

# 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 Priest:  
Fr Joseph Welch

Sundays: Yr C  
Weekdays: Yr 2

November is dedicated to  
the Holy Souls in Purgatory

## Sunday 13<sup>th</sup> November 2022

\* *Dom. XXIII post Pentecosten*  
8am (TLM) — Holy Souls  
\* *33<sup>rd</sup> Sunday of the Year*  
09:30 — Martine's int.  
\* *Remembrance Sunday Requiem*  
11:00 — for the War Dead

## Monday 14<sup>th</sup> November

*Requiem*  
10am — November Dead List

## Tuesday 15<sup>th</sup> November

*S. Albert the Great*  
8am (TLM) — Halina Gajewska's int.

## Wednesday 16<sup>th</sup> November

*S. Edmund of Canterbury*  
6pm — Richard Ware RIP

## Thursday 17<sup>th</sup> November

*Requiem*  
12:15pm — Deceased Clergy of the  
Deanery

## Friday 18<sup>th</sup> November

*Dedication of the Basilicas of  
Ss Peter & Paul*  
10am — for the *Domus* of the parish

## Saturday 19<sup>th</sup> November

*Requiem*  
10am — November Dead List  
*Vigil of Christ the King*  
6pm — Brendan Pearson RIP

### CONFESSIONS:

*Mon — Sat:* 30 minutes before each Mass  
& *Sat:* 5pm — 5:45pm  
*1<sup>st</sup> Friday:* 7pm — 8pm

**ADORATION:** Sat: 5pm — 5:45pm

**ROSARY:** Mon — Fri: after Mass

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

**TLM Masses:** 2<sup>nd</sup> Sunday of the month at

### NOVEMBER DEAD LIST ENVELOPES

Envelopes are available at the back of church. Write down on a piece of paper the names of your loved ones who have died, and place it in an envelope along with a Mass offering, and Masses will be said during November for all whose names are listed. Masses for the Holy Souls will then continue to be said throughout the next twelve months also. Hand envelopes to Fr Joseph or post them through the letter box of the presbytery. Thank you.

### REMEMBRANCE SUNDAY

Today's 11am Mass is a requiem for the War Dead preceded by the Royal British Legion Act of Remembrance

### NEXT SUNDAY

*ADORATION OF THE BLESSED SACRAMENT*  
*in honour of*  
*CHRIST THE KING*



Next Sunday, the feast of Christ the King,  
from the end of the 11am Mass until Solemn Benediction at 5pm  
there will be adoration of the Blessed Sacrament.

Please sign the watching list at the back of church, and come and spend some time next Sunday afternoon in adoration of our beloved Saviour, and pray for the needs of the Church and of the world.

**Wednesday Evening Talk** This Wednesday will see the last talk before we take a break for Advent and Christmas. The series will resume in January.

### PARISH SECRETARY NEEDED



4 hours per week spread over two days  
(probably, but not necessarily, Wed. & Fri.)  
Pay negotiable dependent on experience.  
Please contact Fr Joseph.

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

**Saturday, 26<sup>th</sup> November** Coffee morning in the parish hall to raise funds for Macmillan Nurses, hosted by Bernie Wood's Macmillan nurse.

**Monday, 28<sup>th</sup> November** at 6:30pm Parish Finance Committee meeting followed at 7:30pm by the Parish Council meeting.

**Wednesday, 30<sup>th</sup> November** The first of our four Advent devotions will begin straight after the 6pm Mass.

**Friday, 2<sup>nd</sup> December** First Friday Confessions from 7pm till 8pm.

**Thursday, 8<sup>th</sup> December** at 1pm Thursday lunch in the parish hall. All welcome. Lunch is free, but donations are invited for our nominated charity.

**Friday, 9<sup>th</sup> December** Catholic Young Adults (CYA) meet at 7pm. (18-35 year olds.)

**Monday, 12<sup>th</sup> December at 7pm** Book Club meeting in the parish hall to discuss *The Word is Very Near You* by Fr Wilfrid Stinissen. Please join us.

**Sunday, 18<sup>th</sup> December** at 4pm Carol Service & the Blessing of Cribs, followed by mince pies in the hall.

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**Advent Devotions**

Advent Devotions will take the place of our Wednesday evening talks in the run-up to Christmas. Each Wednesday in Advent, beginning straight after the evening Mass, there will be prayers and a meditation concluding with Benediction of the Blessed Sacrament. Please come along and make these devotions part of your spiritual preparation for the Nativity of Our Lord.

*Please note that the rosary will not be said after the Wednesday evening Mass during Advent nor will it form part of the Advent devotions.*

**Confessions During Advent**

During Advent, Confessions will be heard:

- for 30 minutes before each Mass, Monday—Friday;
- on Saturdays 9:30—10am and 5pm—5:45pm;
- and on the First Friday of December 7pm—8pm.

There will be additional Confessions during the last week of Advent. Details to follow.

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**Sick List** Prayers are asked for Rosemary Pease, Jim Convey, Simon Marriage, Mary Driscoll, Leighton Scott, Bernie Wood, Graham Wilding, Larry Crowley, and Brian Price.

**Of your charity** Please pray for the repose of the souls of those who have died recently, as well for all whose anniversaries occur at this time: Jane Dermody, Violet Knight, Mrs Reeves, Charles Pajak, Audrey Pipe, William Mitchell, Mr McGrath, Joseph Westerling, Kathleen Connolly, Irene Cater, James McDonald, George Bowles, David Curran, Anne Andrews, Matthew Mason, Bernard Shaw, Kathleen Tunstill, Anthony Rozier, Mary Baker, Edith Wright, Martin Mongan, Mabel Dennehy, Bawden Baker, Frank Fosdyke, Keith Sparrow, John Gregson, Philip Paul, and Domenico Iannacone. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

**Fr Joseph writes: Thoughts on a Good Death** Far from being unwholesome, giving ourselves time to consider the end of our natural life here on earth can help not only determine our ultimate destination, of course, but also shape how we live our lives in the meantime. The old Penny Catechism taught that "God made me to know Him, love Him, and serve Him in this life, and to be happy with Him forever in the next." Our whole life was planned by God from the very beginning to be ordered to that which would make us happy and blessed, namely union with God. Many today expect to find happiness in something other than God: in material possessions or fame or power; in comfort or pleasure or convenience. But in truth, as St Augustine famously wrote in his *Confessions*, "You have made us for yourself, O Lord, and our hearts shall not rest until they rest in Thee." How, then, can we best prepare for that moment, at the end of our earthly life, when we shall stand at the threshold of what it was that we were created for in the first place?

Let us start at the point of death and work backwards. If someone you love is sick or dying, if someone you know is suddenly taken ill, please call a priest straightaway. Sadly, and all too often, families call the priest after someone has died, but in fact the sacraments can only be given to the living. Call the priest, and he will come at once to hear the person's confession if he is conscious, anoint him with the oil of extreme unction, administer the Apostolic Pardon which remits all temporal punishment due to sin so that the dying person can even side-step Purgatory, and give him the Viaticum, which is the name we give to Holy Communion when it is administered to someone as he begins his last journey, from this life to the next.

In the event of someone being taken ill or being injured suddenly, carrying a Catholic identity card is a useful way to help make sure a priest is called in an emergency.

If someone you love becomes sick, or is diagnosed with a terminal illness, or if his condition deteriorates significantly, then call a priest. Even if he is not on the point of dying, the priest can still hear his confession, administer the Sacrament of the Sick, and give him Holy Communion, thereby preparing him for what may prove to be the last stages of his life.

If someone you love is going into hospital for a major operation, even if it is considered routine, then at least let your priest or the hospital chaplain know, in advance if possible. In that way the patient can receive the sacraments and be strengthened in their anxiety or suffering. If you know someone who is housebound, or who can get out only very rarely, then ask them if they would like a visit from a priest or to be brought Holy Communion on a regular basis.

But, of course, by far and away the best method of preparing for a good death is to live a good life. Be regular in going to Confession, and try to ensure that you are always in a state of grace or, if you find yourself otherwise, make an act of contrition straightaway and get to Confession as soon as you can; discharge your duties before taking your leisure; receive Holy Communion frequently and devoutly; avoid sin, say your prayers, and do good.

For a Catholic, thoughts of death are not a macabre or unhealthy preoccupation because *our* souls are anchored firmly in the hope of heaven. We have a God who keeps His promises. To pray for the dead, and to prepare for a good death for ourselves, is an act of faith. And to live forever in the light of the Beatific Vision and in the company of Our Blessed Lady, and of all the angels and saints, should be our deepest longing and our most fervent desire.

*Jesus, Mary, and Joseph, I give you my heart and my soul.  
Jesus, Mary, and Joseph, assist me in my last agony.  
Jesus, Mary, and Joseph, may I breathe forth my soul in  
peace with you. Amen.*