

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 A
Weekdays: Yr 1

February is dedicated to
the Holy Family

Sunday 19th February 2023

6th Sunday of the Year
09:30 — David Beckett RIP
11:00 — Pro Populo

Monday 20th February

Feria
10am — Harry Crilly RIP

Tuesday 21st February

Feria: Mass of Quinquagesima Sunday
8am (TLM) — Holy Souls

Wednesday 22nd February

Ash Wednesday
8am (TLM) — Holy Souls
12:15pm — George McLellan RIP
7pm — Pro Populo

Thursday 23rd February

Lent feria
12:15pm — Annette Welton

Friday 24th February

Lent feria
10am — John Igwe's int.

Saturday 25th February

Lent feria
10am — Joyce Griggs RIP
Vigil of the First Sunday of Lent
6pm — Pro Populo

CONFESSIONS:

Mon — Sat: 30 minutes before each Mass
& **Sat:** 5pm — 5:30pm during Lent
1st 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: 2nd Sunday of the month at 8am. (Next 2nd Sunday Mass: 12th March)

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



BRING & SHARE PANCAKE PARTY

Tuesday 21st February at 6pm

Bring some pancake mixture and other contributions for a shared supper, roll up your sleeves, and join in the fun. Soft drinks will be provided. Donations to cover costs and for *Mary's Meals*.

All welcome!

ASH WEDNESDAY

Wednesday, 22nd February

Masses at: 8am (TLM) 12:15pm 7pm (sung)

With the imposition of ashes at all Masses

Confessions 30 minutes before each Mass

Rosary following the 12:15pm Mass

(No Wednesday evening talk)

DAY OF FASTING AND ABSTINENCE

All must **FAST** who have reached the age of 18, until their 60th birthday. (Others, especially children, are encouraged to fast.) To fast means eating less than you would normally, and in any case no more than one meal and two small snacks. The sick, the frail, expectant and nursing mothers are exempt from fasting. **ABSTINENCE** means avoiding eating meat and fowl, and foodstuffs made from them, as a reminder of the Word-Made-Flesh who died for us. The laws of abstinence apply to all who have reached their 14th birthday.

LENT AT ST PANCRAS

Saturday Adoration: 10:30am—5:30pm Please sign the watching lists week by week.

Daily Stations of the Cross The plan is to make sure the Stations of the Cross are said in our church by at least one person each day in Lent. Please sign the rota at the back of the church.

Wednesday Evening Talks 7pm beginning 1st March. A series of five Lenten Meditations on the first Holy Week according to Matthew's Gospel. Bring a bible.

Lent Lunches for Mary's Meals Every Thursday at 1pm in Lent beginning 2nd March.

Please take a copy of the Lent & Holy Week leaflet for full details of all services and events.

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

Parish Magazine The deadline for copy for the next edition is Wednesday 1st March. We are looking for an ever-expanding body of contributors with articles, poems, quizzes, essays, book reviews, and miscellaneous musings on as wide a range of topics as possible. Please consider submitting something even (and especially!) if you have never done so before.

The Book Club will meet on Monday 13th March to discuss *The Cross and the Beatitudes* by Fulton Sheen published by Angelico Press.



The Cost of Running Our Parish

In 2022...

our routine income averaged
£298 per day

our routine outgoings averaged
£375 per day*

Like everyone else's costs, the cost of running a parish has risen sharply in recent months. If you are able to increase what you give to St Pancras in cash or by standing order—even by a small amount—then we can continue to provide all of the services that we currently provide. Thank you and God bless you. (**This figure does not include the cost of essential restoration work on the presbytery which was paid for from reserved funds.*)

*The priest's salary is paid from parish funds.
To lead the way, Fr Joseph will take a 10% cut
in his salary for the next twelve months.*

Using the Dona Machines Please check that your donation to the General Parish Funds has registered for Gift Aid whenever you make a donation. We have been having problems but think we have sorted them out now.

RACHEL'S VINEYARD RETREAT For men and women post-abortion 17th — 19th March 2023. For further details contact Sona at sona@rachelvineyard.org.uk or on 07900 734207

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

Of your charity Please pray for the repose of the souls of all those whose anniversaries occur at this time: William Wilson, Ralph King, Mary Hambling, Kenneth Ruoge, Ellen Mongan, Percy Wilson, Joseph Manley, Thomas Copping, Victoria Hilderbrand, Eileen Ledgley, Donald Lovlace, Mervyn Anderson-Hurst, John Maloney, Daniel McCarthy, Francis Ayton, Rebecca Cassidy, Anthony Hegarty, John Haworth, Robert Teather, John Curran, Michael Mucha, Kiera Constance, Teresa Osborne, Elizabeth Cronin, Rita Cook, Jessie Turner, Violet Brazier, and Dora Bretherton. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: In part thirteen of our series on the Creed we consider Our Blessed Lady.

AND BY THE HOLY SPIRIT WAS INCARNATE OF THE VIRGIN MARY

The Holy Spirit is both the Gift and the Giver of Life, as we shall see a little later in the Creed. He it is that the Father gives when He bestows life on someone: God 'breathed into [Adam's] nostrils the breath of life, and man became a living being' (Gen 2:7). Indeed, the Hebrew words for breath and spirit are the same, *rúah*. The Father breathed His breath, His life-giving Spirit, into the first man and gave him life. It is this same spirit, the Holy Spirit, this life-giving breath of God, that would overshadow Our Lady at the moment of the Annunciation (Lk 1:35) causing Life Himself to be conceived in her womb. It is because of this overshadowing, and of her docile submission to the power of the Holy Spirit, that Our Lady is sometimes known in Catholic devotion as the Spouse of the Holy Spirit.

For her part, tradition teaches that Our Lady was presented in the Temple in Jerusalem very early in her childhood to consecrate herself and her virginity to Almighty God. Unlike Zechariah's doubt when he is told that his wife Elizabeth will, in her old age, conceive a son (Lk 1:18), Mary's question in Lk 1:34 shows her confusion rather than lack of faith. In effect, Zechariah asked, 'how *can* this happen?' whilst Mary asked, 'how *will* this happen?' God knows that she has pledged her virginity to Him, a custom unknown to Judaism. How, then, was she to conceive unless God were to renounce her gift to Him and call upon her to consummate her marriage to St Joseph? The Archangel Gabriel provides the answer: the Holy Spirit will come upon her, and she will conceive by the power of the Most High whilst retaining her virginity. Far from discounting her gift, God chooses her to bear His Incarnate Son precisely because of her willingness to renounce herself.

God chose Mary before she herself was born, filling her with grace (Lk 1:28) and preserving her from suffering the stain of Adam's original sin: she was conceived in her mother's womb immaculate, and remained sinless throughout her life. It was fitting that God should preserve pure and intact the body of she who would bear the Incarnate body of His Only Begotten Son, and, by bringing Him into the world in Bethlehem, herself become the Mother of God. Even so, she remained free to choose to accept God's will, and her *fiat*, her 'let it be,' forms the crown of her faithful submission to the will of God.



The most severe consequence of Adam's, and our, proud rebellion against the will of God is death, the final parting of body and soul, a separation never intended by God. However, Our Lady, at the end of her natural life on earth, with the purity of her virginity still perfectly intact, was assumed body and soul into heaven, to be crowned Queen of Heaven, glorious among the saints and angels of God.

The Church has defined four dogmas concerning the Blessed Virgin Mary: (1) her Immaculate Conception in her mother's womb, (2) her perpetual virginity, (3) that she is Theotókos or Mother of God, and (4) that she was Assumed body and soul into heaven at the end of her life on earth.

(Above: *The Immaculate Conception* by Murillo, 1617-1682)