



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 19th, 2023 : FOURTH SUNDAY OF LENT

Sunday Masses

Saturday 6:00pm Int. For the People
Sunday 10:00am Int. +Barbara King
6:00pm (Convent) Int.

Weekday Masses

Monday SOLEMNITY OF ST. JOSEPH
9:30am Int. +Agnes Curley
Tuesday LENT FERIA
9:30am Int. +Louise Lazell (FM)
Wednesday LENT FERIA
No Mass today
Thursday LENT FERIA
4:30pm (Convent) Int.
Friday LENT FERIA
11:30am Int.
Saturday SOLEMNITY OF THE
ANNUNCIATION OF THE LORD
9:30am Int. +Alan Deveney
11.30am (Convent) 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

Tuesdays 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.165 of the Parish Mass Book, and on p.170 of The Sunday Missal.

Hymns at 10.0am : 722, 347, 772

THE FOURTH WEEK OF LENT

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

ALSO THIS WEEK

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

Tuesday 10.45am The Catechism Group meets in the Cooper Room. This week we will be looking at paragraphs 901 to 913. Why not join us?

Thursday 2.0pm Fr. John assists with Childrens' Confessions at St. Mary's, Ipswich

PARISH NOTICEBOARD

Anniversaries this week Kathleen Williams (2003), Sr. Francis (2001), Marie Richardson (2014), Norman Cawston (2018), Frederick Sykes (2007) and Donovan Stocker (2012). May they Rest in Peace.

Money Matters Last Sunday £425.46 was given at the offertory and £32.50 for CAFOD.

Anne Sykes, RIP We were sad to hear of the

death of Anne Sykes, who, before being prevented by ill health, was a member of the Convent congregation. We sent our condolences to her family. Her Funeral Mass will be at St.Felix on April 13th, at 1.0pm.
(The Funeral Mass for Patricia McGrath will be on Wednesday, April 5th at 1.30pm)

MOTHERHOOD

Motherhood seems to be a theme this week, beginning as it does today with Mothering Sunday, and ending with the Solemnity of the Annunciation next Saturday, when we think of how Mary became the Mother of Jesus.

Our own Mother, and the Mother of the Lord both point us towards God. The love of our earthly Mother - together with that of our Father - points us towards the generosity of God ; God who gives us so much, who is always there for us, and who is quick to forgive us our mistakes. Our Mother loves us simply for who we are, not for any gifts or achievements which we may have. She loves us just because we are hers, she loves us in an unconditional kind of way. We are truly 'flesh of her flesh, bone of her bone' ; under God, we take our life from her. Only perhaps God also loves us in this fundamental, unconditional, way. Our Mother speaks to us silently of that abiding love which God has for each one of us.

And then Mary - Mary who is the pattern and ideal of motherhood. Mary who always surrounded her divine Son with love, who prompted his first miracle at Cana ('they have no wine') and who stood beneath the Cross when almost all his friends had deserted him. Mary, in the loving of Jesus, and in her complete loyalty to him, also points us to God. She teaches us by example to be obedient to his will ('behold the handmaid of the Lord'), never to doubt his goodness , and to offer him our love in return for the love which he shows towards us. And we remember how Jesus on the Cross gave Mary to the Church, as represented by St.John ('behold your Mother') : so that she truly is our Mother in heaven, mindful of us, and always supporting us by her prayers.

So this week, we give thanks to God for our human Mother today - a most precious gift given to us - and on Saturday we thank God for the gift of our Mother in heaven, Mary. How fortunate we are! How richly God has blessed us!

THINGS WE DO IN LENT

3. PRAY

Arguably, of all the things that we do in Lent, the most important thing we do is to pray. It is fundamental to our keeping of Lent, and indeed to our whole spiritual life. It is about communication - our personal communication with God in our private prayer, and our communication with him as a holy people, the Church in our public, liturgical, prayer -centered upon the Mass. Without communication there can be no growth in any kind of relationship. We will never come close to God if we largely ignore him!

At the beginning of Lent, we saw Jesus in the Wilderness : he had gone there to pray. On the second Sunday of Lent, we saw Jesus on the holy mountain, and there too, the Gospel-writer tells us, he was at prayer when he was transfigured. Soon, in Holy Week, we will see him at prayer at the Last Supper, using the traditional Passover prayers to God the Father. Then we will see him praying in Gethsemane 'Thy will be done', and praying on the Cross 'Father, forgive them', 'Into your hands I commend my spirit'. Jesus at prayer, constantly, communing with the Father. Jesus who is our pattern for Christian living. If Jesus prayed, surely we need to pray too? It is not some optional extra in being a Christian, but absolutely basic.

And so as we reach the mid-point in Lent, maybe it's a good idea to ask ourselves, with complete honesty, whether our Lent is being prayerful?

- * Am I being faithful in my Sunday Mass attendance?
- * Am I being faithful to my daily prayer time?
- * Am I seeking to spend a little extra time in prayer during Lent?
- * Am I trying to improve the quality of my prayer?
- * Am I seeing that I spend some time each day in silence, listening to God, being attentive to Him?