



# PARISH OF SAINT FELIX, FELIXSTOWE

Parish Priest : Fr. John Barnes MA VF  
The Presbytery, 8, Gainsborough Road, Felixstowe, IP11 7HT  
Tel.01394 282561 e-mail frjohnfelixstowe@gmail.com

Parish Website: stfelixfelixstowe.uk Helping Hands - 07342722521

## January 24th, 2021 : THIRD SUNDAY IN ORDINARY TIME

### Sunday Masses

Saturday 6:00pm Int. For the People  
Sunday 9:30am Int.  
11:00am Int.

### Weekday Masses

Monday FEAST OF THE CONVERSION  
OF ST.PAUL  
9:30am Int. For the unity of the Church  
Tuesday ST.TIMOTHY AND ST.TITUS  
9:30am Int.  
Wednesday FERIA  
**11:30am FUNERAL MASS FOR MARY  
CAWSTON RIP**  
Thursday ST.THOMAS AQUINAS  
No Mass today  
Friday FERIA  
Noon Int. For the choice of a new Bishop  
Saturday FERIA  
9.30am Int.  
6:00pm Int. For the People

### The Daily Office

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

### Exposition of the Blessed Sacrament

Tuesday 10.0am - 10.30am

### Sacrament of Reconciliation

Saturday 5.15pm to 5.45pm in the Sacred Heart Chapel, or by appointment.

The Rosary Friday at 11.15am

### THIS WEEK

**Wednesday** 11.30am Funeral Mass for Mary Cawston RIP, followed by cremation at the Crematorium of the Seven Hills. No 9.30am Mass  
**Thursday** 11.0am Fr.John attends a Meeting of Deans, by way of Zoom.

### PARISH NOTICEBOARD

**Anniversaries this week** Patricia West (2011), Kenneth Doubleday (2016), and Barbara Strong (2009). May they Rest in Peace.

**Money Matters** Over the past two Sundays, £597.68 has been given at the 'Offertory', and £106.07 for CAFOD.

**A new Bishop** The Bishop expects to retire later this year, and he has bidden us to pray for the right appointment of a successor. Special prayer cards are available at the back of church - please take one and use it at home. He has also asked us to offer a Mass each week for this intention.

**The Seminarian** Like so many other things, the visit to be made here after Christmas by Benjamin, a seminarian at Oscott, was a victim of the lockdown. The Bishop would like him to come here in the summer, though, and we will look forward to that.

### Stella Maris & Syrian Refugee Support

Barbara writes 'Many thanks to all who donated vouchers, tokens, and money at Christmas for the Stella Maris Seafarers Support and the Syrian Refugee Support. Julian and Rebecca were very grateful for all your donations and there is a letter of thanks on the notice board at the back of the

**CHURCH OPENING**  
**During the current restrictions**  
**Daily 9.0am to 4.0pm**

church. Also an interesting article about the many successes of the S.R.S. centre.'  
(Congratulations to Barbara and Alan on the birth of their eighth grandchild, Henry! FJ)

### **FR.JOHN WRITES.....**

Apparently last Monday was 'Blue Monday', the day of the year on which we are all supposed to be at our lowest. And so *The Telegraph* had commissioned half a dozen 'experts' to each write a column about how we can best deal with depression and generally feeling 'low'. I read the page carefully, hoping that I might pick up some useful tips. Of course I didn't - but I did notice that in none of these columns was there any mention of spirituality, still less of God. "Well of course intelligent people don't believe in God these days, do they?", these 'woke' writers would say. I wanted to reply to them with the words which Our Lord spoke to the pharisees "You blind guides!", because like so many people today they seemed to be blind to the truth, the reality, which underlies all things - the being and the love of God. Yes, so many people seem to be blind to what is truly real, but yet unseen : the spiritual reality which at present is hidden, but in comparison to which this visible world is no more than shadow and illusion.

Of course depression is very real at present. So too is anxiety and fear. There are endless 'blue' days. But we Christians believe that we can only truly find peace and hope in Our Lord Jesus Christ. For he is the source of peace and of hope, he alone can give us the support, the sense of purpose, the hope, which we all need in these dark days. And so it is of the greatest importance that we stay close to him - that we give him our trust, ask him for the help we need, and be with him often in prayer and in worship. Only he can change our 'blue' into 'gold'.

### **THE FRACTION**

When before the Covid restrictions came into being we used to share the Peace at Mass, we hardly noticed what was happening at the Altar whilst we were doing so : we were engaged in greeting our brothers and sisters. Now, I think, we probably are aware of what is going on. It is this : The Fraction. The word comes from the Latin

word to break (we talk in English about a 'fracture' ), and at the Fraction in the Mass the priest ceremonially breaks (fractures) the large priest's Host. The breaking of the bread is an ancient ceremony in the liturgy : it recalls Our Lord's breaking of the bread at the Last Supper - a reminder that in the Mass we are 'doing what the Lord did', and also symbolically it speaks to us of his Body being 'broken' on the Cross as part of his sacrificial offering of himself to the Father. The priest then does something further. Maybe we will think about that next time.

### **WHEN YOU PRAY.....**

#### **III - *Thy kingdom come***

What are we asking for, hoping for, when we say 'Thy kingdom come'? We are asking that all people may come to accept the kingship, the authority, of God ; that all will accept his wise and just rule, and seek to live in accordance with his commands. In other words, that all may live in accordance with their true relationship with God, accepting him as the one whom we seek to obey in all things. Our Lord reduced the commandments of the Old Testament to just two rules - that we should seek in all things to love God, and to love our neighbour. When all people are doing that, then indeed God's kingdom will have come.

In this petition we are acknowledging both the rights of God - as our Maker he has a proper expectation that we will obey him - and also his wisdom : we know that whatever God commands us will be for our true welfare, since he is a loving God, and therefore he wants us to be happy. To disobey God, to refuse to accept his kingship, is foolish, and can only lead to strife and misery.

When we say 'thy kingdom come' we are making a solemn undertaking - just as when we say later in the prayer 'forgive us our sins, as we forgive those who sin against us'. We are undertaking to do our own part in bringing about the coming of the kingdom, and our part is to accept God's kingship in every part of our life, seeking to be his loving and obedient servants in all that we do, and say, and think. We know that this is for the best, and so we willingly pray 'thy kingdom come'.