



PARISH OF SAINT FELIX, FELIXSTOWE

Parish Priest : Fr. John Barnes MA VF
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Parish Website: stfelixfelixstowe.uk Helping Hands - 07342722521

August 23rd, 2020 : 21st SUNDAY IN ORDINARY TIME

Sunday Masses

Saturday 6:00pm (St.F) Int. For the People
Sunday 9:30am (St.F) Int.
11:00am (St.F) Int.

Weekday Masses

Monday FEAST OF ST.BARTHOLOMEW
9:30am (St.F) Int. Ints. of Maeve & Family
Tuesday ST.LOUIS
9:30am (St.F) Int. +Frances Yelo (B&KP)
Wednesday FERIA
9:30am (St.F) Int.
Thursday ST.MONICA
No Mass today
Friday FEAST OF ST.AUGUSTINE
Noon (St.F) Int. +Joan Runnacles
2.0pm (St.F) *FUNERAL MASS FOR PETER
CUTHBERTSON RIP*
Saturday THE PASSION OF ST.JOHN THE
BAPTIST
9.30am (St.F) Int. Persecuted Christians
6:00pm (St.F) Int. +Rudolf Belsak

**At present all Masses will take place at St.Felix:
the Convent continues in lockdown.
Members of the congregation are required to
wear face-masks during Mass at present : the
Celebrant must wear a face-mask when
administering Holy Communion.**

ST.FELIX CHURCH IS OPEN
HALF AN HOUR BEFORE ADVERTISED
MASSES
AND ALSO 4.0pm to 5.0pm
ON MONDAY, TUESDAY, AND FRIDAY

The Daily Office

Lauds (Morning Prayer) is said a quarter of an hour before Mass.

Exposition of the Blessed Sacrament
Tuesday 4.0pm to 5.0pm

Sacrament of Reconciliation

By request.

The Rosary Friday at 11.15am

THIS WEEK

Friday Noon Memorial Mass for Joan Runnacles RIP, followed by a private Burial of Ashes in the Memorial Garden.

2.0pm Funeral Mass for Peter Cuthbertson RIP, followed by Cremation at the Crematorium of the Seven Hills

PARISH NOTICEBOARD

Anniversaries this week John Chapman (2005) and Gerard Stattery (2001). May they Rest in Peace.

Money Matters No information received

Repository Diana Thomas writes 'In the circumstances we will not be opening the Repository just yet, but we are aware that some may require certain items, particularly cards, rosaries, and some other things. So please ring either myself or Philomena and we will get anything for you that we can. Thank you.'

RIDE AND STRIDE 2020

A message from the Director of the Suffolk

Historic Churches Trust about the Sponsored Ride and Stride event which is due to take place on Saturday, September 12th. he writes :

'After all these weeks of lockdown we hear reports from all over the county of friends and supporters who are much looking forward to getting out on their bikes or on foot for our annual church to church event. In view of the importance of the work of the Trust, we are doing all we can to ensure that takes place this year, despite the need for sensible health precautions at all times. The situation changes weekly - churches are now open for services. There is every indication that it will be safe for riders and striders to participate, provided of course that they keep social distance. We hope you will also think it is safe, but of course it must be the decision and responsibility of all participants and parishes as to whether or not they take part. If the Covid-19 situation deteriorates we shall not hesitate to cancel, but at present signs are looking positive.'

Next week, the route which our own Parish group will follow in town-centre Felixstowe - for one and a half hours in the morning - will be given. Meanwhile please collect a sponsor form from the back of church, and ask your friends to sponsor you!

SEVEN THINGS WHICH ARE DISTINCTIVE ABOUT ROMAN CATHOLICISM

VI. We put the highest value on the Spiritual Life, centred on worship and prayer.

Catholics are deeply aware that the Church, and each of us as an individual member of it, are called into a personal relationship with Our Lord Jesus Christ, called, indeed, into a mystical union with Him. And furthermore that growth into this relationship, which is a life-long endeavour, is furthered by the purposeful practice of the spiritual life. This growth cannot take place unless we open our hearts to grace in a way which happens when we make a real effort to promote the spiritual life in ourselves..

So what does promote this growth which is none other than a growth in holiness, by which we seek to 'put on Christ' as St.Paul expressed it? At the heart of the spiritual life is **Worship and Prayer**. The aim of these practices is to express and deepen our love for God, and to generally deepen our relationship with Him. Nothing can take the place of these. They involve spending time with God, and we cannot know and love another person unless we spend time with them. We have to both make and give that time. It requires effort, and sometimes the sacrifice of some of our own pleasures and interests.

Reading and Meditating on Holy Scripture also helps us to deepen our spiritual life. Scripture is God's word, given to us for our edification, and it is powerful to draw us into a deeper union with the One who has given it to us.

The Rosary and Stations of the Cross are devotions which down the centuries and across the world Catholics have found helpful as part of their spiritual life. In both of these we are very obviously looking at Our Lord, and in doing so both learning from Him, and allying ourselves with Him.

Pilgrimages and Retreats have also given great help and encouragement to people down the centuries, enflaming our faith and giving us a new enthusiasm for our pilgrimage into the very life of God.

And again **Our Lady and the Saints** play a special part in the spiritual life of a Catholic. They give us both inspiration and encouragement ; they make us want to join their company, to journey with them, and to seek to reach heaven and there praise God in union with them.

I think that the spiritual life greatly enhances our ordinary, worldly, life and sanctifies it. It gives us a sense of purpose. But above all it achieves what is its aim - that union with God which gives us a fulfillment and joy which is not possible for us otherwise.