



PARISH OF SAINT FELIX, FELIXSTOWE

Parish Priest : The Very Revd. Canon John Barnes VF
The Presbytery, 8, Gainsborough Road, Felixstowe, IP11 7HT
Tel. 01394 282561 e-mail frjohnfelixstowe@gmail.com

Parish Website: stfelixfelixstowe.uk Helping Hands - 07342722521

March 12th, 2023 : THIRD SUNDAY OF LENT

Sunday Masses

Saturday 6:00pm Int. For the People
Sunday 10:00am Int. Kathleen Major
4:00pm (Convent) Int.

Weekday Masses

Monday LENT FERIA
9:30am Int. + John Edwards
Tuesday LENT FERIA
9:30am Int. + Fr. John McNally
Wednesday LENT FERIA
No Mass today
Thursday LENT FERIA
4:30pm (Convent) Int.
Friday FEAST OF ST. PATRICK
11:30am Int. + Alan Deveney
Saturday LENT FERIA
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.

Exposition of the Blessed Sacrament

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.159 of the Parish Mass Book, and on p.162 of The Sunday Missal.

Hymns at 10.0am : 960, 966, 913

THE THIRD WEEK OF LENT

Today 5.0pm *STATIONS OF THE CROSS*
Friday 12.30pm *LENT LUNCH FOR CAFOD*
in the Hall
Friday 7.0pm *THE PARISH LENT COURSE*
3. The Passion and Death
in the Cooper Room

ALSO THIS WEEK

Tuesday 11.0am Fr. John attends a Deanery Meeting at Leiston : because of this Exposition & Benediction will not follow Mass this week.

Wednesday 2.0pm Fr. John attends a Meeting of the Cathedral Chapter, at St. John's Cathedral.

Saturday No 9.30am Mass today, as Fr. John says Masses at the Warren Hall and Hollesley Bay prisons.

2.0pm A Penitential Service for the First Holy Communion candidates, at which they make their First Confessions.

Next Sunday Next Sunday is Mothering Sunday : posies will be blessed at the end of Mass, and distributed to the children to give to their Mothers.

PARISH NOTICEBOARD

Anniversaries this week Catherine Brasley (2006), Fr. John McNally (2007), Evelyn Gedge

(2018), Vera Mackay (2001), Jean Donnelly (2002), Peter Styles (2003), Ron Howell (2015), Catherine Pooley (2009), Clarita Smy (2011) and Molly Versey (2017). May they Rest in Peace.

Money Matters Last Sunday £332.35 was given in the offertory and £352.64 for CAFOD Family Fast Day. Direct Debit and Standing orders for February amounted to £2283.00.

Financial Contributions - From the Finance Committee Thank you for your continuing financial contribution to the maintenance and operation of the Church. Parishioners are now contributing through the Collection Plate, Envelopes and Standing Orders and the Dona Card System. Many also increase their contributions by signing up for the Gift Aid system which allows the Church to reclaim the tax paid on the amount of their contributions. New envelopes for the 2023-2024 tax year are now available in the church entrance and there are also Gift Aid registration forms for those who wish to sign up to the system. If you wish to use Standing Orders please take a copy of the Church Bank details from the envelope boxes to your bank to arrange the Standing Order.

Eric Bonello Eric, who has been a faithful parishioner for many years, and is now in his nineties, left Felixstowe last week to go with his daughter and son-in-law to live in his native Malta. (In these cold wet days we envy him!) We hope that he will be very happy there, and will continue to enjoy reasonably good health.

Missio Red Boxes Barbara writes 'Dear Friends, it is time to empty the Red Boxes again and I shall be at both Masses on March 25th and 26th. If this is not convenient, please let me know and we can make another arrangement. Thank you for your continuing support for the Missions. Barbara Lamberton'.

Christians Against Poverty - Debt Counseling CAP Barbara also writes 'There will be a Concert on Friday 17th March at the River of Life Church, Felixstowe featuring the Community Light Orchestra and the Ipswich Male Voice Choir. It is free but there will be a retiring

collection. See poster on the notice board in the church'.

Together Club Sylvia writes 'The Together Club will be meeting at the Convent on Thursday 16th March at 2pm. Everyone welcome'.

The Chrism Mass The Chrism Mass at the Cathedral, to be held this year at 11.30am on the Tuesday in Holy Week - April 4th - is the great annual diocesan celebration, when the whole diocese comes together around the Bishop - Priests, Deacons, and Lay-people. The Bishop blesses the Holy Oils for the coming year, and the Priests renew their commitment to priestly ministry. The Bishop is especially anxious that all parishes should be well represented at this his first Chrism Mass. In recent years we have found it impossible to fill - or even half fill - a parish coach. However the parish of St.Mary Woodbridge Road Ipswich are having a coach, & have offered seats to other parishes in the Deanery. One would just have to drive to St.Mary's, and leave one's car on the large car park there. (lifts available). Seats will be £15 ; if you would like one, please tell me as soon as possible, whilst these are still available. They may soon all be taken.....

THINGS WE DO IN LENT

2. *PRACTICE SELF-DISCIPLINE*

On Ash Wednesday we accept on our brow the Cross traced in ash, and this is not least a sign of our commitment to observe the disciplines of Lent, which we hear enumerated in the Gospel for Ash Wednesday - Prayer, Fasting, and Almsgiving. During the forty days of Lent we strive, with God's grace, to be firm with ourselves and live out these disciplines. It's not easy, but then nothing worthwhile is. We are seeking through this firmness with ourselves to build up our capacity to say 'no' to the devil when he tempts us to do something which is really wrong.

But then the whole of our life, and not just Lent, should be marked by self-discipline. We are Soldiers of Christ, and no soldier would be any good who couldn't practice self-discipline. There are things to which we must always say 'no' as disciples of Jesus. Temptation must be resisted. Flabby Christians, who never say 'no' to themselves won't be much good for building-up the kingdom of God here on earth.