



PARISH OF SAINT FELIX, FELIXSTOWE

Parish Priest : Fr. John Barnes MA VF
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September 1st, 2019 : 22nd SUNDAY IN ORDINARY TIME

Sunday Masses

Saturday 6:00pm (St.F) Int. +Karen Thomson
Sunday 9:30am (St.F) Int. For the People
11:00am (Con) Int. +Sr.Maureen (LB)

Weekday Masses

Monday FERIA
9:30am (St.F) Int.
10:30am (Con) Int.
Tuesday FEAST OF ST.GREGORY
THE GREAT
9:30am (St.F) Int. +Mary V.Sullivan (FM)
10.30am (Con) Int.
Wednesday ST.CUTHBERT
9:30am (St.F) Int. +Peter Neal
10:30am (Con) Int.
Thursday FERIA
10.30am (Con) Int.
Friday FERIA
11:30am (Con) *JUBILEE MASS FOR SR.
MARY JAMES (75yrs) &
SR.BENEDICT (70yrs)*
Saturday OF OUR LADY
9.0am (St.F) Int.
6:00pm (St.F) Int. For the People

The Daily Office

Lauds (Morning Prayer) is said a quarter of an hour before the first Mass at St.Felix.

Exposition of the Blessed Sacrament

Tuesday at 10.0am Benediction at 10.30am

Sacrament of Reconciliation

Saturday 5.15pm to 5.45pm
Sunday 9.0am to 9.20am
or by appointment.

The Rosary Friday at 11.15am

The Mass today The readings can be found on p.130 of the Parish Mass Book, and on p.1049 of The Sunday Missal.

At the 6.0pm Mass	Eucharistic Prayer 2
<i>Sanctus & Benedictus</i>	Parish Mass Book p.16
<i>(Angelus)</i> Hymn	962
At the 9.30am Mass	Eucharistic Prayer 3
<i>Gloria</i>	Sacred Heart
<i>Sanctus & Benedictus</i>	Parish Mass Book p.16
Hymns :	707, 876, 629, 862
At the 11.0am Mass	Eucharistic Prayer 1
Hymns	851, 877, 627

THIS WEEK

Today 3.0pm-5.0pm THE TEDDY BEARS PICNIC, for young children and their families. Presbytery Garden.

Monday 7.30pm The Prayer Group, at the Presbytery. All welcome.

Friday 11.30am Jubilee Mass for Sr.Mary James (75 years) and Sr.Benedict (70years) : because of this special Mass there won't be the usual Friday Mass at Noon at St.Felix.

Saturday Saturday Club remains on holiday.

PARISH NOTICEBOARD

Anniversaries this week Annie Logan-Mann (2010), Terry Madden (2008), and Max Scott (2000). May they Rest in Peace.

Money Matters Last Sunday £497.67 was given at the Offertory, and £101.39 for CAFOD. Next Sunday there will be a retiring collection for Catholic Education Services.

Wednesday Lunch Club Jenny writes 'A

reminder to those who have booked, our next Lunch is on Wednesday this week at 12.30pm. Any queries please contact Jenny.

Sponsored Cycle Ride Teresa Duran, our Sponsored Cycle Ride Organiser, writes 'Suffolk Historic Churches Ride and Stride takes place on Saturday September 14th September. As in previous years it is necessary for the church to be manned from 9.0am to 5.0pm to sign the sponsor forms of those visiting the church. If you could spare an hour of your time to help please would you sign the form on the notice board. Sponsor forms for those wishing to ride or stride are on the table in the church porch. Thank you.'

Fr. John adds ' You will see from my Invitation that our route has been slightly shortened this year - nine churches instead of twelve - and that we will do our perambulation in the afternoon, 2.0pm to 4.0pm. I do hope that this will encourage more people to take part this year. It is always enjoyable; it raises money for our church and others, and it is good to meet the people of the different denominations as we go around.'

Congratulations to Sr. Mary James and Sr. Benedict, who, as you will have read above, are celebrating two amazing anniversaries later this week. To have lived the religious life faithfully and well for seventy-five and seventy years is a huge achievement, and we hope that they will be with us for many more years to come.

GOD BE IN MY HEAD

*God be in my head, and in my understanding ;
God be in my eyes, and in my looking ;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking;
God be at my end, and at my departing.*

I came upon these words in the hymn book whilst choosing the hymns for September. They come from a Book of Hours of the Blessed Virgin Mary published in 1514. Books of Hours were small devotional books owned and used in the later Mediaeval period by those people who were able to read. They consisted mainly of short Offices to be said in the course of the day, and were an immensely popular item in the spiritual

life of the times. The words of this prayer are very familiar to me because we used to sing them in the church choir when I was a boy. I wondered whether we could use them here, but feared that no one would know the tune. Also it is rather short, even for a Communion hymn.

But the words are well worth using in our private prayer - well worth meditating upon. They ask that God will be there in our mind at all times and in all of our various activities. We ask that He will shape our thinking and our actions, and that in what we do - mentally and physically - we will always make reference to Him, seeking to live in a close union with him, uniting our will with his. This is the aim of our spiritual life - union with God. It is what we were created for, and in it we will find our true and greatest happiness.