



# PARISH OF SAINT FELIX, FELIXSTOWE

Parish Priest : The Very Revd. Canon John Barnes VF  
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## January 21st, 2024 : THIRD SUNDAY IN ORDINARY TIME

### Sunday Masses

Saturday 6:00pm Int. For the People  
Sunday 10:00am Int. +Kuriakose  
**5:00pm** (Convent) Int.

### Weekday Masses

Monday ST.VINCENT  
9:30am Int. In Thanksgiving (EU)  
Tuesday FERIA  
9:30am Int. Dorothy Powes  
Wednesday ST.FRANCIS DE SALES  
**8.0am** Int. The Wynn Jones Family  
Thursday FEAST OF THE CONVERSION  
OF ST.PAUL  
4:30pm (Convent ) Int. A Private Intention  
Friday ST.TIMOTHY AND ST.TITUS  
11:30am Int. +Annamma  
Saturday FERIA  
  
6:00pm Int. +John Harnett

### The Daily Office

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

### 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 Rosary)

### The Mass today

The readings can be found on p.130 of the Parish Mass Book, and on p.839 of The Sunday Missal.  
Hymns at 10.0am : 704, 877, 627, 716

### THIS WEEK

**Today** 3.0pm The Annual Unity Service at St.Peter & St.Paul's Church, North Felixstowe.  
Preacher : Bishop Peter Collins, Bishop of East Anglia. We must support our Bishop!

**Monday** 9.30am The Parents & Toddler Group meets in the Hall.

**Tuesday** 10.45am The Catechism Group meets in the Cooper Room. This week we will be looking at paragraphs 1382 to 1402.  
A member of the Group wrote recently "I can't believe how much I have enjoyed Catechism Group – it's like a party every Tuesday, and we learn so much". Maybe YOU would enjoy it too? Everyone is welcome.

**Saturday** Fr.John is back in prison for the 9.0am Mass at Warren Hill and the 10.30am at Hollesley Bay. So no 9.30am Mass here today.

**Next Sunday** The Confirmation Group meets at the Presbytery 11.15am - 12.15pm.

### PARISH NOTICEBOARD

**Anniversaries this week** Myrtle Shevling (2004), Michael Backler (2011), Brenda Bird (2019), Patricia West (2011), Kenneth Doubleday (2016), and Kevin Daly (2021). May they Rest in Peace

**Money Matters** Last Sunday £437.21 was given in cash at the Offertory, and £11.80 for CAFOD. Next weekend there will be a retiring collection for Leprosy, the Catholic Leprosy Trust.

**Parish Council** Advance notice that there will

be a meeting of the Parish Council on Monday 29<sup>th</sup> of this month – a week tomorrow.

**Many thanks** Elizabeth Utting wishes to thank those who so kindly sent good wishes on the occasion of her recent birthday. These were much appreciated.

## THE FIVE PRECEPTS OF THE CHURCH 2. CONFESSION

Paragraph 2042 of the *Catechism of the Catholic Church* reads ‘The second precept – You shall confess your sins at least once a year – ensures preparation for the Eucharist by the reception of the sacrament of Reconciliation, which continues Baptism’s work of conversion and forgiveness’.

One of the things that I find most sad – and indeed frustrating - as a Parish Priest is that most parishioners seem not to follow this precept. Of course it *may* be that the vast majority of people go to Confessors outside the parish (as they are perfectly free to do) but I’m too realistic to believe that this is the case. I’m sad at this neglect of this Sacrament of Confession by so many because those who do not make their confession are saying ‘No’ to a wonderful and necessary gift which God is offering to them, and this can’t make for their spiritual well-being. Unforgiven sin is a blockage in the channels of grace between us and God, and it needs to be removed. God has given us the means of bringing this about. Surely no one wants to live with blocked arteries – or drains?

Note how the Catechism links Confession with the two ‘primary’ Sacraments of Eucharist and Baptism. A wonderful truth about Confession is that when Absolution is given we are returned to how we were at the moment of our Baptism : totally cleansed in God’s eyes, free from any estrangement from our loving heavenly Father. Open to the grace which he wants to pour into our heart. Who could not want that? And then Eucharist : the Catechism says that Confession ‘prepares’ us for receiving the Body and Blood of Christ at the Altar. Indeed it does. And if we are truly alive to the wonder of Jesus giving us his very self in Holy Communion, then surely we will want to be as ready as we can be for him to come

into our heart? If the King were going to visit our home, wouldn’t there be some very purposeful cleaning in preparation for his visit?

So why is it that so many of us ignore the second Precept of the Church, namely that we should make our Confession at least once a year? I think that there are maybe three main reasons – Laziness, Pride, and Misunderstanding. Three rather ugly things!

Perhaps Laziness is too strong a word. Not-getting-down-to-it would be more truthful. We’ve all got so many things to do, and find it difficult to fit everything in. But we do have to be aware of what things really matter, and see that they don’t get pushed out. And being reconciled with our heavenly Father is something which certainly does matter, and should not be neglected.

Again maybe Pride is too strong a word. But Confession does always require humility, and that humility is in itself healing. Telling someone about our dark side is never a comfortable experience. But we should remember that the priest is bound to complete secrecy, and also that he himself has to go to Confession. He is in just the same boat. The only thing that he is there to judge is whether we seem to be genuinely sorry.

The word Misunderstanding, however, doesn’t need qualification. Many, I’m convinced’ wrongly think that only such sins as Murder, Adultery, Theft, etc. require Confession and God’s consequent forgiveness. In reality it is the small sins that bring each of us down : speaking and thinking unkindly, neglecting our prayers, being impatient, missing Mass , being critical and judgemental, being selfish or unkind. And can any of us claim to be entirely free from sins such as these?