



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

August 1st, 2021 : 18th SUNDAY IN ORDINARY TIME

Sunday Masses

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

Weekday Masses

Monday FERIA
9:30am Int.
Tuesday FERIA
9:30am Int.
Wednesday ST.JOHN VIANNEY
9:30am Int.
Thursday FERIA
No Mass today
Friday FEAST OF THE
TRANSFIGURATION OF THE LORD
Noon Int. +Michael Thomas
Saturday FERIA
9.30am Int.
6:00pm Int.

The Daily Office

Lauds (Morning Prayer) is said a quarter of an hour before 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 or by appointment.
We are now able to use the Confessional again, providing that it is sanitized after each session.

The Rosary Friday at 11.15am

THE MASS

As I wrote in last week's Newsheet, the gradual lifting of restrictions means that we are now able to sing in church, although

the Bishops' Conference has suggested that singing should be phased-in gradually. Accordingly we will begin this week by singing the Alleluia, the *Sursum Corda* ('Lift up your hearts, etc.' & the Preface of the Eucharistic Prayer, the *Sanctus* (Holy, Holy, Holy, etc.), *Benedictus* ('Blessed is he' etc.), and the Doxology ('Through Him, With Him, etc.) at the end of the Prayer. In a fortnight's time we will add the *Gloria* and the Psalm Response, and then in a month's time we will begin singing hymns again. At the church I went to last Sunday, everything was sung, but I'm afraid that was not in accordance with the Bishops' clear directive for keeping safe.

THIS WEEK

Friday The Mass for the Feast of the Transfiguration, at Noon, will be followed by the burial of the Cremated Remains of Michael Thomas RIP in the Memorial Garden.

NEXT SUNDAY

August 8th

the teddy bears' picnic

AN EVENT FOR

YOUNG CHILDREN AND THEIR FAMILIES

3.0pm - 5.0pm

in the Presbytery Garden

PARISH NOTICEBOARD

Anniversaries this week Christiane Taylor (2004), Maria Maher (2005), Rose Mulholland (2014), Sr. George Deane (2008), Joan Jacobi (2012), Kathleen Dunne (2018), Enid Egan

(2017), Peter Cuthbertson (2020), Dennis Jones (2000), and Peter Newman (2006). R.I.P.

Money Matters On the weekend of July 18th £396.00 was given at the Offertory, and £76.47 for CAFOD. Last weekend, £379.00 was given at the Offertory, and £46.10 for CAFOD.

Lay Ministers of the Eucharist Lay Ministers, please may I mention something : I've sensed that after you have administered Holy Communion, there has sometimes been an uncertainty as to what you are meant to do next. Please bring the ciborium back to the Altar, and place it on the Corporal (the linen cloth under the sacred vessels). Then, after genuflecting to Our Lord present there, go straight back to the sanitiser which you used on entering the Sanctuary, and after using it again return to your place. Thank you so much.

Catering As most of you probably know, the members of Team Felix have decided that the time has come for them to retire. During these last years Team Felix has rendered a wonderful service to the Parish under the excellent leadership of Jenny, and has been responsible for many happy and memorable occasions. We are all very grateful to its members.

But now we must try to move on. I wonder whether there are any ladies (or men) who are prepared to consider forming a new catering team? If there are, please would they mention it to me, so that we could meet together and talk about setting up such a team, and just what it might be prepared to undertake? I see this as a vital part of our trying to get the parish going again after the lockdown. But that can only happen if people are prepared to be involved, and we attempt - together - to push back the terrible lethargy of the times. Do please say if you might be prepared to help ; working together as a team can be fun and be rewarding.

THE TEN COMMANDMENTS

What reaction might you expect if you mention The Ten Commandments? Younger people may not know what you are talking about, whilst older people may groan. They seem to many people to be old-fashioned, negative, and proscriptive. I think I associate them with the torn, ink-stained, unintelligible Bibles that lay in our desks at

school. And yet here is a vital part of Holy Scripture, of God's revelation to his people ; the foundation document as regards holy and creative living, living in accordance with God's will - being true to what we were created to do and to be. Certainly Our Lord taught obedience to the Commandments. He said explicitly that He had not come to nullify them.

Jesus summed up the Ten Commandments under two headings, Love God and Love your neighbour. Now that is palatable, and maybe so because it is presented in a positive way - we are being told what we should DO, rather than what we should NOT do. Yes, the Ten Commandments are introduced with the words 'You shall not', and this makes them sound negative. But in reality they are nothing of the kind. They are rather a recipe for happiness - for the avoidance of those things which make for misery. So maybe for these next few weeks it will be worthwhile looking afresh at the Commandments, seeing them as the positive directions offered to us by a loving God, who desires only our true and lasting happiness.

But for those who were not 'brought up' on the Ten Commandments, what are they? They are found in the twentieth chapter of the Book of Exodus, the second book of the Bible. God, by a great act of deliverance, had freed his chosen people from slavery in Egypt, and had wonderfully led them across the Red Sea and into the desert on their way to the Promised land, a land where they would find all that they could wish for. But before they went into that land, God wanted to give them directives as to how they should behave in regards to Himself and to one another. Moses, who has led them out of Egypt, was summoned by God to go up on to a mountain top, and there God gave him the Commandments by which he wished his people to live when they enter the Promised Land.

(On Friday this week we will be thinking about another holy mountain - the mountain on which Jesus was transfigured. Our Lord is sometimes thought of as the new Moses - the one to whom Moses points forward : for Jesus has led his people out of slavery through his saving death and resurrection, and has taught us afresh how the Father wishes us to live.)