

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

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**Friday, 12th June 2020.**

### Deacon Shaun's Bulletin

Good morning,

Wishing you a lovely day, sending you my love, thoughts and prayers.

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Today is a Feria in the 10th week of Ordinary Time.

The Mass readings for today are:

A reading from the first book of the Kings 19:9. 11-16

A reading from the Holy Gospel according to Matthew 5:27-32

The Mass readings for today are attached for you plus published on the parish website.

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

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<https://catholic-daily-reflections.com/daily-reflections/>

**From Catholic Daily Reflections** on today's Gospel reading:

“If your right eye causes you to sin, tear it out and throw it away. It is better for you to lose one of your members than to have your whole body thrown into Hell. And if your right hand causes you to sin, cut it off and throw it away.” Matthew 5:29-30a - Does Jesus really mean this? Literally?

We can be certain that this language, which is shocking, is not a literal command but is rather a symbolic statement commanding us to avoid sin with great zeal, and to avoid all that leads us to sin. The eye can be understood as a window to our soul where our thoughts and desires reside. The hand can be seen as a symbol of our actions. Thus, we must eliminate every thought, affection, desire and action that leads us to sin.

The true key to understanding this passage is to allow ourselves to be affected by the powerful language that Jesus uses. He does not hesitate to speak in a shocking way so as to reveal to us the calling we have to confront with much zeal that which leads to sin in our lives. “Pluck it out...cut it off,” He says. In other words, eliminate your sin and all that leads you to sin in a definitive way. The eye and the hand are not sinful in and of themselves; rather, in this symbolic language they are spoken of as those things that lead to sin. Therefore, if certain thoughts or certain actions lead you to sin, these are the areas to target and to eliminate.

Regarding our thoughts, sometimes we can allow ourselves to dwell excessively upon this or that. As a result, these thoughts can lead us to sin. The key is to “pluck out” that initial

thought that produces the bad fruit.

Regarding our actions, we can at times put ourselves in situations that tempt us and lead to sin. These occasions of sin must be cut off from our lives.

Reflect, today, upon this very direct and powerful language of our Lord. Let the forcefulness of His words be an impetus for change and avoidance of all sin.

Lord, I am sorry for my sin and I ask for Your mercy and forgiveness. Please help me to avoid all that leads me to sin and to surrender all my thoughts and actions to You every day. **Jesus, I trust in You.**

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<https://universalis.com/europe.english.eastanglia/readings.htm>

The second reading from the Office of Readings for today is about the Psalms:

### **A reading from the discourses of St. Ambrose on the Psalms**

Although the whole of Scripture breathes God's grace upon us, this is especially true of that delightful book, the book of the psalms. Moses, when he related the deeds of the patriarchs, did so in a plain and unadorned style. But when he had miraculously led the people of Israel across the Red Sea, when he had seen King Pharaoh drowned with all his army, he transcended his own skills (just as the miracle had transcended his own powers) and he sang a triumphal song to the Lord. Miriam the prophetess herself took up a timbrel and led the others in the refrain: *Sing to the Lord: he has covered himself in glory, horse and rider he has thrown into the sea.*

History instructs us, the law teaches us, prophecy foretells, correction punishes, morality persuades; but the book of psalms goes further than all these. **It is medicine for our spiritual health.** Whoever reads it will find in it a medicine to cure the wounds caused by his own particular passions. Whoever studies it deeply will find it a kind of gymnasium open for all souls to use, where the different psalms are like different exercises set out before him. In that gymnasium, in that stadium of virtue, he can choose the exercises that will train him best to win the victor's crown.

If someone wants to study the deeds of our ancestors and imitate the best of them, he can find a single psalm that contains the whole of their history, a complete treasury of past memories in just one short reading.

If someone wants to study the law and find out what gives it its force (it is the bond of love, *for whoever loves his neighbour has fulfilled the law*) let him read in the psalms how love led one man to undergo great dangers to wipe out the shame of his entire people; and this triumph of virtue will lead him to recognise the great things that love can do.

And as for the power of prophecy – what can I say? Other prophets spoke in riddles. To the psalmist alone, it seems, God promised openly and clearly that the Lord Jesus would be born of his seed: *I promise that your own son will succeed you on the throne.*

Thus in the book of psalms Jesus is not only born for us: he also accepts his saving passion, he dies, he rises from the dead, he ascends into heaven, he sits at the Father's right hand. The

Psalmist announced what no other prophet had dared to say, that which was later preached by the Lord himself in the Gospel.

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Of your charity please pray for the repose of the soul of

**Vera Barter**

who died yesterday morning at the age of ninety one.

(sister in law of Marilyn and Dennis)

*Eternal rest grant unto her, O Lord*

*And let perpetual light shine upon her.*

*May she rest in peace and rise in glory. Amen*

May all those who are mourning be comforted.

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On YouTube there is a video message from His Eminence, Vincent Cardinal Nichols,  
for preparation for Corpus Christi.

The link to the video is:

<https://youtu.be/Rr0JE1ey4xk>

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God bless

Shaun

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