



PARISH OF SAINT FELIX, FELIXSTOWE

Parish Priest : Fr. John Barnes MA VF
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July 3rd, 2022 : 14th SUNDAY IN ORDINARY TIME

Sunday Masses

Saturday 6:00pm Int. For the People
Sunday 10:00am Int. Fiona & Stephen Badcock
6.0pm (Convent) Int. (J&DB)

Weekday Masses

Monday FERIA
9:30am Int. Liz & Peter Livey
Tuesday FERIA
9:30am Int. +Marjorie Dawson (FM)
Wednesday ST.MARIA GORETTI
No Mass today
Thursday FERIA
4.30pm (Convent) Int.
Friday ST.WITHBURGA
11:30am Int.
Saturday OF OUR LADY
9.30am Int.
6:00pm Int. For the People

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.105 of the Parish Mass Book, and on p. of The Sunday Missal.
Hymns at 10.0am : 721, 325, 799

THIS WEEK

Today The children who made their First Holy Communion last Sunday will receive their Certificates at Mass today.

Those recently Confirmed take part in a Pilgrimage Walk & Picnic to Iken (where St.Botolph lived) leaving St.Felix at 11.30am

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

Tuesday 10.45am The Catechism Group meets in the Cooper Room. This week we look at paragraphs 531-546.

6.0pm Fr.John attends the Induction Mass of Fr.Joseph Welch at St.Pancras.

Friday 10.0am A meeting of the Parish Finance Committee, at the Presbytery.

PARISH NOTICEBOARD

Anniversaries this week Betty Adams (2004) and Mary Clapham (2003). May they Rest in Peace.

Money Matters Last Sunday £526.55 was given in the Offertory, £64.31 for CAFOD and £92.62 for the second collection, which was the annual Peter's Pence contribution to 'Head Office'. Next Sunday there will be a retiring collection for *Stella Maris*. During the month of June, £2,1566.00 was given by standing orders.

Suffolk Refugee Support Please see the Notice Board at the back of the Church for the latest newsletter and an honourable mention for St Felix in the 'Thank yous' Also a letter from Rebecca,

and pictures of the work done by refugees with the donated sewing machines.

Sea Sunday - July 10th Barbara writes 'There will be a collection for Stella Maris (Apostleship of the Sea). This provides for port chaplains & spiritual & welfare support for seafarers.'

Congratulations to Daniel Mayes and Rachel, who were married last Thursday. We wish them every happiness in their life together.

.The First Holy Communions The sun shone brightly last Sunday, and the First Holy Communion was a most happy occasion. The church was full - but not uncomfortably so - and the congregation was so reverent and attentive. The only sadness was that one of the boys had COVID, and couldn't attend. We're hoping that he will be better for this weekend! Over in the Hall, Monica had made a special cake with a Chalice and Host in icing on top, which the candidates cut and distributed. The kind parents presented beautiful bouquets to Pauline and Monica in appreciation for all that they had done as Catechists, and they gave me a basket of goodies!

Church Cleaners Please collect the envelope addressed to you, which is in the letter rack in the church porch.

Social Media Co-Ordinator sought As part of the current effort to boost awareness of our church in the town and surrounding villages, and to complement the current parish leafleting campaign, I should like to increase our presence on social media, but need assistance! Would anyone be interested in becoming the parish social media co-ordinator to help create St.Felix Facebook and Twitter accounts? I would need a hand 'posting' regular Facebook messages, including maybe the occasional video, plus tweets. Please do contact me if you can help.

SOME DIFFICULTIES IN PRAYER

IV - HAVING STARTED, KEEPING GOING...

Last week we thought of how some people find it difficult to begin their time of prayer : how best to make a good start and 'get into it'. For some

people a further problem is how to keep going. Listen to some wise words of Pope Benedict :

'Jesus is always there, quietly waiting for us to be still with him, and hear his voice. Deep within your heart, he is calling you to spend time with him in prayer, but this kind of prayer, real prayer, requires discipline.'

I said earlier that the devil wants to stop us praying. He doesn't want us to spend time with God, and be drawn closer to Him. He tells us lies in his attempt to stop us (eg."I haven't got time for prayer"), and he uses various ruses. One of those ruses he uses is this : when we have started a prayer time, he suggest that we might be doing something else. He might say 'It would be far more useful for me to go and get on with some work at your desk or in the kitchen' , or 'Why don't I go and have a cup of coffee?', or ' Isn't it time I went and got the newspaper?', or 'Why don't I go and have my breakfast?'. His suggestions as to why we should abandon our time of prayer are endless, and we can so easily find ourselves abandoning our prayer, or else knocking minutes off the time we'd decided to spend in prayer.

I find that there is really only one solution. To decide how long you are going to spend in prayer, and then stick to it. We may be intending to pray for ten minutes, twenty minutes, half-an-hour. Right. give that time to God - tell him it is his. Then glue yourself to your chair for that amount of time : you've given it to God, it is no longer yours to take back. No matter how bored you get, or what alternative activities are put into your mind, stay there. Doing this is liberating, and it facilitates prayer. Pope Benedict said that 'real prayer requires discipline'. The most basic exercise of discipline is simply keeping at it, and not shortening or abandoning it.