

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
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Parish Priest:
Fr Joseph Welch

Sundays: Yr A
Weekdays: Yr 1

March is dedicated
to St Joseph

Sunday 19th March 2023

Fourth Sunday of Lent — Lætare Sunday
09:30 — Rowland Batley RIP
11:00 — Pro Populo

Monday 20th March

S. Joseph (transferred from 19th)
10am — The *Domus* of the Parish

Tuesday 21st March

Lent feria
8am (TLM) — Rosalinda Sabino

Wednesday 22nd March

Lent feria
6pm — Holy Souls

Thursday 23rd March

Lent feria
12:15pm — Tony Wright RIP

Friday 24th March

Lent feria
10am — David Beckett RIP

Saturday 25th March

The Annunciation of the BVM
10am — Holy Souls
Vigil of the Fifth Sunday of Lent,
the First Sunday of Passiontide
6pm — Holy Souls

CONFESSIONS:

Mon — Sat: 30 minutes before each Mass
& **Saturday** 10:30am — 11am &
during Lent 5pm — 5:30pm
1st Friday: 7pm — 8pm

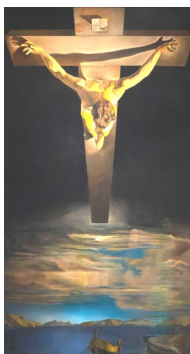
ADORATION: Sat: 10:30am — 5:30pm
during Lent

ROSARY: Mon — Fri: after Mass

**DEVOTIONS TO O.L. OF IPSWICH &
S. PANCRAS:** Sat after 10am Mass
(except during Lent)

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

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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 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 in Lent at 1pm.

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.*

Ironing Can you help to iron the purple veils needed for Passiontide? The large one behind the altar needs two people, and to be done this week, probably on Friday. If you can help, please speak to Fr Joseph. Thank you.

Tomorrow
is the transferred feast of

ST JOSEPH

Ite ad Ioseph

'Go to Joseph'

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



Cake Sale To raise funds for our Lent Project, Mary's Meals, in the parish hall after the 9:30 & 11am Masses today.

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

Recent Collections

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

February: Standing orders: £1,863; Dona: £1,442:34; green envelopes: £802:39; collection plate: £2,062:44. Total: £6,170:17.

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

MARY'S MEALS

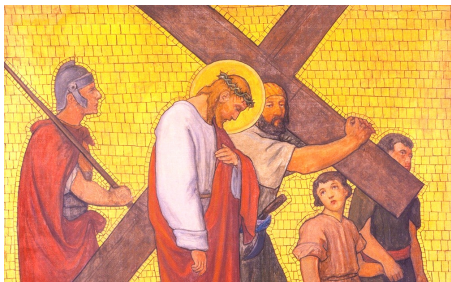
SECOND COLLECTION

NEXT WEEKEND, 25TH/26TH MARCH

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.

CHILDREN'S STATIONS OF THE CROSS



GOOD FRIDAY

11AM

National Day of Prayer & Fasting for Life, Friday, 24th March. Please see poster in the porch for details.

Chrism Mass Tuesday, 4th April. A coach will be departing St Mary's Church, Woodbridge Rd, at 9am. Cost: £15. Please e-mail secretary@st-mary.org.uk

Catholic Young Adults (CYA) will meet next on Easter Friday, 14th April at 7pm.

The Book Club will meet on Monday, 12th June to discuss *The Story of A Soul* by St Thérèse of Lisieux, and on Monday, 11th September to discuss St Augustine's *Confessions*. There are several editions of both of these books: for the purposes of our meeting, any edition will be acceptable.

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: Brian Miller, Thomas Hanley, Anton Malo, Teresa Hughes, Elizabeth Downey, Richard Ware, Ellen Banyard, Cecilia Lewis, Mathew Dee, Anthony Sefi, Charles Fox, Marguerite Morgan, Elizabeth Black, Pauline Forster, Jamet Morris, Rowland Batley, Edward Norfolk, Sean Goonan, Mary Dixey, Anna Wasak, Eugenie Finbow, Cyril Clarke, Mary Studd, Henry Taub-Y-Longue, Kathleen Golston, Joan Goldswain, Terence Garrod, and Dorothy King. 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 22 — Dominus regit me

Perhaps the most famous of all the psalms, 'The Lord is my Shepherd,' is used at Mass, at weddings, at funerals, indeed on almost every occasion. It appears on Mass cards, cards for the bereaved, and birthday cards. It has been set to music many times, and it was even given a new musical setting as the theme tune for a popular television series. But funnily enough, the Vulgate version in Latin doesn't mention shepherds at all. Instead, the opening line is *Dominus regit me*, 'the Lord rules (or guides) me,' and the only reference to anything connected with shepherding is the new or rich pastures in which He makes me lie down (v.2). However, the original Hebrew *does* read, 'The Lord is my shepherd,' and as soon as the word shepherd is used a whole host of shepherding images is immediately conjured up.

Why does this particular psalm turn up on this particular Sunday? In today's Mass, the opening words of the Introit (or Entrance Antiphon) are, 'Rejoice, Jerusalem, and all who love her. Be joyful, all who were in mourning,' from which we get the name Lætare Sunday. (In Latin, *Lætare, Ierusalem: et conventum facite, omnes qui diligitis eam.*) Half way through Lent, the Church lightens the solemn mood of Her penitential season for a moment, and together we rejoice that our salvation is close at hand. The First Reading shows us the young shepherd, David, being chosen and anointed as king. The Second Reading teaches us that whilst we once walked in the darkness of sin, we now walk in the light of the Lord. And the Gospel shows the Good Shepherd at work, physically as well as spiritually bestowing light and sight on the man born blind. There is much to rejoice about! Hence, the Responsorial Psalm sings of the wonders of our Eternal Good Shepherd who leads us and feeds us, who revives our drooping spirits, keeps us on the right path, protects us from harm, guides us to the heavenly banquet, and indeed tends to our every need.

But our needs are not only material and of this world. This Psalm may be said to sing of the supernatural glories of the grace poured into our souls through the seven Sacraments also.

In turn, the Psalm sings of the '*restful waters*' of **Baptism** by which we have become God's children; of being '*anointed with oil*' in **Confirmation** by which we are strengthened; of there being '*prepared a banquet for me*' and of the '*green pastures*' wherein we may be nourished by the **Holy Eucharist**; of the '*overflowing cup*,' or chalice, of Our Lord's Precious Blood given to the priest through **Holy Orders**; of the companionship of **Matrimony** and family life as we '*walk in the valley of darkness*'; of the '*crook and [the] staff*' which guides, corrects, and comforts us in the Sacrament of **Penance**; and of the '*goodness and kindness*' of the Sacrament of the Sick, or **Extreme Unction**, which prepares us at the last to ' *dwell in the Lord's own house... for ever and ever.*'

In just six verses, a single psalm sums up all that God provides for us; all that we need in our spiritual life through His Sacraments; all that we need as we journey through this life; all that we need to get to heaven. No wonder this psalm is universally popular! And no wonder, either, that we sing God's praises in the words of this psalm, on this Sunday, as we draw closer to the moment of our redemption when Our Lord died upon the Cross for us, and from whose wounded and Sacred Heart flows all the graces of the all the Sacraments, just as blood and water flowed when the soldier pierced His side with a lance (Jn 19:34).

'The Lord is my shepherd; there is nothing I shall want.'