

LENT

2021

PARISH OF ST.FELIX, FELIXSTOWE

It would be easy to say that Lent can't happen this year, with the pandemic still running its course, and our normal activities having to be curtailed or abandoned. But of course it will happen : nothing can prevent there being forty days before the great festival of our Redemption, and there is no reason why we shouldn't keep those days as fully as we can. Because we know by experience that this sacred season, with its distinctive practices and disciplines, honed over so many centuries, is still powerful to draw us closer to Our Lord Jesus Christ, to deepen our longing for union with him, and to prepare us for a fruitful celebration of the Paschal Mystery. And so let us resolve to keep a good Lent this year : to overcome the difficulties, and to resist the temptation to 'give it a miss'.

The Gospel at Mass on Ash Wednesday gives us each year our Agenda for Lent : we hear Our Lord urging us to Pray, to Fast, and to give Alms. What is listed below is aimed at helping us to work together through this Lenten Agenda.

ASH WEDNESDAY
February 17th
(A day of Fasting and Abstinence)

The first day of Lent, when we should seek to begin our Lenten observance at the Altar. This year the ceremony of the Ashing, a sign that we are taking upon ourselves the keeping and the disciplines of Lent, will take a form which has been laid down by The Congregation for Divine Worship. To achieve distancing more easily, there will be three Masses at St.Felix' today :

Mass will be offered at :

9.30am, 11.0am, and 7.30pm

PRAYER

STATIONS OF THE CROSS

In which we walk with Our Lord in mind and heart from Pilate's House to the place of his crucifixion and entombment. We witness in a vivid way the depths of both his suffering and his love. This year only the Priest will walk from Station to Station : others taking part will remain distanced from each other in their places in the Nave. Sadly, we wont be able to sing this year.

Stations will take place every Sunday afternoon during Lent
at St.Felix at 4.30pm

IN OUR PRIVATE PRAYER

Meditating on the Sunday Gospels during Lent.

It is suggested that we meditate on the Sunday Gospel during the course of each subsequent week. It would be good to try to re-read the Sunday Gospel on each of the six days which follow, and each Newsheet will contain a list of six questions for us to think about - one for each day. It will enable us to become very familiar with the important passages which the Church lays before us on the Sundays during Lent, and to experience their full impact.

EUCCHARISTIC ADORATION

During Lent, there will be
Exposition of the Blessed Sacrament
on Sundays 4.0pm to 5.0pm (before and during
Stations of the Cross)
and on Tuesdays 10.0am to 10.30am

FASTING

It is not possible to have our customary Friday Lent Lunches this year. Each one of us will have to decide on our own pattern of self-denial this Lent. Our rule as to what luxuries we deny ourselves, aimed at helping us to strengthen our will, ready to resist temptation when it comes - our rule should neither be so rigorous that we can't keep it, nor so easy that it makes no real demand upon us. The money we save should be used for

ALMSGIVING

This year our parish Almsgiving will be directed towards
Aid to the Church in Need
which assists Christians in desperate need in various parts of the world. Donations should be put in the box marked
LENTEN ALMS in the church porch.

We will also be helping **CAFOD** through the Lent Collection for CAFOD on Sunday February 28th, for which the usual envelopes will be available.

ALSO IN LENT

THE DEANERY LENT STATION MASS

This year the Bishop will celebrate the Lenten Station Mass for the Ipswich Deanery on Thursday March 4th at St.Mary's Church, Ipswich. Sadly, only the Parish clergy, the Dean, and a few parishioners are allowed to be present with the Bishop at St.Mary's. The people of the Deanery are invited to view the Mass, and the Holy Hour which precedes it, through live-streaming on the screen at home. The Holy Hour is at 5.0pm, and the Mass at 6.0pm.