

# 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

Tel: 01473 252596  
parishpriest@stpancraschurch.org.uk  
www.stpancraschurch.org.uk

Parish Administrator:  
Fr Joseph Welch

Sundays: Yr C  
Weekdays: Yr 2

March is dedicated to  
St Joseph



## Sunday 20<sup>th</sup> March 2022

3<sup>rd</sup> Sunday of Lent

09:30 — Rowland Batley RIP

11:00 — Pro Populo

## Monday 21<sup>st</sup> March

Lent feria

10am — Nigel Rogers RIP

## Tuesday 22<sup>nd</sup> March

Lent feria

8am (TLM) — Benedicto Pinheiro  
Nogueira

## Wednesday 23<sup>rd</sup> March

Lent feria

6pm — Freddie Quartley ints.

## Thursday 24<sup>th</sup> March

Lent feria

12:15pm — Souls in Purgatory

## Friday 25<sup>th</sup> March

The Annunciation

10am — Souls in Purgatory

## Saturday 26<sup>th</sup> March

Lent feria

10am — Paul Clappison RIP

Vigil of Lætare Sunday

6pm — Fr Leeder RIP

### CONFESSIONS:

Mon — Fri: 20 minutes before each Mass

Sat: 9:30 — 10:00 & 5pm — 5:30pm

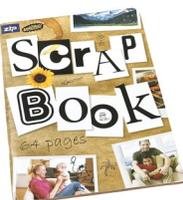
**ADORATION:** Sat: 12 noon — 5:30pm

**ROSARY:** Mon — Thur: after Mass

**STATIONS:** Sun: 4:30pm (in Lent)  
Fri: after Mass (in Lent)

**DEVOTIONS TO O.L. OF IPSWICH &  
S. PANCRAS:** Sat after 10am Mass

**TLM Masses:** 2<sup>nd</sup> Sunday of the month  
at 8am. (Next 2<sup>nd</sup> Sunday Mass: 10<sup>th</sup> Apr)  
Traditional Latin Masses (TLM) are said  
according to the Missal used before the Sec-  
ond Vatican Council.



**FR SAM LEEDER RIP** We are putting together a scrap book in memory of Fr Leeder and would welcome as many contributions as you would like to give. Articles, anecdotes, memories, photographs, and more besides, will all be included. Please send material to Mim McMahon mim@trianglemusic.info or to the parish e-mail address, or leave hard copy with Fr Joseph. Thank you.

### MARY'S MEALS

Our Lent project this year is to raise funds for some of the poorest children in the world. We have decided to continue with this project, even though the people of the Ukraine are also in desperate need of help, because the hungry children of the world still need to be fed. Even so, we now have a button on our cashless donation machines in church and on our website for the Ukraine, and any monies we collect will be forwarded to the appropriate agency.

### THE UKRAINE

Advice on how you can help people caught up in the war in Ukraine is available from the Catholic Social Action Network at  
<https://www.csan.org.uk/ukraine/>

\* \* \* \* \*

## FEAST OF THE ANNUNCIATION — FRIDAY, 25<sup>TH</sup> MARCH

Mass at 10am followed by Stations of the Cross

\* \* \* \* \*



### LENT AT ST PANCRAS



Don't forget our cake sale **NEXT SUNDAY**, Mothering Sunday, that is, Lætare Sunday, the fourth Sunday of Lent (27<sup>th</sup> March), when we shall raise funds for our Lent project, Mary's Meals. So roll up your sleeves and get baking! Meanwhile, our **second** Thursday Lent Lunch very successfully raised £122 for Mary's Meals. Well done and thank you to everyone involved!

*Please take a leaflet from the back of church giving full details of our  
Lent & Holy Week services*

#### SUNDAYS IN LENT

Stations of the Cross & Benediction  
4:30pm

#### SATURDAYS IN LENT

Coffee in the parish hall after the  
10am Mass followed by

#### THURSDAYS IN LENT

Thursday Lent Lunches — 1pm  
to raise money for our Lent fundrais-  
ing project, *Mary's Meals*.

a Lenten meditation,  
'*Ecce Lignum Crucis*,'  
The Wood of the Cross  
followed by

#### FRIDAYS IN LENT

Stations of the Cross after  
the 10am Mass

Adoration of the Blessed Sacrament  
from about 12 noon till 5:30pm  
Please sign the watching list at the  
back of church

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



This year marks the twentieth anniversary of the blessing and installation of the statue of Our Lady of Grace at St Mary at the Elms Anglican church in the centre of town. There will be a special ceremony of re-dedication this Saturday, 26<sup>th</sup> March, hosted by the Guild of Our Lady of Grace of Ipswich at St Mary at the Elms at 11am. All welcome.

**ST ALBAN'S CATHOLIC HIGH SCHOOL**

DEPUTY HEADTEACHER

Required from September 2022. Closing date for applications: 10am, 31<sup>st</sup> March. Please see diocesan website for more details. [www.rcdea.org.uk](http://www.rcdea.org.uk).

**Copies of the latest edition** of the parish magazine are available at the back of church and on our website, and includes a number of articles about Fr Leeder RIP.

**Abortion Resistance** is a new charity aimed at empowering individuals, inspiring action, and encouraging change in a society that applies heavy pressure to women to abort innocent life. Please sponsor a 30 mile hike to raise funds. Go to: [GoFundMe/Walking for Life](https://www.gofundme.com/Walking-for-Life), or contact Esther Patten at [astaldo97@gmail.com](mailto:astaldo97@gmail.com)

**Leaflets** giving details of how your household or family can become a *Domus*, a house of prayer, will be available at the back of church in the next week or so.

*Domus mea domus orationis vocabitur,*  
'My house shall be called a house of prayer'  
(Is 56:7; Mt 21:13).

**Lenten Station Masses** The Ipswich deanery Station Mass is on **TUESDAY 29<sup>th</sup> MARCH** at St Mary's, Woodbridge Road.

5pm—Adoration of the Bd Sacrament & Confession  
6pm—Mass with Bishop Alan  
7pm—light refreshments

*(See the poster in the porch for other Station Masses.)*

**Accommodation wanted:** a one bedroom flat for rent, preferably near the Ranelagh Rd area of Ipswich, from end of February/beginning of March. Please contact Wojtek: [wojtekwasagpt@outlook.com](mailto:wojtekwasagpt@outlook.com)

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

**Of your charity** Please pray for the repose of the soul of Philomena 'Pat' Maile who died recently, as well for all whose anniversaries occur at this time: Elizabeth Downey, Ellen Banyard, Cecilia Lewis, Matthew Dee, Anthony Sefi, Charles Fox, Marguerite Morgan, Elizabeth Black, Pauline Forster, Janet Morris, Rowland Batley, Edward Norfolk, Sean Goonan, Mary Dixey, Anna Waszak, Eugenie Finbow, Cyril Clarke, Mary Studd, Henry Taub-Y-Longue, Kathleen Kolston, Joan Goldswain, Michael Robinson, Terence Garrod, Dorothy King, Mary Mongan, and Annie Burns. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

**CONFESSION pt III:** In an age that concentrates on people's feelings, rights, and entitlements, as well as a very subjective notion of truth, the Sacrament of Confession reminds us that our religion is not all about feeling comfortable but, in fact, places demands on us, sometimes very significant and even heavy demands. As with any relationship in life, our relationship with God is a two-way thing which demands that both parties give generously, receive graciously, but never take.

Our Lord humbled Himself and became obedient (Phil 2:5-8). Likewise, in Confession, we humble ourselves, kneeling before the Crucifix, the icon of our Faith, and open our hearts to God, pouring forth all of our sins, our faults, and our weaknesses. We reveal to Almighty God what we are too embarrassed or ashamed to reveal to anyone else knowing, as we do, that He will not mock, nor click His tongue in exasperation, nor rebuke. Rather, reaching down His bloodied hand from the Cross, He will touch us with His infinite mercy, and forgive us our sins.

Psychotherapy can be a very good thing, helping to heal psychological and emotional damage, but is chiefly concerned with the self. The Sacrament of Confession, on the other hand, is focussed on God and the things of God, restoring us, as it does, to a state of grace, re-grafting us, if we have fallen into mortal sin, back onto the Living Vine which is Our Lord Himself (Jn 15:1ff) so that the goodness of God can flow into our souls once more and bear fruit in our lives. Confession heals the soul.

Our Lord, the Divine Physician, came to heal the sick (Mk 2:17), and whether we need a few plasters or major surgery, the Sacrament of Confession is the chief and ordinary means by which this healing is given to us. But like any ordinary medical healing, we have to seek out the doctor, go to him, tell him the symptoms, and accept the diagnosis as well as the treatment. So it is with Confession. First of all, we need to recognise that we are in need of a physician, then we have to go to Him, tell Him the symptoms, and, through His priest, listen to a diagnosis perhaps, and accept the prescription that is offered, and possibly the advice too. In other words, we have a role to play in our own healing; we have to work *with* the Physician if we wish to be healed. We are not forgiven our sins with the wave of a magic wand!

Reconciliation with God, the forgiveness of sins, our redemption, and our sanctification are the reasons our holy religion exist. It has no other purposes. As a result, going to Confession should be a core feature of our spiritual life, even if we think we have little to confess. The Sacrament of Confession cleanses, heals, and refreshes the soul, preparing it for the nourishment received in the Sacrament of the Eucharist. Just as we take a shower or clean our teeth routinely, so we should go to Confession routinely. And if we fear that going to Confession might become merely routine, then don't forget that a good habit is always better than a bad habit: brushing our teeth three times a day is better than not brushing them at all! So, how often should we go to Confession? About once a month. Many people go very week! And, in any case, all Catholics are obliged to go at least once a year, between Ash Wednesday and Trinity Sunday. This, and going to Holy Communion at least once a year during the same time period, is what is called 'making our Easter duties.'

**Confession times at St Pancras**

Mon — Fri: 20 minutes before every Mass.  
Sat: 9:30am — 10am & 5pm — 5:30pm.

'Thou shalt wash me, and I shall be made whiter than snow.'  
*Ps 50:9*