



# PARISH OF SAINT FELIX, FELIXSTOWE

Parish Priest : Fr. John Barnes MA VF  
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## June 26th, 2022 : 13th SUNDAY IN ORDINARY TIME *FIRST HOLY COMMUNION SUNDAY*

### Sunday Masses

Saturday 6:00pm Int. Delia Wynn-Jones  
Sunday 10.0am Int. +Michael Russell  
6.0pm (Convent) Int. For the People

### Weekday Masses

Monday ST.CYRIL OF ALEXANDRIA  
9:30am Int.  
Tuesday ST.IRENAEUS  
9:30am Int.  
Wednesday SOLEMNITY OF ST.PETER  
AND ST.PAUL  
9:30am Int. For the People  
7.30pm Int. +Nicholas & Catherine O'Carroll  
Thursday FIRST MARTYRS OF ROME  
No Mass today  
Friday ST.OLIVER PLUNKET  
11.30am Int. Douglas Birchall  
Saturday FERIA  
9.30am Int. +Fr.Denis Brophy (FM)  
6:00pm Int. For the People

### The Daily Office

Lauds (Morning Prayer) will said a quarter of an hour before Mass on Mon., Tues., Wed. Fri. & Sat  
Vespers at 7.15pm on Wed.,

### 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.102 of the Parish Mass Book, and on p.1013 of The Sunday Missal. (There are Special Readings for the 10.0am Mass)  
Hymns at 10.0am : 465, 600, 627, 652

### *FIRST HOLY COMMUNIONS*

Those who are making their First Holy Communion today are :

**David Ceranowski**  
**Sebastian Falkowski**  
**Tymoteusz Falkowski**  
**Olivia Garstang**  
**Kasparas Jankauskas**  
**Patryk Ksiezanek**  
**Ewelina Lewandowska**  
**Karolina Sabella**  
**Victor Skuza**  
**Nicole Rogowska**  
**Alex Walter**

We offer them and their families our congratulations and good wishes

### THIS WEEK

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

**Tuesday** 10.45am-11.45am The Catechism Group meets in the Cooper Room. This week we look together at paragraphs 512-534. All welcome.

**Wednesday** Today is one of the major days in the Church's Year, the Solemnity of St.Peter & St.Paul. It is a Holyday of Obligation, when the Church requires all of us to be at Mass. The two Masses today should make that possible for everyone.

**Thursday** Fr.John is having today as his day off this week.

**Friday** 2.30pm Burial of the Cremated Remains of the late Mr.John O'Mahony RIP in the Memorial Garden.

4.0pm Members of the Visitation Team meet at the Presbytery.

**Next Sunday** The First Holy Communion children receive their Certificates at the 10.0am Mass.

At 11.30am the newly Confirmed Teenagers and their families leave for a Walk/Pilgrimage/Picnic to Iken, on the Alde estuary, where St.Botolph had his community in the sixth century.

## PARISH NOTICEBOARD

**Anniversaries this week** Austin Ryan (2000), Mary Newby (2003), Olive McElhinney (2004), and John Ryan (2006). May they Rest in Peace.

**Money Matters** Last Sunday £439.61 was given at the Offertory, £34.50 for CAFOD and £128.10 for the second collection ( Catholic Life Charities)

**Christians Against Poverty** Felixstowe CAP is running a Free Money Course on July 1st & 8th at St Philip's Community Hub, Wadgate Road. Further details on poster at the rear of the church.

**Sharing the Peace** We are now allowed to share the Peace at Mass in the way that we always did, and I think that it is probably time we resumed doing this. The current joining of hands and bowing of heads does look rather strange - rather like a scene from the *Mikado* - and I think it should now be replaced by a warm handshake. Two things are to be avoided : one is taking off and touring the church, shaking hands with as many as possible - we are meant to just give the Peace to the person(s) next to us. And I think kissing is not really appropriate - we should at this moment treat all our brothers and sisters in Christ alike.

**Telephone apology** During the middle part of last week, the Presbytery telephone was out of order. Messages could be left, but not listened to. If you left a message, apologies. If it was important, please 'phone again, or use the e.mail.

## SOME DIFFICULTIES IN PRAYER

### III - GETTING STARTED

Sometimes when we seek to spend some minutes in prayer, we find it difficult to begin. There are one or two things which might help.

It is important that we sit, kneel, or stand comfortably : whatever posture we have chosen, our body should be relaxed - though not so relaxed that we drop off to sleep! And then we should try to calm ourselves : regular breathing might help, and perhaps repeating the words of the Psalmist 'Be still, and know that I am God' - or the opening words of the hymn 'Be still, for the presence of the Lord is moving in this place'. Or else the Eastern Orthodox *Jesus Prayer* - 'Lord Jesus Christ, Son of the living God, have mercy upon me, a sinner.' We should try to 'put ourselves in the presence of God' : remind yourself that God is present with you, loving you, and wanting you to be with Him. Try to hand over to Him any concerns and worries, and seek to just relax in his presence, rather as if you were sunbathing.

It's also good to have a focus. For some, a lighted candle is helpful, or it may be a crucifix or religious picture. As always in prayer, we need to find what works for us. We are all different. But always, I think, making a good start to our prayer time is important. As, maybe, with anything.

### FIRST COMMUNION SUNDAY

This is always a special day in the life of a parish ; special for us all, even if we don't know any of the First Communicants, and if we made our own First Holy Communion many years ago. It brings into our minds what a wonderful thing it is to receive our risen Lord at the Altar : Jesus coming to us in a uniquely personal way. No general, group, indefinite coming, but Jesus coming to me, into my mouth, into my heart. Coming because he chooses to be with me, to draw me closer to himself. Good if we can recapture something of the wonder and joy of our First Holy Communion, and look up into His eyes which are full of tenderness and care for us.