



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

May 26th, 2024 : SOLEMNITY OF THE MOST HOLY TRINITY

Sunday Masses

Saturday 6:00pm Int. For the People
Sunday 10:00am Int. Peter Cross
4.0pm (Convent) Int.
(From June 9th – a fortnight today – the
Convent Sunday Mass will be at Noon)

Weekday Masses

Monday FEAST OF ST.AUGUSTINE OIF
CANTERBURY
9:30am Int. +Elsie Fenton (FM)
Tuesday FERIA
9:30am Int.
Wednesday FERIA
No Mass today
Thursday ST.WALSTAN
4:30pm (Con) Int.
Friday FEAST OF THE VISITATION OF
THE BLESSED VIRGIN MARY
11:30am Int.
Saturday ST.JUSTIN
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.

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. 83 of the Parish
Mass Book, and on p.956 of The Sunday Missal.
The Hymns at 10.0am : 468, 708, 315, 366

THIS WEEK

Monday 11.0am We provide the monthly Service at
the White Gables Home.

The Parents and Toddlers Group is not meeting today,
because it is a bank holiday. It resumes next Monday.

Tuesday 10.45am The Catechism Group meets in the
Cooper Room. This week we look at paragraphs 1548- 1561.

Saturday Fr.John says the two Prison Masses in the
morning, so no 9.30am here this week.

Next Sunday Corpus Christi, when at Mass our Lay-
Ministers are re-commissioned for another year.

PARISH NOTICEBOARD

Anniversaries this week Betty Cuthbertson (2017), James
Kanna (2003), Maureen Packer (2006), Percy Oliver (2003),
Christine Hodgen (2012), Joyce Irvine (2001), Rose Gaffney
(2001) and Janet Sims (2009). May they Rest in Peace.

Money Matters Last Sunday £371.72 was given in cash at
the Offertory and £19.90 for CAFOD.

The Confirmation last week was a very joyful occasion,
and I was very proud of our seven candidates. We were
grateful to the Bishop for spending so long here with us, and
to the Parents and others who brought delicious food for the
Reception afterwards. A special thank-you to Edwina for
making the beautiful cake, and with her colleagues serving
the refreshments. The only sadness was the fact that
relatively few parishioners attended the Bishop's Mass.

Stella Maris – Catholic Mission to Seafarers

Barbara, Stella Maris Parish Rep writes 'If you have time,
please take a look at the Annual Review on the table in the
porch. There is a double page article on our port chaplain
Julian Wong pages 18&19. If you would like to support
Julian's work there is a box in the porch where gifts such as
toiletries (for men & women) chocolates, rosaries, prayer
books, woolly hats etc. can be left.

CORPUS CHRISTI SUNDAY

One of God's most wonderful gifts to us is Holy Communion, in which Our Lord Jesus Christ gives us his very self, hidden under the outward appearance of bread and wine.

This is the food which sustains us on our pilgrimage, the strength which we need as we travel towards Heaven. It is only right that we should give thanks for so great a gift, and the Church appoints that each year our thanksgiving should be centred upon the Solemnity of Corpus Christi, which occurs next Sunday. It is traditional for the Blessed Sacrament to be exposed for adoration as we make this great annual thanksgiving, and it would be a real act of love and devotion if, as a parish, we offer Jesus a full nine hours of Eucharistic Adoration next weekend.

I'm suggesting that we should make our nine-hour devotion in three parts this year : the 6.0pm Mass next Saturday will be the Mass of Exposition, at the end of which the Blessed Sacrament will be exposed upon the Altar. There will follow the first time of Adoration, between 7.0pm and 10.0pm. Then next morning the second part, from 6.0am until the 10.0am Mass. And then in the afternoon, the third part, in the Convent Chapel, from 2.0pm until the 4.0pm Mass there.

Please volunteer to keep the Watch for at least one half-hour period. There is a Rota on the Noticeboard – please put your name down. There will be devotional material available to help you to keep going, but it is enough just to be quiet and attentive in Our Lord's presence. Encounter Jesus – spend time with him – experience his loving presence. This is something we can do together to express our love and gratitude for the gift of Holy Communion.

Remember that Pope St. John Paul II said 'The Eucharist is a priceless treasure : by not only celebrating it, but by praying before it outside Mass, we are enabled to make contact with the very wellspring of grace'. And St. Mother Teresa wrote 'The time you spend with Jesus in the blessed Sacrament is the best time you will spend on earth'.

THE MOST HOLY TRINITY

But looking forward to Corpus Christi next Sunday mustn't lead us to neglect the great

Solemnity which we are celebrating today, that of the Most Holy Trinity! We are celebrating the awe-inspiring fact that God, who is unknowable to our human minds, has, in his great love and goodness, given us a profound insight into his very being. He has revealed to us that within his Oneness, his unity of being, there is also a three-ness, which he has shown to us as Father, Son, and Holy Spirit. Of course we are puzzled – baffled – by Three being One and One being three. But we should expect to be baffled when we come to contemplate the very nature of God. There are plenty of earthly things which baffle us (for some of us things such as engineering, mathematics, computer science) and so small wonder that our minds seize up when we try to understand God's essential being! With humility, we simply accept the revelation of the Holy Trinity, and adore.

RETIREMENT

I am now in my eightieth year, and I feel – and the Bishop agrees – that I probably ought to retire. I don't view the prospect with any enthusiasm : I enjoy my work as a parish priest, and there is no better place to be a parish priest than in Felixstowe. I love the people here, the church, and my home. But I can't help being aware that physically and mentally I'm in decline. I haven't the energy, the vigour, that I once had, and my memory, which was never a strong point, is getting worse. I could, I suppose, carry on a bit longer, but I hate the idea of reaching a point when people really think I ought to go. I don't want to become a burden or an embarrassment. And so September, when I complete my ten years here, is probably the right time for retirement.

Then of course it is good for a parish to have a turn-over of priests. Not too quickly, which would make for instability, but enough that the different gifts and abilities and interests of different priests may benefit the parish. All of us priests have strengths and weaknesses – I'm horribly aware of my own shortcomings – and when we move on those areas which have perhaps been neglected can come back into focus.

So with the Bishop's agreement, I plan to leave here in early September, in three month's time. I hope to live in my small cottage in North Norfolk, and maybe to be of some use there!