

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

Friday, 22nd May 2020.

Dear Friends,

I hope you were able to celebrate the Ascension of the Lord yesterday in whatever way was best for you under the current circumstances.

I understand that many experienced problems accessing the Live Mass for the Sick, their Families and Care-givers from Shrewsbury Cathedral last evening. It does look like the Mass was recorded so hopefully you will be able to watch the Mass via this link:

<https://www.churchservices.tv/shrewsburycathedral/archive/recordings/E7pnDPJM8NzkLKS>

Today is the Optional Memoria of St. Rita of Cascia.

From <https://universalis.com/europe.England.eastanglia/20200522/today.htm>

Saint Rita of Cascia (1377 - 1447)

She was born near Cascia, in Umbria in Italy. She was married at the age of 12 despite her frequently repeated wish to become a nun. Her husband was rich, quick-tempered and immoral and had many enemies. She endured his insults, abuse and infidelities for 18 years and bore him two sons, who grew to be like him.

Towards the end of his life she helped to convert her husband to a more pious way of life, but he was stabbed to death by his enemies not long afterwards. He repented before he died and was reconciled to the Church.

Her sons planned to avenge their father's death. When Rita's pleas were unavailing, she prayed that God should take their lives if that was the only way to preserve them from the sin of murder. They died of natural causes a year later.

Rita asked to join the convent of St Mary Magdalen at Cascia. She was rejected for being a widow, since the convent was for virgins only, and later given the impossible task of reconciling her family with her husband's murderers. She carried out the task and was allowed to enter the convent at the age of 36. She remained there until her death at the age of 70.

She is widely honoured as a patron saint of impossible or lost causes. (Further information on St. Rita of Cascia can be found on the Mass reading sheet for today)

The readings at Mass today are:

A reading from the Acts of the Apostles 18:9-18

A reading from the holy Gospel according to John 16:20-23

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

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

Some thoughts on today's Gospel from:

<https://www.sacredspace.ie/scripture/john-1620-23>

Jesus speaks to me today of the sorrow of separation and the joy of reunion. These are concepts within my own human experience. Perhaps right now I am suffering the pain of a separation from a loved one, whether through death or by some other means. I hear Jesus saying that separation is not forever, that a time of joy will come again when we will be with him and with those we have loved, and that when that time comes, our joy will be certain and permanent. I allow these consoling words of Jesus to pour into my heart like balm.

Stephen Farr has asked me to share this with you for your prayers:

I wonder if you could spread the word for me that, according to Aid to the Church in Need, another 14 year old Pakistani girl, like Huma Younus, has been abducted, forced to marry and abandon her Christian faith. The Magistrates Court has ruled in favour of the abductor. Please ask people to pray for her and girls like her, about 1000 Christian and Hindu women and children every year. Please read more here:

<https://acninternational.org/pakistan-christian-girl-14-abducted-during-lockdown/>

At the end of Mass yesterday (Live streamed) Fr Peter mentioned the Novena to the Holy Spirit in preparation for the Holy Spirit which begins today.

The Novena is from Friday after Ascension Thursday to Saturday, the Vigil of Pentecost.

From <https://www.ewtn.com/catholicism/devotions/novena-to-the-holy-spirit-13406>

“It commemorates the nine days between the Ascension of Our Lord and the descent of the Holy Spirit on the first Pentecost Sunday. During this time Our Lady and the twelve Apostles prayed in the upper room for the coming of the Paraclete”

The Catholic Church of England and Wales has produced a video for the Pentecost Novena, as an introduction to the Novena. It can be watched on YouTube and the link is:

[Pentecost Novena - Praying for the Renewal of the Church](https://youtu.be/iXiMQhBGRO4)

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The attached link from the Bishops' Conference of England and Wales may also be useful:

<https://www.cbcew.org.uk/home/events/pentecost-novena/>

Each day at Our Lady's from today until Pentecost the Veni Creator will be sung each day after Mass. Veni Creator can be listened to on YouTube - I have found this version for you:

[Veni Creator Spiritus - Gregorian Chant](#)

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

With my love, thoughts and prayers,

Shaun

Deacon Shaun Morrison
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Friday, 22nd May 2020.

Daily Mass Readings Friday of the 6th Week of Eastertide

First reading - Acts 18:9-18

'I have many people on my side in this city'

At Corinth one night the Lord spoke to Paul in a vision, 'Do not be afraid to speak out, nor allow yourself to be silenced: I am with you. I have so many people on my side in this city that no one will even attempt to hurt you.' So Paul stayed there preaching the word of God among them for eighteen months.

But, while Gallio was proconsul of Achaia, the Jews made a concerted attack on Paul and brought him before the tribunal. 'We accuse this man' they said 'of persuading people to worship God in a way that breaks the Law.' Before Paul could open his mouth, Gallio said to the Jews, 'Listen, you Jews. If this were a misdemeanour or a crime, I would not hesitate to attend to you; but if it is only quibbles about words and names, and about your own Law, then you must deal with it yourselves – I have no intention of making legal decisions about things like that.' Then he sent them out of the court, and at once they all turned on Sosthenes, the synagogue president, and beat him in front of the court house. Gallio refused to take any notice at all.

After staying on for some time, Paul took leave of the brothers and sailed for Syria, accompanied by Priscilla and Aquila. At Cenchreae he had his hair cut off, because of a vow he had made.

The Word of the Lord.

Responsorial Psalm - Psalm 46(47):2-7

God is king of all the earth.

All peoples, clap your hands,
cry to God with shouts of joy!
For the Lord, the Most High, we must fear,
great king over all the earth.

God is king of all the earth.

He subdues peoples under us
and nations under our feet.
Our inheritance, our glory, is from him,
given to Jacob out of love.

God is king of all the earth.

God goes up with shouts of joy;
the Lord goes up with trumpet blast.
Sing praise for God, sing praise,
sing praise to our king, sing praise.
God is king of all the earth.

Gospel Acclamation

Alleluia, alleluia!
The Holy Spirit will teach you everything
and remind you of all I have said to you.
Alleluia!

Gospel - John 16:20-23

Your hearts will be full of joy that no-one will take from you

Jesus said to his disciples:
'I tell you most solemnly,
you will be weeping and wailing
while the world will rejoice;
you will be sorrowful,
but your sorrow will turn to joy.
A woman in childbirth suffers,
because her time has come;
but when she has given birth to the child she forgets the suffering
in her joy that a man has been born into the world.
So it is with you: you are sad now,
but I shall see you again, and your hearts will be full of joy,
and that joy no one shall take from you.
When that day comes,
you will not ask me any questions.'

The Gospel of the Lord.

*Feast Day of
St. Rita of Cascia
22nd May*

St. Rita of Cascia

EARLY LIFE

Rita was born in the year 1381 in the village of Roccaporena, near Cascia, Italy. Her parents, Antonio and Amata Lotti, considered her birth a very special gift from God, for Rita was born to them as they were already advancing in age. As a young girl Rita frequently visited the convent of the Augustinian Nuns in Cascia and dreamed of one day joining their community. Her parents, however, had promised her in marriage, according to the custom of the day, to Paolo Mancini, a good man of strong and impetuous character. Rita accepted her parents' decision, resolved to see this as God's will for her.



MARRIED LIFE

The young couple was joined in marriage and soon twin boys were born to them. Rita found herself occupied with the typical concerns of a wife, mother, and homemaker of Roccaporena, while Paolo was employed as a watchman for the town. In Cascia, as elsewhere, a great rivalry existed between two popular political factions, the Guelphs, and the Ghibellines. As a minor official of the town, Paolo often found himself drawn into the conflict, and the strain that this caused probably accounts for the tension, which he sometimes brought into the Mancini household. By her prayer, patience, and affection, however, Rita was able to ease the stress and worry her husband experienced, but she was not able to shield him altogether from the dangers to which society exposed him.

DEATH OF HUSBAND AND SONS

One day as Paolo was returning home from work he was ambushed and killed. The pain which this unexpected and violent death inflicted upon Rita was only compounded by the fear she felt that her two teenage sons, moved by the unwritten law of the "vendetta," would seek to avenge their father's death. Rita's only recourse was to prayer and persuasion. As it happened, the death of both boys from natural causes a short time later removed them from physical and spiritual danger. Despite her great burden she could still thank God that they had died in peace, free of the poison of murder to which hatred and revenge might have otherwise drawn them.

PEACEMAKER

Now alone in the world and without family responsibilities, Rita once more turned her thoughts to the desired vocation of her youth, that of joining the Augustinian Nuns of Saint Mary Magdalene Monastery. Some of the religious of the community, however, were relatives of the members of the political faction considered responsible for Paolo's death, and so as not to tempt the harmony of the convent, Rita's request for admission was denied. Fortunately, she was not to be easily dissuaded from following what she knew to be God's plan for her. She

implored her three patron saints — John the Baptist, Augustine, and Nicholas of Tolentino to assist her, and she set about the task of establishing peace between the hostile parties of Cascia with such success that her entry into the monastery was assured.

THE GIFT OF THE THORN

At the age of thirty-six Rita pledged to follow the ancient Rule of Saint Augustine. For the next forty years she gave herself wholeheartedly to prayer and works of charity, striving especially to preserve peace and harmony among the citizens of Cascia. With a pure love she wanted more and more to be intimately joined to the redemptive suffering of Jesus, and this desire of hers was satisfied in an extraordinary way. One day when she was about sixty years of age, she was meditating before an image of Christ crucified, as she was long accustomed to doing. Suddenly a small wound appeared on her forehead, as though a thorn from the crown that encircled Christ's head had loosed itself and penetrated her own flesh. For the next fifteen years she bore this external sign of stigmatization and union with the Lord. In spite of the pain she constantly experienced, she offered herself courageously for the physical and spiritual well being of others. During the last four years of her life Rita was confined to bed and was able to eat so little that she was practically sustained on the Eucharist alone. She was, nevertheless, an inspiration to her sisters in religion and to all who came to visit her, by her patience and joyful disposition despite her great suffering.

THE ROSE

One of those who visited her some few months before her death — a relative from her hometown of Roccaporena — was privileged to witness first-hand the extraordinary things wrought by Rita's requests. When asked whether she had any special desires, Rita asked only that a rose from the garden of her parents' home be brought to her. It was a small favour to ask, but quite an impossible one to grant in the month of January! Nevertheless, on returning home the woman discovered, to her amazement, a single brightly-coloured blossom on the bush where the nun said it would be. Picking it, she returned immediately to the monastery and presented it to Rita who gave thanks to God for this sign of love. Thus, the saint of the thorn became the saint of the rose, and she whose impossible requests were granted her became the advocate of all those whose own requests seem impossible as well. As she breathed her last, Rita's final words to the sisters who gathered around her were, "Remain in the holy love of Jesus. Remain in obedience to the holy Roman Church. Remain in peace and fraternal charity."

DEATH

Having faithfully and lovingly responded to God's many invitations to her in the course of her seventy-six years, Rita returned to God in peace on May 22, 1457. Her body, which has remained incorrupt over the centuries, is venerated today in the shrine of Cascia, which bears her name. Her feast is observed on the anniversary of her death, 22 May.
