



PARISH OF SAINT FELIX, FELIXSTOWE

Parish Priest : Fr. John Barnes MA VF
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July 17th, 2022 : FIFTH SUNDAY IN ORDINARY TIME

Sunday Masses

Saturday 6:00pm Int. +Karen, Ruth, and Alex
Sunday 10.0am Int. For the People
6.0pm (Convent) Int.

Weekday Masses

Monday FERIA
9:30am Int. For Ukraine
Tuesday FERIA
No Mass today
Wednesday FERIA
No Mass today
Thursday FERIA
No Mass today
Friday FEAST OF ST.MARY
MAGDALEN
11:30am Int. +Carmel Barker
Saturday FEAST OF ST.BRIDGET
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, Fri, & Sat..

Sacrament of Reconciliation

Saturday 5.15pm to 5.45pm, or by appointment.

The Rosary Friday at Noon

The Mass today

The readings can be found on p.112 of the Parish Mass Book, and on p.1025 of The Sunday Missal.
Hymns at 10.0am : 807, 320, 772

THIS WEEK

Fr.John is making his Annual Retreat (which

all priests are required to make) this week. He is going to Clare Priory. Mass will be as normal on Monday, and then recommence on Friday.

Monday The St.Felix Toddlers Group is now on summer holiday. It will resume on Monday, September 12th.

Tuesday 10.45am - 11.45am The Catechism Group meets in the Cooper Room. This week we will be looking at paragraphs 551 to 570.

Friday At the end of the 11.30am Mass, the Cremated Remains of Carmel Barker RIP will be interred in the Memorial Garden.

PARISH NOTICEBOARD

Anniversaries this week Sr.Monica Brennan (2011), Rita Robertson (2002), Teresa McNeil (2017), Arthur Green (2006), Brian Tehan (2009) and Maurice Simms (2004). May they Rest in Peace.

Money Matters Last Sunday £348.08 was given in the Offertory, £23.64 for CAFOD and £211.87 in the second collection, which was for *STELLA MARIS*.

Praying for Ukraine Sadly the stock of retired Paschal Candles which we have been burning each day for Ukraine has now been exhausted. From now on there will be a weekly Mass intention for Ukraine, and we will continue to pray in the Sunday Prayers of the Faithful. Parishioners are encouraged to light individual candles before the Sacred Heart, Our Lady, and St.Joseph Altars, praying that the wicked aggression and the suffering in Ukraine may soon come to an end.

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 a 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 coordinator to help me increase St Felix Facebook and Twitter accounts? I would need a hand 'posting' regular Facebook messages, including the occasional video, plus tweets. Please do contact me if you can help. (It seems that a parish Facebook page was attempted in 2010, but no one seems to know about this. Can anyone shed any light, please?)

Proposed Walking Group I think this is going to get off the ground! Several people have shown interest. If we pursue the idea of a Parish walk once a month on a Saturday afternoon - how about Saturday August 13th for the first one? What we need now is someone who knows of a good walk in the Felixstowe area, lasting about two hours, and who is prepared to lead it. Any offers?

SOME DIFFICULTIES IN PRAYER

VI - *WHAT ON EARTH SHALL I SAY?* - *Continued*

We thought last week about how prayer is not just a matter of 'saying': thinking, listening, inner silence are important elements too. Indeed there is always a danger that we 'say' too much!

Thinking, or more formally 'meditating', should be an important element in the prayer of all of us. Because it involves opening our mind to God in a way that 'speaking' perhaps doesn't do. And although thinking is an activity on our part, it also involves listening to God. We need something to base our thinking on: it might be a verse of a psalm, or a part of the Lord's Prayer. We ruminate upon it, chew it over in our mind, and ask what it is telling us or saying to us. Usually we will want to ask whether it is saying something to us about God, and saying something to us about ourselves. When we are meditating, we always need the help of the Holy Spirit to guide our thoughts, and we should ask him to give us that help.

Another form of meditating is of course the Rosary, where we meditate on the mysteries of Our Lord's life. There, occupying our hands by telling the beads, and our voice by saying the Hail Marys, we set our mind free to think about those incidents which the Rosary brings before us.

Closely allied to meditating is what is called *Lectio divina*. This is reading through a passage - ideally a passage from one of the four Gospels - very slowly, and pausing to think about each sentence. It may be even a single word that catches our attention. We should linger, savour, letting the truth and beauty which is contained there fill our mind. This too is a very obvious exercise in listening to God.

And then there is silence, which I always think resembles sunbathing. Just stilling our mind as well as our body in God's presence. Looking maybe at a crucifix, or at the Tabernacle if we are in church. Surrendering our mind to God. Being attentive, and yet mentally inactive. Soaking up God's presence. Truly a 'being still in the presence of the Lord'. Again, God may speak to us (in our heart and mind, not through our ears!) in the silence. Just being mentally quiet in God's presence is also part of listening to Him 'Speak, Lord, for your servant is listening'.

AT THE CATECHISM GROUP

When the Group meets on Tuesday, and thinks about paragraphs 551 to 570 of the Catechism of the Catholic Church, we will be thinking first about the so-called Petrine Ministry - the role of the Pope as successor of Peter in the Catholic Church. We will read there

Simon Peter holds the first place in the college of the twelve apostles; Jesus entrusted a unique mission to him. Through a revelation from the Father, Peter had confessed 'You are the Christ, the Son of the living God'. Our Lord then declared to him: 'You are Peter, and on this rock I will build my Church, and the gates of Hades will not prevail against it.' Christ, the 'living stone' thus assures the Church, built on Peter, of victory over the powers of death. Because of the faith he confessed Peter will remain the unshakable rock of the Church. His mission will be to keep this faith from every lapse and to strengthen his brothers in it.