

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

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Deacon Shaun's Bulletin Sunday 4th October 2020

Dear Friends,

I trust you are well and having a good weekend.

Today is the 27th Sunday in Ordinary Time.

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 Sunday 4th October

The YouTube link is

<https://youtu.be/O-8VVV7oj4k>

Also today at 3pm there is a special Live Streamed Centenary Mass to mark the Centenary of the Apostleship of the Sea. There is a very good website that you may wish to look at which provides further information. The link is:

<https://www.stellamaris.org.uk/centenarymass>

Some words from the front page of the centenary Mass webpage for you:

Please join us in celebrating 100 years of our support to seafarers, fishers, and their families.

Stella Maris (Apostleship of the Sea) was founded in October 1920 in Glasgow. This year we are celebrating 100 years of support to seafarers, fishers, and their families around the world. To mark the beginning of our centenary year we are holding a live-streamed Mass celebrated by Archbishop Philip Tartaglia of Glasgow.

The YouTube link to the centenary Mass is:

<https://youtu.be/0JutycQP6X0>

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.

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.

This week is the 27th week of the Year and Psalter Week 3 for the Divine Office.

If today was not a Sunday it would have been the memorial of **St. Francis of Assisi**.

Francis was born in Assisi in 1182, the son of a wealthy cloth merchant, Pietro Bernardone, and his wife, Pica. He was baptized Giovanni (John) but soon gained the nickname Francesco, because of his father's close trading links with France.

Francis' early years were not especially religious. He was a leader among the young men of Assisi, enjoying a good social life, singing and partying. His first biographer, Thomas of Celano, describes him as quite short, with black eyes, hair and beard; he had a long face, with a straight nose and small, upright ears. His arms were short, but his hands and fingers slender and long. He had a strong, clear, sweet voice. Francis didn't want to follow his father into the cloth trade; he wanted to be a knight. So at the age of twenty he joined the forces of Assisi in a minor skirmish with the neighbouring city of Perugia. He was captured and spent a year in a Perugian jail, until his father ransomed him. This became the first of a series of experiences through which God called Francis to the life which he finally embraced. One of these experiences, at San Damiano, led to a rift with his father. Francis, in response to a voice from the crucifix in this tiny ruined church, began to rebuild churches; when he ran out of money he took cloth from his father's shop and sold it. His father disowned him before the bishop of Assisi, and Francis in his turn stripped off his clothes, returning to his father everything he had received from him, and promising that in future he would call only God his Father.

Francis first wrote a very brief Rule for his brothers in 1209, and this was approved by the Church. It was superseded in 1223 by a fuller Rule, which has continued to shape the lives of Franciscan brothers over the centuries. Francis spent most of his life on the move, though he interspersed his preaching with periods of withdrawal for prayer. It was during one of these times of retreat that he received the Stigmata – the marks of the crucified Christ in his own body. For the final two years of his life he suffered constant pain. He died in 1226, and as he died blessed his beloved city of Assisi. He was buried in what became the great Basilica of St Francis, and declared a saint by the church in 1228.

(Source: <https://www.franciscans.org.uk/about-francis-and-clare/about-francis>)

The second reading for the Office of Readings from the Divine Office for St. Francis of Assisi is a reading from the letter of St Francis of Assisi to all the faithful:

We must be simple, humble and pure

It was through his archangel, Saint Gabriel, that the Father above made known to the holy and glorious Virgin Mary that the worthy, holy and glorious Word of the Father would come from heaven and take from her womb the real flesh of our human frailty. Though he was wealthy beyond reckoning, he still willingly chose to be poor with his blessed mother. And shortly before his passion he celebrated the Passover with his disciples. Then he prayed to his Father saying: "Father, if it be possible, let this cup be taken from me."

Nevertheless, he reposed his will in the will of his Father. The Father willed that his blessed and glorious Son, whom he gave to us and who was born for us, should through his own blood offer himself as a sacrificial victim on the altar of the cross. This was to be done not for himself through whom all things were made, but for our sins. It was intended to leave us an example of how to follow in his footsteps. And he desires all of us to be saved through him, and to receive him with pure heart and chaste body.

O how happy and blessed are those who love the Lord and do as the Lord himself said in the gospel: "You shall love the Lord your God with your whole heart and your whole soul; and your neighbour as yourself." Therefore, let us love God and adore him with pure heart and mind. This is his particular desire when he says: "True worshippers adore the Father in spirit and truth." For all who adore him must do so in the spirit of truth. Let us also direct to him our

praises and prayers saying: "Our Father, who art in heaven," since "we must always pray and never grow slack."

Furthermore, let us produce worthy fruits of penance. Let us also love our neighbours as ourselves. Let us have charity and humility. Let us give alms because these cleanse our souls from the stains of sin. Men lose all the material things they leave behind them in this world, but they carry with them the reward of their charity and the alms they give. For these they will receive from the Lord the reward and recompense they deserve. We must not be wise and prudent according to the flesh. Rather we must be simple, humble and pure. We should never desire to be over others. Instead, we ought to be servants who are submissive to every human being for God's sake. The Spirit of the Lord will rest on all who live in this way and persevere in it to the end. He will permanently dwell in them. They will be the Father's children who do his work. They are the spouses, brothers and mothers of our Lord Jesus Christ.

(Source: <http://www.liturgies.net/saints/francis/readings.htm>)

October is the Month of the Holy Rosary.

From our parish newsletter:

'The Holy Rosary is prayed every Friday at 11.30am in the Holy House and every Saturday after Mass at Holy Family.

There is a special nationwide initiative on Tuesday 13th October and we will be taking part with the Rosary Live-streamed from the Holy House at 8pm. Also the Bishop will be leading the Rosary from the Cathedral on Saturday 31st October at 2pm as part of a National Rosary Rally. The Rosary is a very powerful weapon against evil and we would do well to make the best use of it in the present pandemic. '

Further details about the initiative for 13th October called Rosary Whirlwind, can be found at: <https://www.rosaryonthecoast.co.uk/>

If anyone would like guidance of praying the Rosary, please drop me a line and I will try my best in guiding you.

Wednesday 7th is the memorial of Our Lady of the Rosary.

The feast of the Holy Rosary was instituted by Pope Pius V to celebrate the anniversary of the defeat of the Turkish fleet at the battle of Lepanto on the first Sunday in October 1571, which ended the threat of Muslim domination of the Mediterranean and was ascribed in part to the prayers and processions of the Rosary confraternity in Rome. Later the feast was moved to the fixed date of 7 October.

(Source: <https://universalis.com/europe.english.eastanglia/20201007/today.htm>)

The second reading for the Office of Readings from the Divine Office for 7th October is a reading from the sermons of St Bernard:

We should meditate on the mysteries of salvation

The child to be born of you will be called holy, the Son of God, the fountain of wisdom, the Word of the Father on high. Through you, blessed Virgin, this Word will become flesh, so that even though, as he says: I am in the Father and the Father is in me, it is still true for him to say: "I came forth from God and am here."

In the beginning was the Word. The spring was gushing forth, yet still within himself. Indeed, the Word was with God, truly dwelling in inaccessible light. And the Lord said from the beginning: I think thoughts of peace and not of affliction. Yet your thought was locked within you, and whatever you thought, we did not know; for who knew the mind of the Lord, or who

was his counsellor?

And so the idea of peace came down to do the work of peace: The Word was made flesh and even now dwells among us. It is by faith that he dwells in our hearts, in our memory, our intellect and penetrates even into our imagination. What concept could man have of God if he did not first fashion an image of him in his heart? By nature incomprehensible and inaccessible, he was invisible and unthinkable, but now he wished to be understood, to be seen and thought of.

But how, you ask, was this done? He lay in a manger and rested on a virgin's breast, preached on a mountain, and spent the night in prayer. He hung on a cross, grew pale in death, and roamed free among the dead and ruled over those in hell. He rose again on the third day, and showed the apostles the wounds of the nails, the signs of victory; and finally in their presence he ascended to the sanctuary of heaven.

How can we not contemplate this story in truth, piety and holiness? Whatever of all this I consider, it is God I am considering; in all this he is my God. I have said it is wise to meditate on these truths, and I have thought it right to recall the abundant sweetness, given by the fruits of this priestly root; and Mary, drawing abundantly from heaven, has caused this sweetness to overflow for us.

(Source: <https://universalis.com/europe.english.eastanglia/20201007/readings.htm>)

Easter Offerings 2020.

Because of the pandemic, the Easter collection for the support of our Priests could not take place, so this will now take place the weekend of 1st November. In advance of that weekend, may I ask you to consider this important collection in supporting our Priests in thanksgiving for their ministry with us and to keep them in your prayers. Thank you.

I wish you a lovely Sunday.

With my love, thoughts and prayers,

God bless

Shaun

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