



PARISH OF SAINT FELIX, FELIXSTOWE

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March 20th, 2022 : THIRD SUNDAY OF LENT

Sunday Masses

Saturday 6:00pm Int. For the People
Sunday 10.0am Int. +Alan Deveney

Weekday Masses

Monday LENT FERIA
9:30am Int. +Marie & Basil Richardson
Tuesday LENT FERIA
9:30am Int. +Winifred Bailey (FM)
Wednesday LENT FERIA
No Mass today
Thursday LENT FERIA
7.0pm Int. +Charles & Ethel Pritchard (FM)
Friday SOLEMNITY OF THE
ANNUNCIATION
11:30am Int. For the Shrine at Walsingham
Saturday LENT FERIA
9.00am Int. For Peace in Ukraine
6:00pm Int. For the People

The Daily Office

Lauds is said a quarter of an hour before Mass on Mon, Tues, Fri, & Sat. ; Vespers before the 7.0pm Mass on Thurs.

Exposition of the Blessed Sacrament

Tuesdays at 10.0am Benediction at 10.30am
Friday at Noon

Sacrament of Reconciliation

Saturday 5.15pm to 5.45pm, or by appointment.

The Rosary Friday at Noon (during Exposition)

The Mass today

The readings can be found on p.160 of the Parish Mass Book, and on p.217 of The Sunday Missal.
Hymns at 10.0am : 860, 749, 898

THIRD WEEK OF LENT

*Sunday STATIONS OF THE CROSS
4.45pm St.Felix*

*Friday LENT LUNCH FOR CAFOD
12.30pm in the Hall*

ALSO THIS WEEK

Today 3.30pm The Confirmation Group meets at the Presbytery

Tuesday 10.45am The Catechism Group meets in the Cooper Room - all welcome. This week paragraphs 268-292.

7.0pm Meeting for the Parents of the First Holy Communion children, in the Hall

Saturday 11.0am Rededication of the Shrine of Our Lady of Grace, at St.Mary at the Elms, Ipswich. An ecumenical occasion, which our Bishop will attend - all welcome. The morning Mass here will be at 9.0am today.

Next Sunday is Mothering Sunday. Flowers will be blessed & distributed to the children for their Mothers at the end of the 10.0am Mass.

PARISH NOTICEBOARD

Anniversaries this week Sr.Francis RJM (2001), Marie Richardson (2014), Norman Cawston (2018), Frederick Sykes (2007), Donovan Stocker (2012), and Pamela Vickers (2020). May they Rest in Peace.

Money Matters Last Sunday £484.46 was given at the Offertory, and in the retiring collection for CAFOD, £523.19. Next Sunday there will be a retiring collection for Ukraine - it will be channelled through Aid to the Church in Need. The Lenten Alms Box in the Porch also for this charity

Further Congratulations Last week we sent congratulations to Tom Brazier, celebrating his ninetieth birthday : it emerged that just the day before, Eric Bonello, another of our long standing and much respected parishioners had also celebrated his ninetieth birthday! Our congratulations and good wishes to Eric, too!

The Chrism Mass The Chrism Mass, held in St.John's Cathedral Norwich on the Tuesday in Holy Week - this year April 12th - is always memorable. The Cathedral is always full for this great annual coming-together of the diocese, as the Bishop consecrates the new Holy Oils for the coming year, and the priests of the diocese re-commit themselves to priestly service. This year, as last, the Mass will be at Noon, which for many people will be easier than the former evening time. We are hoping to have a coach - lovely if you could join us - I'm sure you'd find it memorable. There is a notice to sign in the Porch, but you must do so by next weekend : the notice will be taken down then, so that arrangements can be made in good time.

STATIONS OF THE CROSS

Two of our weekly Stations of the Cross during Lent have now taken place, but sadly only a dozen people took part on each occasion. This is sad because Stations is a wonderful devotion. It's got everything - movement, speaking, singing, contemplation, understanding and emotion. It brings to life the sufferings of Our Lord, and brings to life too the people who were involved in one way or another in the course of his Passion. It dates back, of course, to the earliest centuries, when pilgrims to Jerusalem followed the actual Way of the Cross, the *via crucis*, as of course they do today. Later, when pilgrimage to the Holy Land became more difficult and dangerous, the devotion began to be performed virtually, close to home - at first out of doors, and later in the church itself,

with pictures painted or carved in low relief to stimulate the imagination. The actual number of Stations - or stopping-places - varied. Only in the eighteenth century did Pope Clement XII fix the number at fourteen.

Following the Stations of the Cross remains tremendously worthwhile. Have you been to Stations? If not, why not give it a try? I think it could only enrich your keeping of Lent this year, and help you to grow in love for Jesus, who suffered so much in the course of our Redemption.

HOW'S YOUR LENT GOING? - II

Last week we thought about Prayer, arguably the most important of the three traditional Lenten disciplines, - Prayer, Fasting, and Almsgiving. So let's think about Fasting this week. Maybe self-denial is a better term ; perhaps self-discipline is even better.

Some years ago fasting was considered old-hat, no longer relevant. We were urged not to give anything up during Lent - it was more positive, we were told, to take things on. Well I don't think it's a case of either/or. Yes, of course it is good to 'take on' things for Lent, but maybe that should be in the areas of Prayer and Almsgiving. It's good to take things on, but it is important to also give things up - in other words to practice 'fasting' in its broadest sense. It means denying ourselves things that we really want, but don't really need (no good giving up mashed potato during Lent if, like me, you can't bear mashed potato!) But why, why deny yourself certain things that you want and enjoy? Just to get practice, practice at saying 'no' to yourself. So that your will is strengthened by a time of training. Just as bodies may be strengthened by physical training. We need our will to be strong so that when we are tempted to do, say, or think something wrong we've got the strength of will to say 'no' to it. That's the point of 'fasting' - self denial. It is about establishing who is in charge of us - our bodily appetites, or our mind and soul.

So how's fasting going? It's not easy - but then nothing worth-while is. But it will yield results. And it is only for another month. And then CHOCOLATE!