

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

June is dedicated to
the Sacred Heart of Jesus

Sunday 5th June 2022

Pentecost

8am (TLM) — Drs T & M Ward ints.
09:30 — Pro populo
11:00 — for the Benefactors of the parish

Monday 6th June

Mary, Mother of the Church

10am — for the election of a bishop

Tuesday 7th June

Tuesday within the Octave of Pentecost

8am (TLM) — Exam. ints., Anne Abbott

Wednesday 8th June

Votive Mass of the Holy Spirit

6pm — Private int.

Thursday 9th June

Our Lord Jesus Christ,

Eternal High Priest

12:15pm — Jossy Joseph RIP

Friday 10th June

10am — Holy Souls

Votive Mass of the Holy Spirit

Saturday 11th June

S. Barnabas

10am — Holy Souls

Vigil of the Most Holy Trinity

6pm — Holy Souls

CONFESSIONS:

Mon — Sat: 30 minutes before each
Mass, and 5pm — 5:45pm on Sat.

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: 12th Jun)

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The Sequence for the feast of Pentecost

Veni, Sancte Spiritus,
et emitte caelitus
lucis tuae radium.

Veni, pater pauperum,
veni, dator munerum,
veni, lumen cordium.

Consolator optime,
dulcis hospes animae,
dulce refrigerium.

In labore requies,
in aestu temperies,
in fletu solatium.

O lux beatissima,
reple cordis intima
tuorum fidelium.

Sine tuo numine,
nihil est in homine,
nihil est innoxium.

Lava quod est sordidum,
riga quod est aridum,
sana quod est saucium.

Flecte quod est rigidum,
fove quod est frigidum,
rege quod est devium.

Da tuis fidelibus,
in te confidentibus,
sacrum septenarium.

Da virtutis meritum,
da salutis exitum,
da perenne gaudium.

Holy Spirit, Lord of light,
From Thy clear celestial height
Thy pure beaming radiance give.

Come, Thou Father of the poor,
Come with treasures which endure,
Come, Thou Light of all that live.

Thou, of all consolers best,
Thou, the soul's delightful Guest,
Dost refreshing peace bestow.

Thou in toil art comfort sweet,
Pleasant coolness in the heat,
Solace in the midst of woe.

Light immortal, Light divine,
Visit Thou these hearts of Thine,
And our inmost being fill.

If Thou take Thy grace away,
Nothing pure in man will stay;
All his good is turned to ill.

Heal our wounds; our strength renew;
On our dryness pour Thy dew;
Wash the stains of guilt away.

Bend the stubborn heart and will;
Melt the frozen, warm the chill;
Guide the steps that go astray.

Thou, on those who evermore
Thee confess and Thee adore,
In Thy sevenfold gifts descend:

Give them comfort when they die,
Give them life with Thee on high;
Give them joys that never end.



Fidel Schabet (1813-1874)

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

Easter Duties All Catholics are obliged to fulfil their Easter duties which means that between Ash Wednesday and Trinity Sunday Catholics need to go to Confession at least once and receive Holy Communion at least once. A reminder that Trinity Sunday is next Sunday.

The Annual Missionary Appeal will be given next weekend — 11th/12th June — by the Missionary Sisters of St Peter Claver. You can visit their website in advance at: claveriansisters.com

Prayer Box There is now a box at the Lady altar where people can place petitions to Our Lady of Ipswich. These prayer requests may (if you wish) be read out during our Saturday morning devotions to Our Lady & St Pancras.

First Communion Next Year? Please see the poster in the porch or the leaflet at the back of church.

Parish Magazine The deadline for articles is next Sunday, 12th June. Please leave hard copies with Fr Joseph or forward them to sdonag9@gmail.com or Thank you.

Mass Intentions Masses may be said for almost any intention, for the living and for the deceased. Please complete a Mass Offering envelope from the back of church and return it to Fr Joseph. Mass offerings are a vital source of income for the parish, helping to maintain the fabric of the buildings and helping to cover the costs of running a busy town-centre parish. Therefore, the recommended Mass offering is £10.

PARISH EVENTS

St Pancras Corpus Christi procession
Sunday 19th June at 3pm

St Pancras First Communion Mass
Sunday 26th June at 9:30am

(N.B. the 11am Mass will start at 11:30am)

**Induction of Fr Joseph as Parish Priest
by Bishop Alan**
Tuesday 5th July at 6pm

For Diocesan events please see the poster in the porch.

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

Of your charity

Please pray for all who have died recently, as well for all whose anniversaries occur at this time: George Krol, Mary Perry, Josef Schoeben, Alice Kavanagh, Ada Rymell, Marie Hayward-Farmer, Frederick Blackwell, Josephine Pryce, Giovanna Petrysyw, Chris Eatwell, Wallace Manthorpe, Alice Marshall, Winifred McCullar, John McCulloch, Sheila Sullivan, Michael McTiernan, John Sidney Tyler, Francis Kelly, Kenneth Gammage, Gladys Revett, and Eugene Legunde-Lacroix. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: The Mass-Pt XXXIX The 'Our Father' deserves a whole series of columns in its own right, but we shall confine ourselves to just one column for now.

Of all the prayers handed down to us by the Church, the most perfect one (apart from the Mass itself which is, as we know, the Sacramental Sacrifice of Christ on Calvary) is the *Pater Noster*, the Our Father, and the reason is simple to understand: Our Lord Himself taught His disciples this prayer in response to their request to teach them to pray.

Thus therefore shall you pray: Our Father who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our supersubstantial bread. And forgive us our debts, as we also forgive our debtors. And lead us not into temptation. But deliver us from evil. Amen.

Mt 6:9-13; Lk 11:1-4

(Note that the doxology—*For thine is the kingdom, the power and the glory, for ever and ever. Amen*—does not appear in Matthew or Luke. The Protestants added it to their acts of worship under Queen Elizabeth I, and the Catholic Church added it in 1969.)

Interestingly, Our Lord begins this wonderful prayer with the word, *Our*. He does not say *My* or even *Your*. He says *Our*. Immediately, we are reminded that we have, by virtue of our baptism, become adopted sons and daughters of the Father, as St Paul teaches: 'But you have received the spirit of adoption as sons, whereby we cry Abba, Father,' (Rom 8:15). God the Father is not just the Father of God the Son. Nor is He *only* the Father of all who have been adopted as sons and daughters through Baptism. He is the Father of Christ *and* He is our Father. When Christ said, 'Our Father' He was teaching His disciples that they—we—are now brothers and sisters of the Son of God, albeit through adoption. This is the *Felix culpa*, the 'Happy Fault,' of the Exultet at the Easter Vigil. This is the outcome of the 'Necessary sin of Adam,' namely that we have been raised to a higher plane than was bestowed on Adam and Eve at the beginning. In other words, following the Fall, and our sins, Christ has won a great victory over the consequence of sin, that is, death, and has lifted human nature up high, leading captivity captive (Ps 67:19), and has placed human nature at the right hand of the Father in heaven.

The Our Father is made up of seven petitions, seven being the perfect number. The first three petitions (in honour of the Trinity) directly concern our acts of homage of the Father. We worship Him by proclaiming that His very name is hallowed, is holy. As we know, God alone is holy, and we can only become holy by participating in His holiness. We worship the Father by praying that His Kingdom may come and that He may reign over all, and in our hearts. We worship Him by surrendering our will to His will so that His will may be done in all things, both here on earth as well as in heaven.

The remaining petitions ask of the Father the four essentials that we need in life. First, we pray both for our material needs, summed up in the desire for bread, as well as our spiritual needs in the form of the Bread of Life, the Blessed Sacrament. Second, we beg for forgiveness for our sins, for all that has alienated us from Him, and we plead for the grace to be able to pass on that forgiveness to others. Third, we beseech Him, 'Lead us not into temptation,' not because God is ever going to lead us to be tempted but we ask, rather, that we be strengthened to face trials and may be preserved from being tempted beyond our limits. And, fourth, we beg God to keep us from all harm, both material and spiritual, and most especially from the harm that comes from sin. The 'Amen,' the 'let it be so,' sums up our trust in the living God.