



PARISH OF SAINT FELIX, FELIXSTOWE

Parish Priest : Fr. John Barnes MA VF
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November 10th, 2019 : 32nd SUNDAY IN ORDINARY TIME

Sunday Masses

Saturday 6:00pm (St.F) Int. For the People
Sunday 9:30am (St.F) Int.+ Those who died In
11:00am (Con) Int. Battle

Weekday Masses

Monday ST.MARTIN OF TOURS
5.0pm (Con) Int.
Tuesday ST.JOSPHAT
9:30am (St.F) Int. Diana Thomas
Wednesday FERIA
10:30am (Con) Int. +Edith Pritchard (FM)
Thursday FERIA
No Mass today
Friday FERIA
Noon (St.F) Int. For those whose Remains
rest in the Memorial Garden
5:00pm (Con) Int.
Saturday FERIA
9.00am (St.F) *Childrens' Mass*
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 on Tuesday.

Exposition of the Blessed Sacrament

Tuesdays at 10.0am Benediction at 10.30am

Sacrament of Reconciliation

Saturday 5.15pm to 5.45 pm
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.161 of the Parish Mass Book, and on p.1087

of The Sunday Missal.

At the 6.0pm Mass **Eucharistic Prayer 3**
Sanctus & Benedictus Parish Mass Book p.16
(*Angelus*) Hymn 887
At the 9.30am Mass **Eucharistic Prayer 2**
Sanctus & Benedictus Parish Mass Book p.16
Hymns : 287, 446, 862
At the 11.0am Mass **Eucharistic Prayer 1**
Hymns : 955, 938

THIS WEEK

Today is Remembrance Sunday : the traditional Act of Remembrance will be made at the beginning of both the 9.30am & 11.0am Masses.

Monday 11.0am Fr.John attends a meeting of the Diocesan Liturgy Committee at Cathedral House. Mass today will therefore be at 5.0pm at the Convent.

2.30pm The Prayer Group meets as usual at the Presbytery.

Tuesday 11.30am The monthly Service at the Mill Lane Home.

2.0pm Fr.John conducts a Deans Visitation at St.Mary Magdalene's, Ipswich.

Thursday 10.0am Fr.John attends a Deanery Clergy Meeting at St.Pancras, Ipswich. At 12.15pm the annual Requiem for Departed Clergy of the Deanery takes place at St.Pancras. All are most welcome to attend.

Friday Noon The annual Requiem for those whose Remains rest in the Memorial Garden here is followed by the Blessing of the Garden.

Saturday 9.0am Saturday Club, for young people of Primary School age.

PARISH NOTICEBOARD

Anniversaries this week Mary Russell (2003), Martin Gaffey (2005), Graham Conroy (2007), Edward Davison (2013), John Walsh (2002), Mary Hourihane (2003), Mary Holding (2011), Kenneth Pooley (2000), James Reiley (2004), Sr. Pauline Callan (2011) and Joshua McGinn (1997). May they rest in peace.

Money Matters Last weekend £576.98 was given at the Offertory, £87.25 for CAFOD and £194.72 for the St Edmund's Fund.

Senior Parishioners' Christmas Afternoon Tea

Jenny writes 'this will be held on Saturday 14th December in the parish hall. Please collect your invitation from St. Felix or the Convent. If you have reached 70 this year, or we have somehow missed you off our invitation list and you would like to come, please contact Jenny.'

Family Advent Celebration Stephen Badcock writes 'Date for your diary - this year we are having a 'Family Advent Celebration' in the church hall on Sunday 15th December starting at 12.30pm. Look out for the poster and invitations coming out soon. Please see Austina, Monica or Fiona - if you are able and willing to help.'

A Day With Mary This Advent Philip Hills writes 'An open day of prayer to be held at St. Felix Church on Saturday 7th December. It emphasises worship of the blessed Sacrament and Devotion to Our Lady. You are welcome to join the event for a little while or for the day. It includes Mass, Rosary, Eucharistic Adoration, Divine Mercy and Benediction. The day begins at 10.15am and includes a bring and share lunch.'

Churches Together in Felixstowe Barbara writes 'The November Forum will be held on Wednesday 13th November at St. Mary's Church, Walton, at 7.0pm for 7.30pm. This is one of two annual meetings of Churches Together, a chance to hear what is happening and what is being planned. All Welcome.'

HELP FROM AN EXPERT

I mentioned in a homily recently that many of us are grateful to Cardinal Basil Hume for his writings on prayer. He wrote with great lucidity

and simplicity. I thought that like me you may find his *Ten Golden Rules for Prayer* useful :

1. Plan to pray; do not leave it to chance. Select a time and a place (a room at home, on the bus, taking a walk).
2. Decide on how long you will spend in trying to pray (five minutes, ten, fifteen, thirty or more).
3. Decide what you are going to do when you pray - e.g which prayer to select to say slowly and lovingly or which passage from the Bible to read prayerfully. Sometimes use your own words; sometimes just be still and silent. Follow your inclination.
4. Always start by asking the Holy Spirit for help in your prayers. Pray: 'Come Holy Spirit, teach me to pray; help me do it'.
5. Remember you are trying to get in touch with a Person, and that Person is God - Father or Son or Holy Spirit. He is wanting to get in touch with you.
6. Don't be a slave to one way of praying. Choose the one that you find easiest, and try some other method when the one you are using becomes a burden or doesn't help.
7. Don't look for results.
8. If you have distractions, then turn your distractions into your prayer. (If a car passes the window in the wrong gear, then say something to God about the driver - I mean a kind of prayer for the welfare of the driver, not necessarily for his driving or gear box!)
9. If you always feel dry or uninterested at prayer, then read a spiritual book or pamphlet. An article in a Catholic paper may be a help. Spiritual reading is important.
10. Trying to pray is praying. Never give up trying.'

Coming Shortly

Did you know that 2020 is being kept as The Year of the Word? - a time when we are to give special attention to the Bible, and to all that we can learn from Holy Scripture. Spiritual treasures will hopefully be unlocked, and as a result of this exercise we hope to be deepened in faith. Actually this special year began on September 30th, but it will be fully launched in the diocese and in the parish on Advent Sunday, December 1st.