



PARISH OF SAINT FELIX, FELIXSTOWE

Parish Priest : Fr. John Barnes MA VF
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March 22nd, 2020 : FOURTH SUNDAY OF LENT

Sunday

Mass Intention : For the People

Monday LENT FERIA

Mass Intention : +Brian Green

Tuesday LENT FERIA

Mass Intention : +Edith Thomas (FM)

Wednesday SOLEMNITY OF THE
ANNUNCIATION OF THE LORD

Mass Intention : +Alan Deveney

Thursday LENT FERIA

Mass Intention :

Friday LENT FERIA

Mass Intention :

Saturday FERIA

Mass Intention : +Alfred Bailey (FM)

Sacrament of Reconciliation

Whilst the Coronavirus crisis continues,
Confessions will only be heard by appointment.
Telephone the Presbytery to make an arrangement.

Again please telephone the Presbytery if you or someone close to you needs Priestly ministry in the face of illness or death. Priests have been told how they are to administer the Sacrament for the Sick when this is necessary, and are more than ready to do so.

All parish activities, including the Stations of the Cross, Lent Course, Lent Lunches, Prayer Group, Rosary Group, Saturday Club, Childrens' Liturgy are suspended now until further notice.

Fr. John writes :

Dear Parishioners,

What an extraordinary situation we find

ourselves in! We never, I think, imagined that anything like this would come upon us. In this situation I am eager to write to you, giving information, and suggesting ways in which we can continue in our lives as Catholic Christians. I hope to produce this rather different kind of Newsletter week by week until normality returns. It will be available on the parish website, stfelixfelixstowe.uk

You probably know that all public Masses and other Services have been suspended from last Friday, March 20th, for the duration of the Coronavirus crisis. But this doesn't mean, of course, that the spiritual life of our parish and of the universal Church has come to a halt! What is to happen on this front?

First, our church will be open every day from 8.0am until 7.0pm, and you are encouraged to come in for private prayer. I'm hoping that the church will be much used in this way in the days ahead. It will be a great comfort to us all to spend time before Our Lord in the Blessed Sacrament in the tabernacle. I hope to produce a simple paper suggesting how we might pray and make a spiritual Communion in church - these will be available at the back of church, with directions as to how your paper should be destroyed after you have used it. It mustn't be left for someone else to pick up after you have touched it.

Then although there will not be public Masses during this period, the Holy Sacrifice will be offered in St. Felix day by day, on your behalf : priests have been ordered to say this Mass privately before opening the church each morning. So Mass intentions can be requested as normal. It will be a comfort to know that Mass is being said,

even if we can't attend it. And of course our obligation as Catholics to attend Mass every Sunday and Holiday of Obligation has been lifted for the duration.

We will feel especially deprived, of course, on Sundays. It will feel very odd not being able to go out to Mass. Many of you will have a Sunday Missal at home, and I would urge you to read through the first part of the Mass at home, including of course the readings for that particular Sunday. And then, after saying the Lord's Prayer, make an act of Spiritual Communion. How good if you do this with your spouse or wider family at home if possible. This praying together at home could deepen your devotion, to God and to each other. Also, of course, many of you will want to watch a Mass on the computer, which will be a wholly good thing. Apparently what we must do is to Google 'Catholic Mass streaming'

It will be good to be especially attentive to our daily prayers at home : what a blessing to be able to say the Rosary at home (or privately in church) and likewise to use a set of Stations of the Cross.

The Bishops have also urged us to be very mindful of the needs of other people : they write 'there are so many ways in which we can care for each other : being attentive to the need of our neighbour, especially the elderly and vulnerable; contributing to our local food banks; volunteering for charitable initiatives and organisations ; simply keeping in touch by all the means open to us.' I think that in this situation we need to be on the watch for any form of selfishness and self-interest in ourselves, and be quick to suppress it.

I'm praying for you all. Your friend and parish priest.

Fr. John

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.

Anniversaries this week Frederick Sykes (2007), Donovan Stocker (2012), and Norman Cawston (2018) May they Rest in Peace.

Money Matters Last Sunday £409.22 was given at the Offertory, and £17.27 for CAFOD.

Series for Lent

THE FIVE WOUNDS OF CHRIST

4. The wound in the right foot

The sacred feet of Our Lord carried him upon the Way of the Cross : He walked that way of rejection and great suffering, so that he might reach the place where he would offer the perfect sacrifice of his innocent humanity to the Father, on our behalf. His feet were the means by which he conveyed himself to the altar where his perfect oblation would be made ; love for lost fallen humanity led him to make this last journey. It was made for us. Here was total unselfishness, total self-giving.

What of our feet? Do we use them to convey us to places and situations where we can give of ourselves generously in the service of others? Or do they often just take us to where we want to be for our own pleasure and self-gratification? And if this is the case, then are there times when we are more at one with those who hammered in the nail into Our Lord's right foot than with Him who knew no selfishness?

A Prayer for these times

God our Father, Creator of the world, mighty and merciful, out of love for us you sent your Son into the world as the doctor of our souls and bodies.

Look upon your children who, in this difficult time of confusion and dismay in many regions of the world, turn to you seeking strength, salvation and relief.

Deliver us from illness and fear, heal our sick, comfort our families, give wisdom to our rulers, energy and reward to our doctors, nurses and volunteers, and eternal life to the dead. Amen.