

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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Parish Priest:
Fr Joseph Welch

Sundays: Yr A
Weekdays: Yr 1

March is dedicated
to St Joseph

Sunday 26th February 2023

First Sunday of Lent

09:30 — Kevin Verne

11:00 — Ferdinando Sepicacchi RIP

Monday 27th February

Lent feria

10am — Fr Leeder RIP

Tuesday 28th February

Lent feria

8am (TLM) — Holy Souls

Wednesday 1st March

EMBER DAY

S. David

6pm — Chika Igwe's int.

Thursday 2nd March

Lent feria

12:15pm — for Vocations

Friday 3rd March

EMBER DAY

Lent feria

10am — John & Chika Igwe's int.

Saturday 4th March

EMBER DAY

Lent feria

10am — Carol Convey & family

Vigil of the Second Sunday of Lent

6pm — Filomena Rosa da Costa

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)

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



STATIONS OF THE CROSS & BENEDICTION

Every Sunday in Lent at 4:30pm

*Ÿ We adore Thee, O Christ,
and we bless Thee.*

*℟ Because by Thy holy Cross Thou hast
redeemed the world.*

ALSO IN LENT...

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.

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

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

EMBER DAYS The Roman Missal still makes provision for the observance of the quarterly Ember Days as days of fasting and abstinence, and some people like to incorporate them into their private devotions. They fall this week on Wednesday, Friday, and Saturday.

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. And don't forget our Q&A section where you can put questions to Fr Joseph! Please e-mail the editor, Tilly at matilda79r@gmail.com



Recent Collections

December: Standing orders: £1,618; Dona: £1,311;72; green envelopes: £230;48; collection plate: £806;13. Total: £3,966;33.

January: Standing orders: £1,587;40; Dona: £1,708;23; green envelopes: £635;31; collection plate: £2,132;90. Total: £4,357;32.

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

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

CAKE SALE

Lætare Sunday / Mothering Sunday, 19th March



Please bake a cake and bring it to the parish hall for the sale after the 9:30 and 11am Masses. All proceeds to Mary's Meals.

MARY'S MEALS

A Catholic charity (the 'Mary' is the Blessed Virgin), *'Mary's Meals serves nutritious school meals to children living in some of the world's poorest countries. The promise of a good meal attracts these hungry children into the classroom, giving them the energy to learn and hope for a better future.'*

'We are already feeding more than 2.4 million children every school day—and, together, we can reach the next hungry child waiting for Mary's Meals.'

'For every £1 you give, 93p is spent directly on our charitable activities!'

Mary's Meals already feed children in Syria, Malawi, Liberia, and Haiti as well as many other countries.

Many Western charities are helping in Turkey following the earthquake but Mary's Meals (along with ACN) is one of the few charities who have access to the disaster area in Syria.

www.marysmeals.org.uk

Read about the beginnings of Mary's Meals by buying the book, *The Shed that Fed 2 Million Children* by Magnus MacFarlane-Barrow available from Amazon.

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: Annie Sampson, George Siegwart, Agnes Simmonds, Tom Langley, Mary Langley, Robert Schlee, Ernest Molyneux, Brian Jordan, John Pitt, Joyce Griggs, Mary Walter, John Copple, Mary Bantoft, Alan Markhadds, Alan Hobbs, Mary Duff, Maud Simmonds, John Green, Rose Robinson, Joyce Mitchell, Fernando Ebhram, Geoffrey Chisholm, Margaret 'Doc' Heley, Arthur Wells, Reginald Smith, Florence Porter, William Rainford, Evelyn Kelly, Bridie McCallion, Bernard Fox, Paul Bower, Adriana Turner, John Cox, Elsie Young, Grace Armstrong, Florence Blaskett, Idwal Humphrey, Bridget Joy, Beatrix Richards, Ernest Layton, Hugh Cutting, and Eddy Ware. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph Writes: We take a break from exploring the Nicene Creed and look instead at the responsorial psalms used on Sundays in Year A during Lent. This week,

Psalm 50 – The Miserere

Ps 50 is the fourth and best known of the Seven Penitential Psalms. (The others are Pss 6, 31, 37, 101, 129, and 142). Known as *The Miserere*, it has often been set to music, most famously by Gregorio Allegri (1582-1652).

In 2 Kings 11 we read the story of King David's adultery with Bathsheba, the wife of Uriah. Afterwards, David plots to kill Uriah by having him placed in the very front line of the battle. When official mourning for Uriah is ended, King David takes Bathsheba to be his wife. 'And this thing which David had done was displeasing to the Lord' (2 Kings 11:27). Nathan, the prophet, upbraids the King and warns him of God's great displeasure which is all the more severe because of the special favours and blessings God has bestowed on the King. Thereupon David repents of his sins and, as part of his repentance, writes this psalm (ch. 12).

The whole psalm (of which we only hear a portion in today's Responsorial Psalm) is, in many ways, a perfect prayer of repentance and firm purpose of amendment. It opens with David pleading for mercy, and begging that the stain of his sin be removed: *'Have mercy on me God in your kindness. In your compassion blot out my offence.'* The psalm is as much a lament for a lost friendship with God as it is a hymn of penitence. *'O wash me more and more from my guilt, and cleanse me from my sin,'* cries David. The King is aware of the treachery of his sin, and sees it as God must surely see it, namely as an act of outrage against God's holiness, a violation of His sacred laws, and a rebellion against His will. David becomes haunted by his sin and writhes in anguish, knowing as he does how it has blackened his soul and pitted him against his God: *'Against you, you alone, have I sinned; what is evil in your sight I have done.'*

At the beginning of Mass today the choir sang *The Asperges*, which in fact is a line taken from this very psalm (although not included in today's Responsorial Psalm): *Asperges me, Domine, hyssopo et mundabor, lavabis me, et super nivem dealbabor.* 'Thou shalt sprinkle me with hyssop, and I shall be cleansed. Thou shalt wash me, and I shall be made whiter than snow.' So deep is King David's desire to have his friendship with God restored that he wills his soul to be washed not just white but 'whiter than snow.' Yet David knows that he cannot wash his own soul clean. Only God can forgive sins: only God can restore purity of heart. So, the King pleads once more with God, begging Him not just to cleanse his heart, but to renew and purify it, and strengthen it against future sinfulness and temptation: *'A pure heart create for me, O God, put a steadfast spirit within me.'*

Finally, in today's excerpt, afraid that he may have lost God's friendship for ever (because Nathan has told him that 'the sword shall never depart from thy house,' and that the Lord will, 'raise up evil against thee out of thy own house,' 2 Kings 12:10-11), King David implores God not to punish him according to what he truly deserves: *'Do not cast me away from your presence, nor deprive me of your holy spirit.'*

Much of the remainder of the psalm is given over to David's resolutions of satisfaction and amendment as he promises to teach the unjust the ways of God so that the wicked may be converted; as he pledges to sing of God's justice; and as he declares that if God were only to open his lips, then he, David, shall learn to sing God's praises for evermore.