

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

Church of Our Lady of the Annunciation
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Holy Family Church
Field Lane, Gaywood,
King's Lynn. PE30 4AY

Sunday, 31st May 2020.

Dear Friends,

Today we have the joy of celebrating Pentecost Sunday, and I wish you a happy Pentecost sending you my love, thoughts and prayers.

“The same Holy Spirit who came down upon the disciples descends on us too. The Holy Spirit is our Counsellor, Friend and Advocate”



The Entrance Antiphon for Mass today is:

The Spirit of the Lord has filled the whole world and that which contains all things understands what is said, alleluia.

The readings at Mass are:

1st Reading - A reading from the Acts of the Apostles 2:1-11

Responsorial Psalm: *Send forth your Spirit, O Lord, and renew the face of the earth.*

2nd Reading - A reading from the first letter of St Paul to the Corinthians 12:3-7, 12-13

Pentecost Sequence

A Reading from the holy Gospel according to John 20:19-23

The readings were sent to you last evening and also are published on the parish website.

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

Attached for you are the Hymns for the live stream at Mass at 11.30am.

The second reading from the Office of readings for today:

A reading from the treatise of St Irenaeus against the Heresies.

The sending of the Holy Spirit.

When the Lord told his disciples to go and teach all nations and baptize them in the name of the Father and of the Son and of the Holy Spirit, he conferred on them the power of giving men new life in God. He had promised through the prophets that in these last days he would pour out his Spirit on his servants and handmaids, and that they would prophesy. So when the Son of God became the Son of Man, the Spirit also descended upon him, becoming accustomed in this way to dwelling with the human race, to living in men and to inhabiting

God's creation. The Spirit accomplished the Father's will in men who had grown old in sin, and gave them new life in Christ. Luke says that the Spirit came down on the disciples at Pentecost, after the Lord's ascension, with power to open the gates of life to all nations and to make known to them the new covenant. So it was that men of every language joined in singing one song of praise to God, and scattered tribes, restored to unity by the Spirit, were offered to the Father as the first-fruits of all the nations. This was why the Lord had promised to send the Advocate: he was to prepare us as an offering to God. Like dry flour, which cannot become one lump of dough, one loaf of bread, without moisture, we who are many could not become one in Christ Jesus without the water that comes down from heaven. And like parched ground, which yields no harvest unless it receives moisture, we who were once like a waterless tree could never have lived and borne fruit without this abundant rainfall from above. Through the baptism that liberates us from change and decay we have become one in body; through the Spirit we have become one in soul. The Spirit of wisdom and understanding, the Spirit of counsel and strength, the Spirit of knowledge and the fear of God came down upon the Lord, and the Lord in turn gave this Spirit to his Church, sending the Advocate from heaven into all the world into which, according to his own words, the devil too had been cast down like lightning. If we are not to be scorched and made unfruitful, we need the dew of God. Since we have our accuser, we need an advocate as well. And so the Lord in his pity for man, who had fallen into the hands of brigands, having himself bound up his wounds and left for his care two coins bearing the royal image, entrusted him to the Holy Spirit. Now, through the Spirit, the image and inscription of the Father and the Son have been given to us, and it is our duty to use the coin committed to our charge and make it yield a rich profit for the Lord.

The act of spiritual communion.

My Jesus, I believe that You are present in the Most Holy Sacrament.

I love You above all things, and I desire to receive You into my soul.

**Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.**

I embrace You as if You were already there and unite myself wholly to You.

Never permit me to be separated from You.

Amen.

Live Streaming of Sunday Mass:

from Our Lady's, London Road, King's Lynn at 11.30am

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

11.30am: the Youtube link is:

<https://youtu.be/dFgWbxd7b1Q>

from The Cathedral of St. John the Baptist at 10.00am

<http://www.sjbcathedral.org.uk/>

The Youtube link is:

<https://youtu.be/NFMW8Rw1dPY>

from Catholic National Shrine and Basilica of Our Lady-Walsingham

<https://www.walsingham.org.uk/live-stream/>

Morning timetable:

08:30 Morning Prayer

09:30 Morning Holy Mass

10:30 Pause for Faith: What happens when you can't touch.

11:05 Rosary

12:00 Holy Mass

from Westminster Cathedral at 10.30am

<https://www.churchservices.tv/westminster>

From the Walk with Me-A Eastertide journey of prayer booklet:

Pentecost, the coming of the Holy Spirit, wasn't exactly a quiet affair-far from it. There was the blowing of a mighty wind, there were tongues of fire, there were people speaking many different languages. So lively were things that bystanders thought they were all drunk, and it was only nine o' clock in the morning! With the Holy Spirit we can expect change, we can expect things to be shaken up. We can see fear replaced with courage; timidity with boldness; confusion, with conviction; a 'can't do' replaced with a 'can do' attitude. With the Holy Spirit, we get a revolution of love. With the Holy Spirit, expect to be astonished and amazed and count on life never being the same again.

Lord God, we thank and praise your name for the gift of the Holy Spirit, through whom we have received abundant grace and blessing.

From the Sunday Missal for today:

The Holy Spirit is first and foremost a Creator Spirit, hence Pentecost is also a feast of creation. For us Christians, the world is the fruit of an act of love by God who has made all things and in which he rejoices because it is "good", it is "very good" as the creation narrative tell us (cf. Gn 1:1-31). Consequently God is not totally Other, unnameable and obscure. God reveals himself, he has a face. God is reason, God is will, God is love, God is beauty. Faith in the Creator Spirit and faith in the spirit whom the Risen Christ gave to the Apostles and gives to each one of us are therefore inseparably united. The Gospel passage offers us a marvellous image to clarify the connection between Jesus, the Holy Spirit and the Father: the Holy Spirit is portrayed as the breath of the Risen Jesus Christ. Here the Evangelist John takes up an image of the creation narrative, where it says that God breathed into the nostrils of man the breath of life (cf. Gn 2:7). The breath of God is life. Now, the Lord breathes into our soul the new breath of life, the Holy Spirit, his most intimate essence, and in this way welcomes us into God's family. With Baptism and Confirmation this gift was given to us specifically, and with the sacraments of the Eucharist and Penance it is continuously repeated: the Lord breathes a breath of life into our soul.

(Pope Benedict XVI)

Bishop Alan has recorded a message for Pentecost which can be watched on YouTube by clicking into the following link:

<https://youtu.be/X59TCKsoQjw>

This afternoon for the National Rosary Rally:

from The Cathedral of St. John the Baptist at 2.00pm

<http://www.sjbcathedral.org.uk/>

The Youtube link is:

<https://youtu.be/ygyuW95Zcc>

from Our Lady's, London Road, King's Lynn at 2.30pm

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

The youtube link is:

<https://youtu.be/7s4BhAUG2ZU>

Rosary followed by Vespers.

from Our Lady of the Assumption, Warwick Street at 4.00pm

(The Ordinariate of Our Lady of Walsingham)

The youtube link is:

https://www.youtube.com/channel/UC2TgFkFPL1u_EY-u_Y5LYUQ/featured

The homily from Cardinal Vincent Nichols for today has been published and here is his words for you:

Given on Pentecost Sunday, 31st May 2020, at Westminster Cathedral

Life has been so strange for these last ten weeks. There has never been a time quite like it, difficult yet gifted. For, in fact, these weeks have been full of the gifts of the Holy Spirit, whose coming on the group of the first disciples of the Lord we celebrate today. We thank God for the giving of the gifts of the Holy Spirit, then and now.

A few days ago, I had one of these 'virtual meetings' with all the men who are in preparation for service as priests in our parishes. There were over 20 of them, many now part of a 'household of a presbytery' where they help out in the ministry of the priests. Their stories were full of the presence of the Holy Spirit. They spoke of their joy and encouragement in being able to share in the life of the priests, who had welcomed them so warmly into their homes. Such gracious hospitality, a touch of the Holy Spirit. They spoke of finding that prayer was at the heart of each day and that these weeks were giving them time to grow closer to the Lord. Such prayer is the gift of the Holy Spirit who shows us how to pray when our hearts know not what to do. This gift is there for all of us. We just have to ask and open our hearts. They spoke not only of their own prayer but of all the ways in which they have been drawn

into sharing prayer with others, over the internet, over the telephone, in rosary circles, in Scripture reflection.

Many of you are doing this. Yes, it is the Holy Spirit who urges us to reach out to others and share with them the joy and consolation we find in the Lord's presence. We are just like those first disciples: we need this encouragement, this gift, in order to overcome our reticence and speak openly with others, with care and respect, of the greatness of our faith. There is no time like the present for doing that!

The seminarians spoke too of sharing in the awful sadnesses of this time: being present at gravesides with such a small group of people bidding farewell to a loved one, feeling the painful breaking of bonds that death entails, without the comfort of wider family and friends.

The great work of the Holy Spirit is, of course, to bring about the astonishing miracle of the Mass. Through the power of the Holy Spirit the bread and wine which we bring to the altar becomes the Body and Blood of the Lord, our nourishment for the journey of life. How hard it is to be away from this Eucharist Communion. How much we need to rely on the same Holy Spirit to bring the presence of the Lord into our hearts through a spiritual communion. The Holy Spirit can do that. No confines, walls or rules can limit the gracious working of the Holy Spirit whose gifts are to be found in so many places.

Today we think of the group of disciples, with Mary, waiting, as they were bidden, in the Upper Room. The doors were closed. Jesus came and breathed upon them and said 'Receive the Holy Spirit'. Then they were empowered, fired by that gift which is also described as being 'like tongues of flame'. Flinging open the doors, out they came, ready at last for their mission. We, too, are waiting to open these doors, the doors of our churches. The waiting has been hard but we have accepted the Government's decision to close our churches because the protection of life required it. But this week's announcements by the Prime Minister that some indoor sales premises can open tomorrow and that most shops can open on 15th June, questions directly the reasons why our churches remain closed.

We are told that these openings, which are to be carefully managed, are based on the need to encourage key activities to start up again. Why are churches excluded from this decision?

The importance of faith to so many people is clear. The role of faith in our society has been made even clearer in these last weeks: as a motivation for the selfless care of the sick and dying; as providing crucial comfort in bereavement; as a source of immense and effective provision for those in sharp and pressing need; as underpinning a vision of the dignity of every person, a dignity that has to be at the heart of the rebuilding of our society. The opening of our churches, even if just for individual prayer, helps to nurture this vital contribution to our common good. Opening churches must be done safely. That is so important. We are confident that we can do so. We have developed expert guidance. We are ready to follow the Government's guidelines as soon as they are finalised. What is the risk to a person who sits quietly in a church which is being thoroughly cleaned, properly supervised and in which social distancing is maintained?

The benefits of being able to access places of prayer is profound, on individual and family stability and, significantly, on their willingness to help others in their need. It is now time to move to the phased opening of our churches.

Thankfully the mission of the Church, inspired by the Holy Spirit, knows no boundaries. We see this every day. I am confident that the experience of this 'lock down' is teaching us many new ways of sharing faith, of explaining faith, of putting faith into practice. Thank you all, so

much, for the witness you are giving.

In speaking today of the gifts given by the Holy Spirit, Pope Francis says this:

'Dear friends, we are called to share the comfort of the Spirit, the closeness of God we have received. How do we do this? Everything we would like others to do for us let us do to them instead. Do we want to be heard? Let us first listen. Do we need encouragement? Let us give encouragement. Do we want someone to care for us? Let us care for those who are alone and abandoned. Do we need hope for tomorrow? Let us give hope today. Let us, then, become messengers of the comfort bestowed by the Spirit.' (Message of Pope Francis for Thy Kingdom Come) *Today we remember: the Holy Spirit is the fire that keeps us going; the water of the immensity of God's life within us; the dove of his peace after disaster; the wisdom that shows us right from wrong; the creative spirit who makes a work of art of our lives, the wind that will urge us on to our heavenly home - if we will let him do so!*

Holy Spirit of God:

Thou of all consolers best
Thou the soul's delightful guest
Dost refreshing peace bestow.
Give us comfort when we die
Give us life with thee on high
Give us joy that never ends. Amen

[Pentecost Sunday 2020 - Diocese of Westminster](#)

Best wishes and prayers from Fr Peter, Fr Gordon, Deacon John and Deacon Martin.

God bless,

Shaun

Deacon Shaun Morrison
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Parish of Our Lady of the Annunciation, King's Lynn

Pentecost Sunday Hymns

ENTRANCE CHANT

Veni sancte Spiritus



SEQUENCE FOR PENTECOST

Veni, Sancte Spiritus

OFFERTORY HYMN

Come down, O love divine,
seek thou this soul of mine,
and visit it with thine own ardour glowing;
O comforter, draw near, within my heart appear,
and kindle it, thy holy flame bestowing.

O let it freely burn,
till earthly passions turn
to dust and ashes in its heat consuming;
and let thy glorious light shine ever on my sight,
and clothe me round, the while my path illuming.

Let holy charity
mine outward vesture be,
and lowliness become mine inner clothing.
True lowliness of heart, which takes the humbler part,
and o'er its own shortcomings weeps with loathing.

And so the yearning strong,
with which the soul will long,
shall far outpass the power of human telling,
for none shall guess its grace,
till he become the place
wherein the Holy Spirit makes his dwelling.



HYMN AFTER COMMUNION

Breathe on me, breath of God,
fill me with life anew,
that I may love what thou dost love
and do what thou wouldst do.

Breathe on me, breath of God
until my heart is pure:
until with thee I will one will,
to do and to endure.

Breathe on me, breath of God,
till I am wholly thine,
until this earthly part of me
glows with thy fire divine.

Breathe on me, breath of God,
so shall I never die,
but live with thee the perfect life
of thine eternity.

ANTIPHON AFTER DISMISSAL

VI

R E-gína cæ-li * lætá-re, alle-lú-ia: Qui- a quem me-
ru- ísti portá-re, alle-lú-ia: Re-surré-xit, sic-ut di-xit,
alle-lú-ia: O-ra pro no-bis De- um, alle-lú- ia.

