

## 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

**Saturday, 1st August 2020.**

## Deacon Shaun's Bulletin

**Saturday, 22nd August 2020**

### Weekend email

Dear Friends,

I trust you are well and have not been blown away in the wind. I am pleased it is not so windy today-I am enjoying the freshness of the breeze. Queenie looked a bit unsure when some leaves came blowing towards her earlier. When she does see something moving towards her, I think she wonders if it could be something to eat!

This Sunday is the 21st Sunday in Ordinary Time.

Sunday Mass times are:

6pm Our Lady's (Sat)

9.30am Holy Family (Sun)

11.30am Our Lady's (Sun)

At 4pm on Sunday afternoon at Our Lady's we have Vespers and Benediction.

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The second reading for the Office of Readings from the Divine Office for Sunday week 21 of the year is a reading from the Constitution of the Second Vatican Council in the Modern World:

### *The foreshadowing of the new age*

We do not know the time when earth and humanity will reach their completion, nor do we know the way in which the universe will be transformed. The world as we see it, disfigured by sin, is passing away. But we are sure that God is preparing a new dwelling place and a new earth. In this new earth righteousness is to make its home, and happiness will satisfy, and more than satisfy, all the yearnings for peace that arise in human hearts. On that day, when death is conquered, the sons of God will be raised up in Christ; what was sown as something weak and perishable will be clothed in incorruption. Love and the fruits of love will remain, and the whole of creation, made by God for man, will be set free from the frustration that enslaves it.

We are warned indeed that a man gains nothing if he wins the whole world at the cost of himself. Yet our hope in a new earth should not weaken, but rather stimulate our concern for developing this earth, for on it there is growing up the body of a new human family, a body even now able to provide some foreshadowing of the new age. Hence, though earthly progress is to be carefully distinguished from the growth of Christ's kingdom, yet in so far as it can

help towards the better ordering of human society it is of great importance to the kingdom of God.

The blessings of human dignity, brotherly communion and freedom – all the good fruits on earth of man's cooperation with nature in the Spirit of the Lord and according to his command – will be found again in the world to come, but purified of all stain, resplendent and transfigured, when Christ hands over to the Father an eternal and everlasting kingdom: “a kingdom of truth and life, a kingdom of holiness and grace, a kingdom of justice, love and peace.” On this earth the kingdom is already present in sign; when the Lord comes it will reach its completion.

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Details of the Live Streaming of Sunday Mass for you:

**From Our Lady's, London Road, King's Lynn**

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

**11.30am tomorrow**

The YouTube link is [https://youtu.be/ln\\_gmqhRdzA](https://youtu.be/ln_gmqhRdzA)

If anyone would like to like to learn how to work the live stream laptop and to use the camera remote control for changing the views during the 11.30am Sunday Mass and would feel confident in doing so please let me know. I am interested to see if there would be some volunteers that would be willing to assist. I am more than willing to spend time showing volunteers how it works and will also get around to writing step by step instructions.

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Also on Sunday 23rd August 2020

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

**11am:**

The Youtube link is: <https://youtu.be/v0r4X7dnex8>

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**Catholic National Shrine and Basilica of Our Lady-Walsingham**

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

**9.30am**

**12.00 noon**

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**Westminster Cathedral**

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

**10.30am**

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Mass readings are daily uploaded on the parish website:

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

The parish newsletter for the week can also be found on the website.

Mass Times during this week are:

Monday 24th August- 12 Noon at Our Lady's

Tuesday 25th August -4.30pm at QEH for Patients and Staff only

Wednesday 26th August -12 Noon at Our Lady's

Thursday 27th August -9.30am at Holy Family

Friday 28th August -12 Noon at Our Lady's

Saturday 29th August -10am at Holy Family

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**Words for an 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.

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This week is the 21st week of the Year and Psalter Week 1 for the Divine Office.

Monday 24th is the **Feast of St. Bartholomew, Apostle.**

He was born at Cana and brought by the Apostle Philip to meet Jesus. Nothing further is known for certain. Eusebius speaks of him in India, but the Roman Martyrology has him martyred in Armenia, skinned alive according to the Persian custom. Because his relics were enshrined on the island in the Tiber that is principally used as a hospital, he has become a patron saint of the sick.

(Source:<https://universalis.com/20200824/today.htm>)

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Tuesday 25th is the Optional Memorial of St. Louis and also the Optional Memorial of St. Joseph of Calasanz, Priest.

**St. Louis (1214 - 1270)**

He became King of France (as Louis IX) at the age of 12. He was married and had eleven children, to whom he gave an excellent upbringing. He was noted for his spirit of prayer and penitence and for his love for the poor. He ran his kingdom not only to give peace to the people and economic stability but also for their spiritual good. He founded the Sorbonne and was a friend of St Thomas Aquinas. He was trusted by his fellow-rulers in Europe and often asked to arbitrate in their disputes. He undertook two unsuccessful crusades to liberate Christ's burial-place and on the second of these he died, near Carthage, in the year 1270.

## **St. Joseph of Calasanz, Priest**

He was born in Aragón, received an excellent education and was ordained priest. After working in his own country for some time he went to Rome, where he worked for the education of the poor and founded a religious congregation for that purpose. His idea was that every child should receive an education. As one might expect, he was the object of much envy and calumny. He died in Rome in 1648.

(Source <https://universalis.com/20200825/today.htm>)

I wanted to share with you the second reading for the Office of Readings from the Divine Office for both of these Saints as I found them powerful providing much to ponder, here they are for you:

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### **A reading from the spiritual testament of St Louis to his son:**

My dear son, in the first place I teach you that you must love the Lord, your God, with all your heart and all your strength; unless you do so you cannot be saved. You must guard yourself from everything that you know is displeasing to God, that is to say, from all mortal sin. You must be ready to undergo every kind of martyrdom rather than commit one mortal sin.

If God sends you tribulation, you ought to endure it, giving thanks, realising that it is for your good, and that, perhaps, you have deserved it. If however the Lord confers some benefit on you, you must humbly thank him, and be on your guard not to become the worse for it, either through vainglory or in any other way. You must not offend God with the very gifts he has given you.

Assist at the Divine Office of the Church with joyful devotion; while you are present in church do not let your gaze wander, do not chat about trifles, but pray to the Lord attentively, either with your lips, or meditating in your heart.

Be compassionate towards the poor, the destitute and the afflicted; and, as far as lies in your power, help and console them. Give thanks to God for all the gifts he has bestowed upon you, so that you will become worthy of still greater gifts. Towards your subjects, act with such justice that you may steer a middle course, swerving neither to the right nor to the left, but lean more to the side of the poor man than of the rich until such time as you are certain about the truth. Do your utmost to ensure peace and justice for all your subjects but especially for clergy and religious.

Devotedly obey our mother, the Roman Church, and revere the Supreme Pontiff as your spiritual father. Endeavour to banish all sin, especially blasphemy and heresy, from your kingdom.

Finally, my dear son, I impart to you every blessing that a loving father can bestow on his son; may the Father, Son and Holy Spirit, and all the saints, guard you from all evil. May the Lord grant you the grace to do his will so that he may be served and honoured by you, and that, together, after this life we may come to see him, love him and praise him for ever. Amen.

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## **A reading from the writings of St Joseph of Calasanz:**

Everybody realises the great dignity and merit of that ministry in devotion to the education of children, especially poor children, so that they may learn the way to eternal life. When, in the interests of soul and body, knowledge is imparted, piety cultivated, Christian doctrine inculcated, their teachers share in a certain manner in the work of their guardian angels.

Help of the most excellent kind is given to young people, whatever their origin or station, so that not only are they preserved from evil but they are more easily and gently drawn towards good. It is universally accepted that when the young receive such aid, they become so much changed for the better as to be no longer recognizable for what they previously were. The young, like tender plants, are easily trained in the desired direction, but if allowed to toughen, we find that our best efforts may fail to correct their wills.

The education of youth, particularly of the poor, while it assists them to grow in human dignity, also concerns all members of Christian society. Parents rejoice to see their children being led along the right path; civil authorities approve the formation of good-living subjects and citizens. The Church especially has cause to be glad, for, as lovers of Christ and defenders of the gospel, the young are more speedily and efficaciously brought into her many and varied fields of life and action.

Those who undertake this work of teaching, surely a task to be carried out with the greatest care, must be endowed with overflowing charity, inexhaustible patience, and, above all, profound humility. So may they be found worthy for the Lord, in answer to their humble entreaties, to make them fellow-workers with Truth itself; may he strengthen them to carry out their noble office, and finally, may he grant them a heavenly reward in accordance with the saying: 'Those who instruct many in virtue will shine like stars for all eternity.'

They will attain more easily to this, if, having made profession of perpetual service, they strive wholeheartedly to cleave to Christ and to please him only, who said: 'Whatever you did to one of the least of my little ones, you did it to me.'

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A gentle reminder that Our Grapevine Magazine editor Lotte Gaberle is hoping to pull together the next edition of the Grapevine and would appreciate contributions for the magazine.

Please e-mail Lotte at [lotte.gab@gmail.com](mailto:lotte.gab@gmail.com) with your contributions. Thank you.

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I wish you a lovely Sunday.

With my love, thoughts and prayers,

God bless

Shaun

**Deacon Shaun Morrison**

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