



# 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

## February 4th, 2024 : FIFTH SUNDAY IN ORDINARY TIME

### Sunday Masses

Saturday 6:00pm Int. +Bridget McKeague  
Sunday 10:00am Int. +Winifred Barnes  
4:00pm (Convent) Int. For the People

### Weekday Masses

Monday ST.AGATHA  
9:30am Int. + Edith Coppen (FM)  
Tuesday ST.PAUL MIKI & COMPS.  
9:30am Int.  
Wednesday FERIA  
9:30am Int. + Edith Thomas (FM)  
Thursday OF ST.CLAUDINE  
4:30pm (Convent ) Int.  
Friday FERIA  
11:30am Int.  
Saturday ST.SCHOLASTICA  
9:30am Int. +Winifred Bailey (FM)  
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, Wed, Fri. & Sat.

### 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 Exposition)

### The Mass today

The readings can be found on p.135 of the Parish Mass Book, and on p.845 of The Sunday Missal.  
Hymns at 10.0am : 805, 883, 662, 910

### THIS WEEK

**Today** The Blessing of St.Blaise (of throats) will be available after each of the Sunday Masses. The First Holy Communion candidates will make their Act of Commitment at the end of the 10.0am Mass today.

**Monday** 9.30am The Parents and Toddlers Group meets in the Hall.

**Tuesday** 10.45am The Catechism Group meets in the Cooper Room. Paras. 1391 to 1405.  
2.30pm The Parish Liturgy Committee meets at the Presbytery.

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

### PARISH NOTICEBOARD

**Anniversaries this week** Muriel Hargreaves (2003), Patrick Kilbride (2005), Patricia Manthorpe (2000), Mary Sanford (2002), William Pipe (2006), Mary, Drouet (2003), Tori-Anna Williams (2004) and Joan Nelson (2014). May they Rest in Peace.

**Money Matters** Last Sunday £442.80 was given in the Offertory, £9.20 for CAFOD and £202.21 in the second collection, for Leprosy Relief.

**Palm Crosses** Please will you bring in your old Palm Crosses, on or before next Sunday, so that they can be burned to provide the Ash for Ash Wednesday.

**Ukraine** We have been sent some attractive prayer cards for Ukraine by the 'Homes for Ukraine' organization. They are on the table in the Porch – do take one.

## THE FIVE PRECEPTS OF THE CHURCH

### 4. Fasting and Abstinence

The fourth Precept of the Church is ‘You shall observe the prescribed days of fasting and abstinence’, and paragraph 2042 of the *Catechism of the Catholic Church* comments ‘these help us to acquire mastery over our instincts and freedom of heart’.

As we prepare to keep the holy season of Lent, which is now a mere ten days away, it’s good that this Precept (by which loyal and wholehearted Catholics are bound) should lead us to think of Fasting, one of the three principal disciplines of Lent, whereby we help prepare ourselves to celebrate the dying and rising of the Lord. ‘Let’s be clear’, as the Radio 4 interviewers say so often – let’s be clear as to what the terms Fasting and Abstinence mean. Abstinence is going without – abstaining from – some particular food or drink. Thus we Catholics abstain from meat on Fridays, but we substitute fish or dairy products so that we don’t actually go hungry. We are following a directive of the Church, aimed, in the case of Friday abstinence, at making us mindful of what took place on that day – the Passion and death of the Lord. Whereas Fasting is denying ourselves food, drink, or some luxury or pleasure which is not replaced by something else. We truly ‘go without’ when we fast.

What is the point of Fasting? It is, as the *Catechism* says, directed towards ‘acquiring mastery’ over ourselves ; about promoting self-control, and being able to say ‘no’ when that is appropriate and right. The devil never tires of attempting to get us to say, do, and think what is wrong – what is harmful to ourselves and to others. The Christian must learn to say ‘no’, and be practiced at doing so. Fasting is about saying ‘no’, it is about getting practice at being firm with ourselves, and turning away from what is bad. The things we normally fast from – food, drink, innocent pleasures – are, of course, not wrong in themselves. But they provide us with practice at saying ‘no’ so that we are adept at doing so when the devil suggests bad (but superficially attractive) courses of action. But besides this, Fasting is also aimed at heightening our spiritual awareness. When we are over-fed and over-provided with drink, a certain dullness tends to

take over, which makes us unresponsive to God and the demands which he makes upon us. Fasting, denying ourselves food, drink, or luxuries tends to make us more ‘on the ball’ concerning spiritual realities.

In practical terms, there are two days of Fasting and Abstinence in the Church’s Year, Ash Wednesday and Good Friday. And then on Fridays, we Abstain from meat. In addition, we Fast for at least one hour before receiving Holy Communion on any occasion. Otherwise, we make our own rule about Fasting, or self-denial. It is certainly a useful thing to do if we want to grow closer to Our Lord, who himself practiced fasting, as we will be reminded at the beginning of Lent.

### ST.FELIX IS ON HIS WAY

As some of you know, when I came here nearly ten years ago Bishop Alan asked me to do four things, one of which was to provide the church with a statue of St.Felix. All this time I have kept my eyes open, and have considered various approaches. But a few months ago, I finally came upon a suitable and attractive statue, worthy of the church, which an old friend of mine has most generously enabled us to buy. It is of wood, carved in the Tyrol, and is attractively painted and gilded. It shows St.Felix vested as a bishop, and carrying a gospel book and a church - referencing his bringing the Christian Gospel to East Anglia, and founding the Catholic Church here as its first bishop.

We have been given permission to affix a stone bracket to the side of the Chancel arch (the usual position for a statue of a church’s patron saint), and this is currently being made by the stone masons who worked on the Lectern & Altar. They have promised to erect it by the time of St.Felix Day on March 8<sup>th</sup>. On that day the statue will be placed in position during our Patronal Mass. And then Bishop Peter has agreed to bless the statue when he comes for the Parish Confirmation on May 23<sup>rd</sup>. I think this will be an excellent addition to the church and will provide a splash of colour in a rather drab area. But most important it will promote devotion to St.Felix, who, in the opinion of some historians, may well have lived at Felixstowe in the ruined Roman fort of Walton Castle, now beneath the waves.