



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

May 23rd, 2021 : SOLEMNITY OF PENTECOST

Sunday Masses

Saturday 6:00pm Int. For the People
Sunday 9:30am Int. + The Duffy Family
11:00am Int. (M&BM)

Weekday Masses

Monday MARY, MOTHER OF THE CHURCH
9:30am Int. +Alan Deveney
Tuesday ST.BEDE THE VENERABLE
9:30am Int. The Wallace Family
Wednesday ST.PHILIP NERI
9.30am Int. +Rosemary Bantick (FM)
Thursday FEAST OF OUR LORD JESUS CHRIST, ETERNAL HIGH PRIEST
11.0am Int. The priests of the Deanery
Friday FERIA
Noon Int. +Leelamma Jacob
Saturday FERIA
9.30am Int. +Robert Aylward (FM)
6:00pm Int. For the People

The Daily Office

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

Exposition of the Blessed Sacrament

Tuesday at 10.0am Benediction at 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

Mass on Thursday at 11.0am - the new Feast of Jesus Christ, the Eternal High Priest

RELAXATION OF THE COVID 19 REGULATIONS

The Bishops have announced that :

* **Holy Communion may now be administered with the words *This is my Body* spoken to each Communicant individually.**

* **Holy Communion may now be received on the tongue.**

* **The Prayer of the Faithful may now be used at Mass. (We will revive it here next Sunday)**

All else remains as before - the distancing, sanitizing, masks, etc., and no singing of hymns is allowed yet.

PARISH NOTICEBOARD

Anniversaries this week William Strachan (2016), Loris Squirrel (2017), Robert Fisher (2018), Betty Cuthbertson (2017), James Kannah (2003), Maureen Packer (2005), Percy Oiver (2003), and Christine Hodgen (2012). R.I.P.

Money Matters Last Sunday £442.70 was given at the Offertory, £42.01 was given for CAFOD, and £108.70 was given in the retiring collection, which was for The Catholic Communication Network.

From the Diocesan Youth Service 'Inviting Young People and Young Adults to come on Pilgrimage : Aged 16-30? Come and join a 'Covid Safe' walking and camping pilgrimage to

Walsingham in the last week of July. Organised by the Diocesan Youth Service and Radio Maria England. Registration just £50 (plus booking fee). More details at [www.englishs way.org](http://www.englishs.way.org).

PENTECOST

As we gather together to offer the Mass on Pentecost Day, it is good for us to remember the part which God the Holy Spirit plays in this, 'the source and summit of the Church's life'.

The Holy Spirit, St.Paul says, 'prays within us' - He inspires our actions, and guides them if we allow Him to do so. Would we ever get up and get ourselves to Mass without His gentle nudging? Probably not. He inwardly reminds us of our duty, and gives us the strength of will to fulfill it joyfully.

At the beginning of Mass we call to mind our faults, and ask God's forgiveness. It is the Holy Spirit who tells us through our conscience what is right and what is wrong, and who reminds us of what within us needs to change, and who further gives us the will to amend and to seek reconciliation with God and with other people. In the Sacrament of Confession, He also brings to us the precious gift of forgiveness.

Then come the readings - three on a Sunday, culminating in the Gospel reading. We believe that the Holy Spirit inspired the writers of Holy Scripture. We say in the Creed that He has 'spoken through the prophets' - but we see the whole Bible as inspired (not dictated) by Him. The Homily follows the readings : hopefully what the priest says is also inspired by the Spirit. He must try to listen to what the Spirit is saying within him.

And then the heart of the Mass, the Great Prayer over the gifts, in which, as the priest extends his hands over the bread and the cup, he calls down the Holy Spirit upon them, that the Holy Spirit may transform them into the Body and Blood of Christ, even as He mysteriously overshadowed Our Lady, and made the Divine Word present within her womb.

Then having played our part in the offering of the Holy Sacrifice, and having received in Holy Communion, the Body and Blood of the risen Christ, we are sent out : 'Go forth', the priest or deacon says, 'the Mass is ended'. We are sent out in the power of the Holy Spirit, to be directed by Him in our living, and in our witness to the truth

of our religion.. We are sent out in fact as missionaries, just as the first disciples were on Pentecost day. Being images of Christ in the world is a daunting task - but the Holy Spirit is with us, within us , to assist us in our apostleship.

THE YEAR OF ST.JOSEPH **Apostolic Letter of Pope Francis** **PATRIS CORDE - With a Father's Heart** A continuation of last week's excerpt **A Father in the shadows**

The logic of love is always the logic of freedom, and Joseph knew how to love with extraordinary freedom. He never made himself the centre of things. He did not think of himself, but focuses instead on the lives of Mary and Jesus.

Joseph found happiness not in mere self-sacrifice but in self-gift. In him we never see frustration, but only trust. His patient silence was the prelude to concrete expressions of trust. Our world today needs fathers. It has no use for tyrants who would domineer others as a means of compensating for their own needs. It rejects those who confuse authority with authoritarianism, service with servility, discussion with oppression, charity with a welfare mentality, power with destruction. Every true vocation is born of the gift of oneself, which is the fruit of mature sacrifice. The priesthood and consecrated life likewise require this kind of maturity. Whatever our vocation, whether to marriage, celibacy or virginity, our gift of self will not come to fulfillment if it stops at sacrifice ; were that the case, instead of becoming a sign of the beauty and joy of love, the gift of self would risk being an expression of unhappiness, sadness and frustration.

When fathers refuse to live the lives of their children for them, new and unexpected vistas open us. Every child is the bearer of a unique mystery that can only be brought to light with the help of a father who respects that child's freedom - a father who realizes that he is most a father and educator at the point when he becomes 'useless', when he sees that his child has become independent and can walk the paths of life unaccompanied. When he becomes like Joseph, who always knew that his child was not his own but had merely been entrusted to his care.