

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, 3rd May 2020.

Dear Friends,

Today we have the joy of celebrating the Fourth Sunday of Easter.

In usual times, today would have been the GEAR 10K and Mini GEAR Grand East Anglia run, so runners would have been preparing themselves for the run this morning-but this is not the case as it is now hoped the run will take place on 25th October instead. Perhaps for this morning the runners will be enjoying a full traditional English breakfast instead of a run.

The Entrance Antiphon for Mass today is:

The merciful love of the Lord fills the earth; by the word of the Lord the heavens were made, alleluia.

The readings at Mass are:

1st Reading-A reading from the Acts of the Apostles 2: 14, 36-41

Responsorial Psalm: The Lord is my shepherd; there is nothing I shall want.

2nd Reading-A reading from the first letter of St Peter 2:20-25

A Reading from the holy Gospel according to John 10: 1-10

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

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

Also attached for you are the Hymns for the live stream of Mass at 11.30am.

Good Shepherd Sunday:

Today is also known as Good Shepherd Sunday. The Gospel acclamation for today "I am the good shepherd, says the Lord; I know my own sheep and my own know me."

There is a Pastoral Letter for Good Shepherd Sunday from Bishop Alan which is going to be read out during the Live-streamed Mass. I will attach a copy in my e mail tomorrow for you. Plus it will be published on our website, the diocesan website and various social media feeds like Facebook and Twitter.



Traditionally today is the world day of prayer for vocations.

For the Diocese of East Anglia:

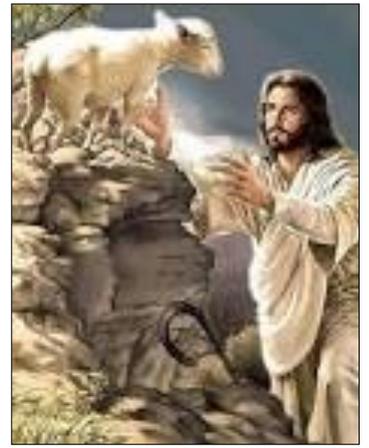
Please pray for Peter Wagnanski as he prepares to be ordained to the sacred priesthood; for Michael Smith to be ordained to the Diaconate; for Prameel Joseph and Jacob Cheriyan to be ordained to the permanent diaconate. The original ordination dates are on hold and may well

have to be changed to later in the year, depending on the present restrictions being lifted.

From our Parish please pray for Tiju who is in formation for the Priesthood.

To mark Good Shepherd Sunday, during the past week Allen Hall Seminarians have received a letter from Bishop John Sherrington,

Auxiliary Bishop of Westminster. In the letter it says:



Recently on the early morning farming programme they were talking about 'hefted' sheep. Hefted sheep live on the fells and over long patterns of breeding and evolution know their land and the pathways which lead to safe places and avoid danger. Lambs learn from the mother ewes but there is something much deeper happening. It is almost in their DNA to know their land. For this reason, it is not easy to sell them between farmers and move them to another piece of land. It takes four generations before they would settle and know they are safe.

This is a wonderful image for reflection when we think about Jesus the Good Shepherd and liken ourselves to his flock of hefted sheep. We are at home in him and as we deepen our faith in him, we live and move and have our being in him so that he becomes our life. The process of formation and the life of the priest deepens our knowing and trusting in him because he gives us safety and leads us to fertile pastures. Of course, we can wander away like misguided sheep, and follow false pathways, but he is always there to come and find us and carry us home to the sheepfold because he is the gate. He will shepherd us home.

And on You tube I watched this Message for Good Shepherd Sunday which you may also like to watch:

The link is:

<https://youtu.be/io-ZoaNSEgs>

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

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

11.30am: the you tube link is:

<https://youtu.be/tnzjbAFgJGw>

The Cathedral of St. John the Baptist <http://www.sjbcathedral.org.uk/> at 10.00am

You tube link is:

<https://youtu.be/cfGe9yRH7OA>

Catholic National Shrine and Basilica of Our Lady-Walsingham

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

Morning timetable:

08.30 – Morning Prayer

09.30 – Holy Mass

10.30 – Talk

11.00 – Rosary

12.00 – Angelus and Holy Mass

Followed by Adoration until 3pm

Westminster Cathedral at 10.30am

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

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

‘I came that they might have life and have it abundantly’ (John 10:10). But what does this mean? It means that we can be filled to the brim and overflowing with the fruits of the Holy Spirit (Galatians 5:22). The philosopher Jean Paul Sartre said: ‘Everything has been figured out, except how to live.’ The Sermon on the Mount and the Beatitudes show us how to live. We can live holy, joyful and happy lives because God has given us the Spirit. We don’t need to be sourpusses and we can stop being miserable and moody kill-joys and turn to God because he came to bring us the fullness of joy and happiness in this world and the next!

Lord, thank you for ushering in the new creation and for putting your joy into my heart and a song of praise on my lips.

From the Sunday Missal for today:

The Liturgy of the Fourth Sunday of Easter presents to us one of the most beautiful images that has portrayed the Lord Jesus since the earliest centuries of the Church: The Good Shepherd. The flock’s attitude to the Good Shepherd, Christ, is presented by the Evangelist with two specific verbs: “to listen” and “to follow”. These terms suggest the fundamental characteristics of those who live out the following of the Lord. First of all, by listening to his word, from which faith is born and by which it is nurtured. Only these who are attentive to the Lord’s voice can assess in their own conscience the right decisions for acting in accordance with God. Thus, the following of Jesus derives from listening: we act as disciples only after hearing and inwardly accepting the Master’s teachings in order to put them into practice every day. On this Sunday, therefore, it comes naturally to remember to God the pastors of the Church and those who are training to become pastors.

(Pope Benedict XVI)



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

To start your Sunday, you may wish to listen to the following piece of music I found on you tube:

The King of Love My Shepherd Is

<https://youtu.be/4DyS46N1KXo>

I wish you a lovely Sunday. My love, thoughts and prayers.

God bless,

Shaun

Deacon Shaun Morrison

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Fourth Sunday of Easter Hymns

FOR THE CROWNING OF OUR LADY

Bring flowers of the rarest, bring blossoms the fairest,
from garden and woodland and hillside and dale.
Our full hearts are swelling, our glad voices telling
the praise of the loveliest flower of the vale.

*O Mary we crown thee with blossoms today,
Queen of the Angels and Queen of the May.
O Mary we crown thee with blossoms today,
Queen of the Angels and Queen of the May.*

Their lady they name thee, their mistress proclaim thee,
Oh, grant that they children on earth be as true;
As long as the bowers are radiant with flowers.
As long as the azure shall keep its bright hue.

Sing gaily in chorus, the bright angels o'er us
re-echo the strains we begin upon earth;
their harps are repeating the notes of our greeting,
for Mary herself is the cause of our mirth.



PRESENTATION OF THE GIFTS

Easter glory fills the sky! *Alleluia!*
Christ now lives, no more to die! *Alleluia!*
Darkness has been put to flight! *Alleluia!*
By the living Lord of light! *Alleluia!*

Mary, Mother, greet your Son
radiant from his triumph won!
By his cross you shared his pain,
so for ever share his reign!

Shepherd, seek the sheep that strayed!
Come to contrite Peter's aid!
Strengthen him to be the rock;
make him shepherd of your flock!

Christ, the Victor over death,
breathes on us the Spirit's breath!
Paradise is our reward,
endless Easter with our Lord!



DURING HOLY COMMUNION

The King of love my shepherd is,
whose goodness faileth never;
I nothing lack if I am his,
and he is mine for ever.

Where streams of living water flow,
my ransomed soul he leadeth,
and where the verdant pastures grow,
with food celestial feedeth.

Perverse and foolish oft I strayed,
but yet in love He sought me,
and on his shoulder gently laid,
and home, rejoicing, brought me.

In death's dark vale I fear no ill
with thee, dear Lord, beside me;
thy rod and staff my comfort still,
thy cross before to guide me.

Thou spread'st a table in my sight;
thy unction grace bestoweth;
and O what transport of delight
from thy pure chalice floweth!

And so through all the length of days
thy goodness faileth never:
Good Shepherd, may I sing thy praise
within thy house for ever.



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.