

THE CATHOLIC PARISH OF ST PANCRAS, IPSWICH

Deum diligere et quæ sunt Dei

'To love God and the things of God'

The Presbytery
1 Orwell Place
Ipswich
IP4 1BD

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Parish Administrator:
Fr Joseph Welch

Sundays: Yr C
Weekdays: Yr 2

February is dedicated to
the Holy Family

Sunday 6th February 2022

5th Sunday of the Year
09:30 — Pro Populo
11:00 — Nigel Rogers RIP

Monday 7th February

Feria
10am — Holy Souls

Tuesday 8th February

S. Josephine Bakhita
8am (TLM) — Maureen nī Chorbaidh RIP

Wednesday 9th February

Feria
6pm — for the election of a bishop

Thursday 10th February

S. Scholastica
12:15pm — Holy Souls

Friday 11th February

Our Lady of Lourdes
10am — Holy Souls

Saturday 12th February

Our Lady on Saturday
10am — Marie-France Poujol RIP
Vigil of the 6th Sunday of the Year
6pm — Pro Populo

CONFESIONS:

Mon — Fri: 20 minutes before each Mass
Sat: 9:30 — 10:00 & 5pm — 5:45pm

ADORATION:

Sat: 5pm — 5:45pm

ROSARY:

Mon — Fri: after Mass

DEVOTIONS TO O.L. OF IPSWICH &

S. PANCRAS:

Sat after 10am Mass

TLM Masses: 2nd Sunday of the month
at 8am. (Next 2nd Sunday Mass: 13th Feb)

Traditional Latin Masses (TLM) are said according to the Missal used before the Second Vatican Council.

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S. JOSEPHINE BAKHITA
f.d. 8th February

*'If I were to meet the slave-traders who kidnapped me and even those who tortured me, I would kneel and kiss their hands, for if that did not happen I would not be a Christian and a Religious today...
The Lord has loved me so much: we must love everyone... we must be compassionate!'*



OUR LADY OF LOURDES
f.d. 11th February

Our Lady to S. Bernadette:
*'Penance! Penance! Penance!
Pray to God for sinners.
Kiss the ground as an
act of penance for sinners!'*

*'I do not promise you happiness
in this world but in the next.'*

Mass in honour of Our Lady of Lourdes
with Anointing of the Sick
at St John's Cathedral
Saturday, 12th February at 11:30am
Celebrant: Bishop Alan

THIS WEEK

Wednesday 9th February

- 7pm: 'In the Cool of the Day' talk

Thursday 10th

- 6pm: Adult Confirmation group

Friday 11th

- 11am: Over 60s coffee morning

- 5pm: Confirmation class

Saturday 12th

- 4pm: First Communion class



NEXT WEEK

Sunday 13th — *Septuagesima*

- 8am (TLM): 2nd Sunday of the month

- Synodal pathway meetings after the 9:30 and 11:00 Masses

Wednesday 16th February

- 12:30pm Funeral: Lee Porter RIP

- 7pm: 'In the Cool of the Day' talk

Thursday 17th

- 6pm: Adult Confirmation group

Friday 18th

- 11am: Over 60s coffee morning

- No Confirmation class (half term)

Saturday 19th

- No Communion class (half term)

Please consider making a **STANDING ORDER** instead of a weekly cash contribution to the parish. Thank you.

BANK: Barclays ACCOUNT NAME: St Pancras Catholic Church SORT CODE: 20-44-51 ACCOUNT NUMBER: 00775843
St Pancras Catholic Church is part of the East Anglia Roman Catholic Diocesan Trust: registered charity no. 278742

HOLY WATER — DEO GRATIAS!

We are, once more, permitted Holy Water! Please remind your children and grandchildren to bless themselves by making a Sign of the Cross with Holy Water each time they enter and leave the church building.

The use of face coverings and hand sanitiser is no longer mandatory, but is still strongly encouraged. There is no longer a need to maintain formal social distancing in church although we all need to continue to respect the concerns of others.

It is now recognised that touch transmission of the virus from surface to surface is minimal.



The Synodal Path Our next parish meeting to discuss responses will take place in the parish hall next Sunday, 13th Feb., following the 9:30am and 11am Masses, and again after the 12:15pm Mass on Thursday 17th Feb.

You can find the synodal questions via the diocesan links on our website, and (for those without access to the website) on pp18—19 of the Christmas edition of our parish magazine, available free of charge at the back of church.

Domus *Domus mea domus orationis vocabitur*, ‘My house shall be called a house of prayer’ (Is 56:7; Mt 21:13). A good motto, perhaps, for any Catholic home.

In the Cool of the Day Our Wednesday evening talks continue this week at 7pm in the hall as we explore how the seeds of all the doctrines of the Catholic Faith are sown in the first three chapters of the Book of Genesis. This week, we continue looking at the Fall. All welcome, whether you have been before or not.

Catholic East Anglia The latest edition of the free diocesan newspaper is available at the back of church.

New Readers We are keen to find new readers, especially but not exclusively young readers. If you are interested, please contact Fr Joseph. Thank you.

Sick List Prayers are asked for Rosemary Pease, Jim Convey, Simon Marriage, Mary Driscoll, Leighton Scott, and Pat Maile.

Of your charity

Please pray for the repose of the soul of Lee Porter who died recently, as well for all whose anniversaries occur at this time: Nigel Coote, Florence Nicklos, Henry D’Andrade, Joan Walsh, Angela Walsh, Shirley Reynolds, Winifred Meleron, William Smith, Violet Eves, Agnes Dreda-Thornhill, Ella Davies, Mary-Josephine Christian, Nicolo Conlon, Clifford Forbes, Patrick McPherson, Luke Langley, Vanessa Manwaring, William McKeown, Agnes McDermot, Perfecto Burgess, Evelyn Burchnall, Mary Thornberry, Anne Casey, James Connolly, William Ecroyd, Catherine Cudworth, Barbara Crisp, Doreen Bowers, Christopher Richards, Sophie Gray, John McGuire, Catherine McTiernan, Dorothy Johnston-Williams, Louise Smith, Kitty Malpas, Dorothy Lockyer, and Marie-France Poujol. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: The Mass-Pt XXXI We have arrived at the most sacred moment of the Mass, the consecration of the Bread and Wine to become the Body, Blood, Soul, and Divinity of Our Lord and Saviour Jesus Christ.

Recent innovations such as standing to receive Holy Communion, receiving Holy Communion in the hand, and receiving Holy Communion from lay people have all served to water down many people’s belief in the reality of what they are receiving. It has taken many hundreds of years to build up the reverent gestures that surround the receiving of Our Lord’s Sacred Body, with each growth in reverence serving to emphasise more and more the awe with which we should treat the Blessed Sacrament. It came to be understood that only the consecrated hands of a priest could touch the Sacred Species, not because Fr Blog was more holy or more worthy but because his hands had been anointed with the oil of Chrism and consecrated for so sacred a task.

We kneel to receive Holy Communion to place ourselves humbly at the feet of our Divine Saviour. Traditionally, we receive the Host directly on the tongue, chiefly because of the sacred nature of the Blessed Sacrament, but also because if love means giving—if ‘to love’ means ‘to give,’ and if love may be *given* or *received* but never *taken*—then in the Holy Eucharist Our Lord gives Himself to us and we receive Him, but we cannot *take* Him and feed ourselves with His Body. If we feed ourselves, then it is no longer He who is *giving* Himself to us. Instead, we have *taken* His precious gift.

Whilst the Church has granted a dispensation permitting people to receive Holy Communion in the hand, nonetheless it is always worth considering our gestures of worship and asking ourselves whether we might return to the more traditional form of receiving the Blessed Sacrament.

Why is the Host so sacred? During the act of consecration in the Mass, the Bread and Wine undergo a transformation which we call the **miracle of transubstantiation**. (In his beautiful encyclical of 1965, *Mysterium Fidei*, Pope Paul VI insisted that we may not replace this word with another because we would end up watering down the meaning and therefore damaging our faith.) Rather, we must keep to the traditional vocabulary and acknowledge that the Bread and Wine is **transubstantiated** into the Most Sacred and Precious Body, Blood, Soul, and Divinity of Our Lord, and that from the moment of the consecration onwards, Our Lord is as truly present sacramentally in the Sacred Species as He was physically present on earth two thousand years ago.

As a result, we genuflect whenever we pass in front of the tabernacle containing the Host, and we double-genuflect (on two knees) whenever Our Lord is exposed upon the altar in a monstrance for our adoration. At all times, we maintain a hush in His church, and when He is present before us in a monstrance on the altar we keep a strict silence.

It is also true that whenever we see the tabernacle being opened by the priest, we immediately kneel down—whatever else we were doing—and adore Our Lord until the priest has closed the tabernacle once more. And at Mass we also kneel once we have received Holy Communion to make our prayers of thanksgiving, right up until the priest has closed the tabernacle once more. As it says in the Psalm 94:6



‘Come in, let us bow and bend low.
Let us kneel before the God who made us.’

