



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

June 19th, 2022 : SOLEMNITY OF THE MOST HOLY BODY & BLOOD OF CHRIST (CORPUS CHRISTI)

Sunday Masses

Saturday 6:00pm Int. For the People
Sunday 10.00am Int. First Holy Children
6.00pm (Convent)

Weekday Masses

Monday ST.ALBAN
9:30am Int. +Anne Hannon
Tuesday ST.ALOYSIUS GONZAGA
9:30am Int. +Kenneth Baker
Wednesday FEAST OF ST.JOHN FISHER
& ST.THOMAS MORE
No Mass today
Thursday SOLEMNITY OF ST.JOHN
THE BAPTIST
4.30pm (Convent) Int.
Friday SOLEMNITY OF THE MOST
SACRED HEART OF JESUS
10.0am (Convent) Int.
11:30am Int. +Michael John Mulqueen
Saturday IMMACULATE HEART OF THE
BLESSED VIRGIN MARY
9.30am Int.
6:00pm Int. Delia Wynn-Jones

The Daily Office

Lauds (Morning Prayer) will be said a quarter of
an hour before Mass on Mon, Tues, Fri., & Sat..

Exposition of the Blessed Sacrament

Tuesday 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.83 of the Parish
Mass Book, and on p.1105 of The Sunday Missal.
Hymns at 10.0am : 601, 629, 663

THIS WEEK

Today Lay Ministers of the Eucharist will be
re-commissioned at the Anticipatory and Morning
Masses today.

Monday 9.30am-11.30am St.Felix Toddlers
meet in the Hall.

Tuesday 10.45am-11.45am The Catechism
Group meets in the Cooper Room. This week we
will be looking at paragraphs 484-511, which deal
with Our Lady. Why not come along?

Thursday Fr.John attends a meeting of the
Diocesan Liturgy Committee, at Poringland.

Friday As today is a Solemnity, the Friday
Abstinence from meat is dispensed.

Saturday 2.0pm Reconciliation Service and
Rehearsal for First Holy Communion tomorrow.

Next Sunday 10.0am First Holy Communion
Mass

PARISH NOTICEBOARD

Anniversaries this week Florence Kitchingman
(2001), Janet Doggett (2013), Valeria Howes
(2007), Janet Mitchell (2000), John Milford
(2006), and Halina Schoeberl (2016). R.I.P.

Money Matters Last Sunday £474.25 was

given at the Offertory, and £46.48 for CAFOD. Today there is a retiring collection for Catholic life Charities, and next week a retiring collection For Peter's Pence.

ON THE RAILS

Last Monday morning, crawling on the Hall floor with the St.Felix' Toddlers, I gave a model locomotive a big push towards a target a few yards away. But instead of going in the direction I had intended, it swerved aside, and ended up in quite a different place. I turned to Krisztina, who was nearby, and said "a train needs rails to keep it going straight!", and then added "I think there might be a homily in that!".

Indeed there is. I suppose all of us have a goal - at the most basic level, the goal of achieving happiness - which will include inner peace and contentment. For the Christian, it is also the goal of achieving a spiritual union with Christ, and of entering into his nearer presence in heaven.

To achieve our goal we need rails - rails to keep us on track to reach the goal. And those rails - two of them creating a safe track - are the teachings of the Church, first on Doctrine (what we believe) and second on Morals (how we live our lives). Both rails are available to us - both are graciously given to us by God through the teaching of his Church. What to believe, how to act. Following this teaching enables us to travel in the right direction, and end up where we want to be. False doctrine and wrong action only get us into a mess. We swerve aside, only to end up in places where we would rather not be.

SOME DIFFICULTIES IN PRAYER

II FINDING TIME

Some people say that they can't find time for a period of prayer each day - they have too many other things to do, they are too busy. This of course is untrue - it is one of those lies which the devil peddles in his attempt to prevent us from praying. When we think about it, we can easily see how foolish it is : out of twenty-four hours each day, how can we be 'unable' to spare one quarter of an hour for God? And again we might ask ourselves 'if some quarter-hour programme was coming up on the television, about something

which really interests me, would I say that I was 'too busy' to watch it? Of course not. No, this 'too busy' approach to prayer is part of the devil's nonsense.

It's not a matter then of 'not having time', but rather of 'making time'. And there is something which we can do to make things much easier for ourselves. And that is to find a time in the day which is going to 'work' for us most, if not all, days. And then stick to that time - let it become a regular part of our daily programme - that just occurs, like our mealtimes. Our prayer-time is much more likely to happen if we do this, rather than think that somehow a time will just come-up in the course of each day - it won't.

No one time is going to suit everyone - we have to find our own regular prayer time. I remember when I was a little boy my Mother found that the time which 'worked' for her was straight after breakfast. After my Father had gone to work, and I had gone off to school, she would sit amongst the wreckage of the breakfast table and get out her little devotional books. That was her prayer time ; mine is at seven o'clock each morning, after I've opened the church. We all have to find the time that works for us. And then stick to it, day by day. It makes things much easier, this establishment of a prayer-time routine.

OUR LADY IN THE CATECHISM

When the Catechism Group meets on Tuesday morning, it will be looking at what the Catechism of the Catholic Church says about Our Lady. One of the paragraphs we'll be discussing is this :

'To become the Mother of the Saviour, Mary was enriched by God with gifts appropriate to such a role. The angel Gabriel at the moment of the Annunciation salutes her as 'full of grace'. In fact, in order for Mary to be able to give the free assent of her faith to the announcement of her vocation, it was necessary that she be wholly borne by God's grace. Through the centuries the Church has become ever more aware that Mary 'full of grace' through God was redeemed from the moment of her conception.. That is what the dogma of the Immaculate Conception confesses.'