



PARISH OF SAINT FELIX, FELIXSTOWE

Parish Priest : The Very Revd. Canon John Barnes VF
The Presbytery, 8, Gainsborough Road, Felixstowe, IP11 7HT
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January 28th, 2024 : 4th SUNDAY IN ORDINARY TIME

Sunday Masses

Saturday 6:00pm Int. +John Harnett
Sunday 10:00am Int. +Julie McGrath
4:00pm (Convent) Int. For the People

Weekday Masses

Monday FERIA
9:30am Int. +Edward Smith
Tuesday FERIA
11.0am *FUNERAL MASS FOR
MAY BUNT RIP*
Wednesday ST.JOHN BOSCO
No Mass today
Thursday FERIA
4.30pm (Convent) Int.
Friday FEAST OF THE PRESENT-
ATION OF THE LORD
9.30am (Convent) Int.
11:30am Int.
Saturday ST.BLAISE
6:00pm Int. +Bridget McKeague

The Daily Office

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

The Mass today
The readings can be found on p.132 of the Parish Mass Book, and on p.842 of The Sunday Missal.
Hymns at 10.0am : 788, 708, 629, 761

THIS WEEK

Today 11.15am The Confirmation Group meets at the Presbytery

Monday 9.30am The Parents and Toddlers Group meets in the Hall.
11.30am The Monthly Service at the White Gables Care Home.

QUARTERLY MEETING OF THE
PARISH COUNCIL
Monday, January 29th, 2.30pm
In the Hall
All parishioners are encouraged to attend

Tuesday 11.0am Funeral Mass for May Bunt RIP (May was Sue Hudson's Mother : because not many here would have known May, Sue would value support from friends and parishioners.)

No 9.30am Mass today, and because of the Funeral, the Catechism Group will meet this week.

***FEAST OF THE PRESENTATION
OF OUR LORD IN THE TEMPLE
(CANDLEMAS)***
Friday, February 2nd
**The Candlemas Ceremonies will be celebrated
at the beginning of the 11.30am Mass**

Friday 7.0pm Meeting for First Holy Communion Parents, in the Cooper Room of the Hall.

Saturday Feast of St. Blaise. Fr. John is in Prison again, & so there cannot be a Mass of St. Blaise. Instead, the Blessing of Throats will be available after the Sunday Masses.

PARISH NOTICEBOARD

Anniversaries this week Barbara Strong (2009), Nigel Gorham (2013), Kathleen Richards (2023), Sydney Pope (2003), Iris Douglas (2000), Nora Twomey (2008) and Anne Ford (2002). May they Rest in Peace.

Money Matters Last Sunday £454.27 was given in the Offertory and £39.60 for CAFOD. Today there is a retiring collection for LEPR.

Kathleen Waring Several people have asked me about Kathleen's current whereabouts : after a spell in hospital and then a few weeks at Alice Grange in Kesgrave, Kathleen is now resident at the Mill Lane Care Home back in Felixstowe. I think she would welcome visits from friends.

New Chairpersons Stephen Badcock has now kindly taken over as Treasurer, having been an excellent Chairman of the Parish Council. I have invited Tom and Linda Jones to become Joint Chairpersons (something a little different) and they have kindly accepted. Tom and Linda will be known to many of you : besides being daily Mass people and Lay Ministers of Holy Communion, they are also our Confirmation Catechists, and members of the White Gables Monthly Service team. We are grateful to them for being prepared to take on this extra responsibility, and we assure them of our support.

THE FIVE PRECEPTS OF THE CHURCH 3. RECEIVING HOLY COMMUNION

‘You shall humbly receive your Creator in Holy Communion at least during the Easter Season’.

Paragraph 1389 of *The Catechism of the Catholic Church* comments ‘This third Precept guarantees as a minimum the reception of the Lord's Body and Blood in connection with the Paschal feasts, the origin and centre of the Christian liturgy.’

I think that the operative words here are ‘as a minimum’ – just as with the Second Precept,

which orders that we should make our Confession ‘at least once a year’. ‘As a minimum’, ‘at least once a year’ - the last thing which is being suggested is that we should ONLY make our Confession and receive Holy Communion as annual events! Once a year is the bare minimum to keep us hanging on to membership of the Church by our finger nails! But who wants to be just hanging-on? – We want to be full, enthusiastic members of the crew of the Ship of Peter, the Church. Wholehearted in our discipleship of Jesus, not mere hangers on! Not the sort of people who do the bare minimum – we are not very impressed by people like that in any kind of situation.

If someone is offering us something necessary and precious, as God is doing when he offers us Forgiveness and the Bread of life, then surely we should be eager to receive what is being offered? It is in our interest to do so. And so well-informed and committed Catholics want to make their Confession REGULARLY (I think maybe monthly is the ideal to aim at) and receive Holy Communion FREQUENTLY (at least weekly). How fortunate we are to have priests readily available to hear Confessions and celebrate the Mass & administer Holy Communion! It isn't so in every place, nor has it been so in every century. So let's live life to the full! Let's open our heart to the new life which flows from these Sacraments!

‘WE PLOUGH THE FIELDS AND SCATTER’

Yes indeed, but what we Catholics must not scatter are the cremated remains of our loved ones! Since cremation became a permitted option for us, the understanding has been that cremated remains should be reverently buried, rather than scattered. But now the Vatican's Dicastery for the Doctrine of the Faith has reinforced this understanding. Cremated remains – ashes, as we commonly call them, though they are not ashes, but calcinated bone – must not be ‘scattered, divided up, or kept at home’, but must be ‘kept in a sacred place approved by the Church, such as a cemetery’ (or Memorial Garden). The reason is clear – we treat the remains of the dead with the greatest respect, mindful of the resurrection on the Last Day, and to expose them to the possibility of blowing into drains, muck heaps, or the like cannot be considered reverent.