



PARISH OF SAINT FELIX, FELIXSTOWE

Parish Priest : The Very Revd. Canon John Barnes VF
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January 7th, 2024 : SOLEMNITY OF THE EPIPHANY OF THE LORD

Sunday Masses

Saturday 6:00pm Int. For the People
Sunday 10:00am Int. For the Parishioners, J&B
4:00pm (Convent) Int.

Weekday Masses

Monday FEAST OF THE BAPTISM OF
THE LORD
9:30am Int. In Thanksgiving, Jenny & Brian
Tuesday FERIA
No Mass today.
Wednesday FERIA
9:30am Int. Fr.John , J&B
Thursday FERIA
4:30pm (Con) Int.
Friday ST.AELRED OF RIEVAULX
11:30am Int. Elizabeth Utting
Saturday ST.HILARY OF POITIERS
6:00pm Int. For the People

The Daily Office

Lauds (Morning Prayer) will be said a quarter of
an hour before Mass on Mon,.

Sacrament of Reconciliation

Saturday 5.15pm to 5.45pm or by appointment.

The Rosary Said privately this week

The Mass today

The readings can be found on p.115 of the Parish
Mass Book, and on p. of The Sunday Missal.
Hymns at 10.0am : 167, 166, 145, 152

THIS WEEK

Monday *Christmastide ends after today.*

10.30am Meeting of the Parish Finance
Committee, at the Presbytery.

Tuesday There won't be a Mass today because
Fr.John is Canon on duty at the Cathedral – but
you could, if you wished, watch the 10.0am Mass
from there, which is livestreamed. There will,
however, be a Mass tomorrow, Wednesday, at
9.30am.
10.45am The Catechism Group meets in the
Cooper Room, looking this week at paragraphs
1356 to 1372.

Friday Fr.John has to attend the annual
Deanery Lunch, leaving after the 11.30am Mass.
Rosary will be said privately today.

Saturday No 9.30am Mass today, as Fr.John is
down to say the Prison Masses – 9.0am at Warren
Hill and 10.30am at Hollesley Bay.

PARISH NOTICEBOARD

Anniversaries this week Johanna Pope (2001),
Lynn Goulden (2005), Jessie Watters (2023), John
Kaziow (2011) and Roy Dawson (2008). May
they rest in peace.

Money Matters Last Sunday £301.55 was given
in the Offertory and £30 for CAFOD.

**CARITAS Deanery Festival in Ipswich next
month** Our Parish and others in the Ipswich
deanery will come together at the Bishop's
invitation and celebrate the work of organisations
involved in local outreach at a Caritas East Anglia
Festival on Saturday 24th February at St Mary's
Church in Ipswich. If there are charitable social
actions or organisations, i.e people coming

together to help improve their lives and solve the problems that are important in their communities, that you would like to see or think that should be represented at the Festival, particularly if you are involved in them yourself, please email your ideas to caritas@rcdea.org.uk now. The Festival will begin at 9.30 am with Mass celebrated by Bishop Peter and be followed throughout the day by refreshments and opportunities to find out about local projects. It will end at 2pm with prayer and reflection on the day. All WELCOME to attend for part of or the whole event.'

(Fr. John adds : I know that some parishioners belong to voluntary groups which help people : would the group like to be represented at this exhibition/celebration?)

Retirement At the beginning of this new year, David Richardson has retired as our Parish Treasurer – a post which he has nobly held for seventeen years. We are immensely grateful to him for all the hard and demanding work which he has carried out on our behalf during this time, and we wish him well in his well-deserved retirement. Dr. Stephen Badcock has most kindly agreed to take over as Treasurer, and we know that he will continue to maintain the highest standards in this important area of our parish life. Stephen will be retiring in turn from being Chairman of the Parish Council, and we are very grateful for all that he has done in that office. He has put in a great deal of time, and has been an excellent chairman. I hope to be able to appoint a new Chairman in the next few weeks.

Happy Birthday! We send our very best wishes to Elizabeth Utting, a greatly valued and loved member of our parish family, who is celebrating a very significant birthday later this week. (If I told you which birthday, you wouldn't believe it!) We wish her health and happiness in the years ahead.

THE FIVE PRECEPTS OF THE CHURCH

I suspect that many Catholics have never heard of the Precepts of the Church, and that is the fault of clergy like myself who never mention them! And so in these weeks in between Christmastide and Lent, I thought it might be good to look at the Precepts, one by one. But first, what are they? They are five Rules which we

Catholics are expected to keep – five basic rules about our spiritual practice, which the Church gives us not as an imposition to make our life more difficult, but rather as a loving Mother concerned about the spiritual health and well-being of her children. If we are serious in our profession as Catholic Christians, then we cannot disregard the Precepts.

The Precepts are referred to of course in the *Catechism of the Catholic Church*, where we read in paragraph 2041

'The Precepts of the Church are set in the context of a moral life bound to and nourished by liturgical life. The obligatory character of these positive laws decreed by the pastoral authorities, is meant to guarantee to the faithful the indispensable minimum in the spirit of prayer and moral effort, in the growth in love of God and neighbour.'

Well I agree that this paragraph is somewhat indigestible! The important points that it is making, are first that these rules - or precepts - which the Church lays down for us are 'obligatory' for its members. They are not suggestions ; in them the Church to which we belong, and to which we profess allegiance, is telling us what is expected of us as loyal and diligent members. The second point it is making is that they amount to the MINIMUM of what is expected of us – the minimum that is possible to ensure our spiritual health and vigour. And third, that the aim and purpose of these rules is to assist us in our love of God and of Neighbour – the two things that Our Lord himself asked of us. The precepts are designed to help us to be more loving Christians.

After this introduction, we will look next week at the First Precept of the Church, asking not just what it is, but why it is enjoined upon us, and see how, like all the teachings of the Church, it helps us to grow in the likeness of Christ.