

THE CATHOLIC PARISH OF ST PANCRAS, IPSWICH

Deum diligere et quæ sunt Dei

'To love God and the things of God'

The Presbytery
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Ipswich
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Parish Administrator:
Fr Joseph Welch

Sundays: Yr C
Weekdays: Yr 2

March is dedicated to
St Joseph

Sunday 27th March 2022

4th Sunday of Lent — Lætare Sunday

09:30 — Pro Populo

11:00 — Joyce Griggs RIP

Monday 28th March

Lent feria

10am — Deceased parents of Denise &
Peter Green

Tuesday 29th March

Lent feria

8am (TLM) — Holy Souls

Wednesday 30th March

Lent feria

6pm — Luis Barbosa RIP

Thursday 31st March

Lent feria

12:15pm — Holy Souls

Friday 1st April

Lent feria

10am — Holy Souls

Saturday 2nd April

Lent feria

10am — Holy Souls

Vigil of 5th Sunday of Lent

1st Sunday of Passiontide

6pm — David & Joyce Fahey 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: 2nd Sunday of the month
at 8am. (Next 2nd Sunday Mass: 10th Apr)
*Traditional Latin Masses (TLM) are said
according to the Missal used before the Sec-
ond Vatican Council.*

LENTEN STATION MASSES

The Ipswich deanery Station Mass is on
TUESDAY OF THIS WEEK: 29TH 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.)

Station days grew out of the early Christian practice of visiting the tombs of the martyrs and celebrating the Eucharist at those sites. By the fourth century, the practice of carrying out an itinerary to various churches of the city began to develop during the days of Lent. In those days it became a tradition for the pope to visit a church in each part of the city and celebrate Mass with the congregation. In the early centuries, the Lenten fast lasted all day, and so towards the evening the Christians of Rome would begin to gather at a church known as the *collecta* ("gathering place"), where they would be joined by the assembled clergy of the city and the pope. The procession would then move through the streets to the station church, not far away. Having gathered at the daily *statio* ("standing place"), the pope would then celebrate a solemn Mass, and fragments of the Host were sent to the other *stationes* of the city in order to symbolize the unity of the city around its bishop. After the conclusion of Vespers, the day's fast was broken with a communal meal.

(Taken from the Wikipedia article on 'Station Days')

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LENT AT ST PANCRAS

Our cake sale is set up in the parish hall. Please pay a visit and help raise much needed funds for our Lent Project, Mary's Meals. Meanwhile, our **third** Thursday Lent Lunch very successfully raised £69 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



AT TODAY'S CAKE SALE please make a realistic and generous donation for each cake. Remember, we are trying to feed some of the world's poorest children! Thank you.

ST ALBAN'S CATHOLIC HIGH SCHOOL Deputy Headteacher required from September 2022. Closing date for applications: 10am, 31st March. Please see diocesan website for more details. www.rcdea.org.uk.

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.

Catholic East Anglia Copies of the latest edition of the diocesan newspaper are available at the back of the church with a brief mention of our parish pancake party on the back page.

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

If you would like your household to become a Domus, a house of prayer, watch out for the leaflets which will be available at the back of church soon.

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

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

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: Norah Felton, Rowland Hanlon, Stanley Smith, Nell Gibson, Peter Klipalo, Fr Mieczysław Stasz, Dorothy Green, Belinda Pearson, Tony Kelly, Mario Brocchi, Frederick Daly, Mary Sheppard, May Martin, Cyril Marsbury, Beatrice Stoppard, Leon Stapel, Edith Reid, Samuel Pagnillo, Myles Kelly, Kenneth Pickering, William Kavanagh, Sarah Ling, Hannah Godbold, Thomas Vineyard, Francis Manning, Carmela Stavolo, John Scott, Stanislaw Lodzinski, and Herbert Becker. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes:

CONFESSION pt IV: Continuing our thoughts on the Sacrament of Confession, we now come to what we (priests go to Confession too!) must do in order to make a worthy Confession.

First, we must undertake an *Examination of Conscience*, that is, we must consider carefully what sins we have committed since our last Confession. Typically, we might use the Ten Commandments as a basis for this, and there are plenty of leaflets and prayer books that list appropriate questions to ask ourselves.

Second, we must be *contrite*. In other words, we must be genuinely sorry for offending God by our sins, and we must make a firm purpose of amendment, that is, we must *intend* (at the moment of our Sacramental Confession) not to commit these sins again (even if we think we are, in fact, too weak to avoid them). We must also promise to avoid the occasion of sin, that is, any circumstance which might lead us to sin.

Third, we must *confess* our sins. We must name all mortal sins of which we are aware, and the number of times we have committed them, and we are strongly encouraged — for the sake of deeper devotion — to name our venial sins also.

Fourth, we must *make satisfaction* for our sins, that is, we must do the penance set us by the priest, devoutly and sincerely.

In addition, we ought not to make excuses for ourselves during Confession nor list the circumstances in which we sinned, but simply to state our sins, leaving the priest to ask for details if necessary. Then we will make an Act of Contrition, and the priest will grant us absolution, the moment when we are freed of our sins.

Confession times at St Pancras

Mon — Fri: 20 minutes before every Mass.
Sat: 9:30am — 10am & 5pm — 5:45pm.

'Now says the Lord, Turn to me with all your heart.'

Joel 2:12

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Lætare Sunday So called because of the opening words of the Introit for today's Mass in Latin, *Lætare Ierusalem: et conventum facite omnes qui diligitis eam*, 'Rejoice, O Jerusalem: and be glad for her, all you that love her,' Lætare Sunday is more or less halfway through Lent. With the words of rejoicing, the solemnity of the season is lifted slightly, and purple vestments are lightened to a rose colour. Flowers and additional music are allowed today too. We begin to look forward with an ever lighter heart towards the glory of Easter.

Rose Sunday was also the day when Popes blessed the Golden Rose, traditionally conferred as a token of affection on churches and shrines, on sovereigns and heads of state. The custom may date back, it is thought, to pre-Charlemagne times, and recent recipients have included the Marian shrines of Guadalupe (2013), Częstochowa (2016), Fatima and Aparecida (2017), and Csíksomlyó (2019).

Today is also Mothering Sunday when, historically, those who were preparing for Baptism at the Easter Vigil would gather together at the Mother Church of the diocese, the Cathedral, for their final stage of preparation. In Victorian times, live-in servants were allowed time off to visit their families, especially their mothers.

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Tabernacle veil Please could we have a volunteer to wash and iron the white veil from *inside* the tabernacle sometime **after** the end of Mass on Maundy Thursday, making sure it is returned on the Saturday morning **before** the Easter Vigil? Please contact Fr Joseph. Thank you.