

# 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 12<sup>th</sup> March 2023

*Third Sunday of Lent*

8am (TLM) — Anne Abbott

09:30 — Pro Populo

11:00 — Pauline Collingwood RIP

## Monday 13<sup>th</sup> March

*Lent feria*

10am — Holy Souls

## Tuesday 14<sup>th</sup> March

*Lent feria*

8am (TLM) — Benedicto Pinheiro Nogueira

## Wednesday 15<sup>th</sup> March

*Lent feria*

6pm — Holy Souls

## Thursday 16<sup>th</sup> March

*Lent feria*

12:15pm — Holy Souls

## Friday 17<sup>th</sup> March

*S. Patrick*

10am — Anthony Blunt RIP

## Saturday 18<sup>th</sup> March

*Lent feria*

10am — Holy Souls

*Vigil of Lætare Sunday (fourth of Lent)*

6pm — Richard Ware RIP

### CONFESSIONS:

**Mon — Sat:** 30 minutes before each Mass

**& Sat:** 10:30am — 11am and  
5pm — 5:30pm during Lent

**1<sup>st</sup> Friday:** 7pm — 8pm

**ADORATION:** Sat: 10:30am — 5:30pm  
during Lent

**ROSARY:** Mon — Fri: after Mass

### DEVOTIONS TO O.L. OF IPSWICH &

**S. PANCRAS:** Sat after 10am Mass  
(except during Lent)

**TLM Masses:** 2<sup>nd</sup> Sunday of the month at  
8am. (Next 2<sup>nd</sup> Sunday Mass: 9<sup>th</sup> April)

## STATIONS OF THE CROSS & BENEDICTION

Every Sunday in Lent at 4:30pm

✠ *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** at 7pm. 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.

**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.*

### Do not deny to your children the treasures of the Catholic Faith!

Please make sure you bring your children to  
Stations of the Cross & Benediction on at least one or two Sundays in Lent.

### CAKE SALE — NEXT SUNDAY

To raise funds for our Lent Project, Mary's Meals

Please bring along a cake to sell,  
and money to buy!

The stall will be in the parish hall after  
the 9:30 and 11am Masses.



**Coming soon** A brand new St Pancras Mothers' Group. Watch this space.

**Aid to the Church in Need** Last week, somewhat belatedly (Fr Joseph's fault), we sent a cheque for £1,494.99 to ACN as a result of our Christmas Crib collection. Well done everyone, and thank you.

**Green Envelopes** for the new tax year are available at the back of church.

**Gift Aid** If you give to St Pancras regularly, and are a British tax payer, please sign a Gift Aid form if you haven't already done so (available at the back of church). It costs you nothing, and the parish can recoup £1 in every £4 of the tax you have already paid on the amount you give to St Pancras. Thank you.

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 tomorrow, Monday 13<sup>th</sup> March, to discuss *The Cross and the Beatitudes* by Fulton Sheen.



This year

**ST JOSEPH'S FEAST DAY**

will be transferred to  
Monday 20<sup>th</sup> March.

*Ite ad Ioseph*

'Go to Joseph'

*'Go to Joseph: and do all that he shall say to you' (Gen 41:55)*

**MARY'S MEALS**

**SECOND COLLECTION — 25<sup>TH</sup>/26<sup>TH</sup> MARCH**

*'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](http://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 17<sup>th</sup> — 19<sup>th</sup> March 2023. For further details contact Sona at [sona@rachelsvineyard.org.uk](mailto:sona@rachelsvineyard.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, Judy Fell, and Mick Shapland.

**Of your charity** Please pray for the repose of the souls of all those whose anniversaries occur at this time: Nellie Otto, Eileen Hallie, James White, Rose Green, Matthew McGaughin, Hilda Poulain, Edward Smith, Gladys Lewis, Josie Zlotek, Muriel Skladnik, Lawrence Brownrig, Michael Finn, Margaret Hawkes, Pauline Collingwood, Horace Inman, Helen Brumias, Sarah Barnes, Dmytro Kowal, Lena Minter, Patrick Boland, James Keegan, Yvonne Field, Christopher Newman, Thomas Brosnan, Patricia Harrison, Mabel Parker, Penelope Butters, and Ruby Tuffs. 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 94 — Venite, exultemus Domino**

For at least 1,600 years—since the time of St Porphyrius of Gaza who died in AD 420—this psalm has called God's people to prayer first thing in the morning. Known as the Invitatory Psalm (from the Latin, *invitare*, 'to invite'), it is used as the first psalm of the Divine Office each day. 'Come let us praise the Lord with joy: let us joyfully sing to God our Saviour,' sings out the first verse. It summons sleepy heads to wake up, and to begin their day in the best possible way, namely with a hymn of praise to God on their lips.

There are eleven verses in the psalm altogether, but in today's Responsorial Psalm we use only vv.1-2 and 6-9. The complete psalm is divided clearly into two parts. The first part (vv.1-7) is the call to prayer, inviting us to sing the praises of God, to 'come before Him giving thanks,' and 'with songs [to] hail the Lord.' As the Latin title suggests, there is something exultant about the tone of this psalm, and is chosen by the Church, in part at least, in order to set the tone for our prayers for the rest of the day. Whatever may follow—even great afflictions—if our hearts begin the day singing God's praises then we are more likely to see His goodness in all things throughout the waking hours to come, and are less likely to sin against His goodness.

The verses that are omitted (vv.3-5) sing of the greatness of God, proclaiming Him to be the 'great king above all gods,' and that 'in His hands are the depths of the earth, and the tops of the mountains.' In other words, He and He alone is the Creator of the wonders of nature that we see all around us. The psalm goes on: 'His is the sea, for He has made it, and the dry land which His hands have formed.' What power! What magnificence to be able to make the seas and to shape the dry land! He is like no other God. All the more reason, then, why we must 'Come in... bow and bend low... and kneel before the God who made us,' (v.6) as the second verse of today's Responsorial Psalm proclaims.

At this point, the tone of the psalm alters slightly as it moves from acclaiming God's greatness to recognizing Him as the Shepherd whose gentleness provides His flock with pasture and whose hand leads His people. God provides nourishment as well as leadership and protection.

Why, then, do we continue to harden our hearts against Him? In the second part of the psalm (vv.8-11) the mood is altogether different. Of these four verses, we have only the first two (vv.8-9) in today's Responsorial Psalm but they make it clear that all is not well. These two verses are a direct reference to the events in today's First Reading from the Book of Exodus where God's people grumble against God's chosen one, Moses. They lament, as was their wont, that they would have been better off if they had stayed as slaves in Egypt where at least they had plenty of water to drink. They have lost trust in Moses and faith in God. They put Moses to the test and, sadly, in his exasperation with the people he has been leading, he fails the test, striking the rock twice instead of trusting that God will keep His promise and bring forth water with just one blow of his staff (Numbers 20:8-13). As a result, Moses is denied entry into the Promised Land into which Joshua leads God's people instead (Dt 34:4-5,9).

The warning is for us all. Even praising God at the start of the day will not, of itself, guarantee our fidelity to God throughout the day. We must be ever on the watch.