts of the Apostles 16: 22-34

*'Become a believer in the Lord Jesus, and you will be saved, and your household too.'*

A reading from the holy Gospel according to John 16: 5-11

*'Unless I go, the Advocate will not come to you.'*

The readings are attached for you and published on the parish website.

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

### **From the Walk with Me booklet for today on the Acts of the Apostles reading:**

The Holy Spirit is the Counsellor, but what does he counsel? The Holy Spirit counsels conversion. Conversion to Jesus is the answer to every human predicament or challenge. Conversion is a movement of God's grace that holds out the hope of beginning anew, turning around and changing direction. The Holy Spirit gives us the strength to start afresh. Conversion is about coming to know God's love-this interior process of the heart is a mystery, but it is the path the Holy Spirit counsels everyone to walk. It is never too late to undergo a deeper conversion: it is never too late to throw ourselves on God's tender mercy.

*Heavenly Father, I gaze on the burning love of the crucified Saviour so that I may turn away from those things in my life that lead me far from you.*

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I noticed on the Catholic Church Twitter account last evening the following statement:

The Right Reverend Vincent Malone, Bishop Emeritus of Liverpool, died this morning, Monday 18 May at the Royal Liverpool Hospital. He was admitted to hospital after testing positive for COVID-19 last week.

May he rest in peace and rise in glory.

This week is Mental Health Awareness Week, and my workplace is taking part in this. The theme for this year is that 'Kindness matters most'.

We are being encouraged to take part in Virtual events that have been organised for us by the University. Yesterday morning I took part in an Optimise Remote Working Webinar which was interesting.

In the webinar we were given some tips on how important the influence of mood is in motivating yourself for the tasks you have to complete.

Each morning we should lift our mood by drinking a glass of water when we first get up to hydrate our bodies and to take four deep breaths to calm us because by the time we get out of bed our minds are racing on everything we have to achieve! We were then given tips on how to focus on what we can control by looking at:

What is the one important task I can complete today?

How can I strengthen one relationship today?

What is the one thing I can do to help my mind/body feel a bit better today?

It will be interesting to see the feedback on all of this from the office.

If you wish further details on the week can be found by clicking on these links:

<https://youtu.be/Qcyc68d6OAK>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/why-kindness-theme>

During the webnair when talking about the theme of kindness, I was thinking about our Christian lives, that we have Jesus as a great example to us on the topic of kindness which can be a powerful evangelising gift/tool for us.

Some Biblical passages that I looked up yesterday evening as I reflected on the day which you may wish to look at:

Matthew 8:1-4 Cure of a man with Leprosy

Luke 19: 1-10 The story of Zacchaeus

Luke 8: 40-56 Cure of the woman with a haemorrhage

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Caroline and Ron kindly sent me this photo yesterday-thank you.

With my love, thoughts and prayers.

Shaun

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