

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

Tel: 01473 252596
parishpriest@stpancraschurch.org.uk
www.stpancraschurch.org.uk



Parish Priest:
Fr Joseph Welch

Sundays: Yr A
Weekdays: Yr 1

March is dedicated
to St Joseph

Sunday 5th March 2023

Second Sunday of Lent

09:30 — Pro Populo

11:00 — Stephen Abbott

Monday 6th March

Lent feria

10am — Anne Merlehan

Tuesday 7th March

Lent feria

8am (TLM) — David McWeeny RIP

Wednesday 8th March

S. Felix, Secondary Patron of the Diocese

6pm — Mrs Audrey Russell RIP

Thursday 9th March

Lent feria

12:15pm — Deacon & Mary Brookes RIP

Friday 10th March

Lent feria

10am — Holy Souls

Saturday 11th March

Lent feria

10am — Turkish earthquake needs

Vigil of the Third Sunday of Lent

6pm — Holy Souls

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 &

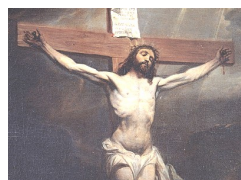
S. PANCRAS: Sat after 10am Mass

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.

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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 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.

Catholic Families

Please make sure you bring your children to Stations of the Cross & Benediction on at least one or two Sundays in Lent. How else will they get to know and love true Catholic devotions otherwise?



+ + **LENTEN STATION MASS WITH BISHOP PETER COLLINS** + +

Wednesday 8th March at St Mary's, Woodbridge Road

Adoration & Confessions: 6pm + Mass: 7pm + Refreshments: 8pm

The Catholic Young Adults group (CYA) for 18-35 year olds will meet on Friday this week at 7pm in the church for Stations of the Cross, followed by a discussion in the parish hall. Please bring something to eat and drink!

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

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.

Mary's Meals Last week we sent off a cheque for £1,085:72 thanks to recent Thursday lunches, the Tavern Evening, donations for second hand books, and general donations. Well done everyone, and 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 on Monday 13th March to discuss *The Cross and the Beatitudes* by Fulton Sheen.

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.

St Joseph's feast day

will be transferred to Monday 20th March this year.

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, 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: Sarah Barnes, Margaret Lewis, John Loftus, Kathleen Keogh, Ellenore Marquand, Joseph Sciortino, Peter Curran, Marie Brock, Geoffrey Mutimer, Mary Barrack, David McWeeny, Philomena 'Pat' Maile, Daniel Arbon, Rosemary Williams, Vera Lee, Eileen Curran, Anthony Reading, Audrey Smith, Florence James, Ada Michell, Ann Gabbitass, Bertha Woodard, Leopoldine Brown, John O'Dwyer, Mario Merenda, Mary Hegarty, Enid Smyth, Robert Hutchinson, James McCabe, Margaret Pearson, Stephen Wall, and Bridie McCallion. 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 32 — Exsultate, justi, in Domino

In the Responsorial Psalm at Mass last Sunday—the first Sunday of Lent—we pleaded for God's mercy using the words of Ps 50, the Miserere: *'Have mercy on me God in your kindness; in your compassion blot out my offence.'* This Sunday's Responsorial Psalm continues the theme in the response to the psalm: *'May your love be upon us, O Lord, as we place all our hope in you,'* or as most translations of this psalm says; *'Let you mercy, O Lord, be upon us...'*

Using the older and more common translation (that is, using the word *mercy* instead of *love*) helps us to understand why this psalm is used on the Second Sunday of Lent.

Although we often think of Lent simply as a time of preparation for Easter, it is, of course, the Church's principal penitential season. It is the season when we say sorry for our sins, call down God's mercy upon ourselves through our acts of prayer, fasting, and almsgiving, and do our little bit to re-set the scales of divine justice that have become imbalanced as a result of our sin. Of course, we do not do these things *only* in Lent, but in Lent there is a greater intensity of penitential fervour and, accordingly, there are far greater riches of God's grace available to us in this season. (Actually, the riches of God's grace come first, of course, and they help to inspire, and make more fruitful, our penitential fervour.)

So, having begun our Lenten observance by pleading for God's mercy in Ps 50 last week (a psalm which is repeated many times throughout Lent in the Divine Office), we now sing the praises of Almighty God who inspires us with hope as a result of our penitence.

Our hope is rooted in the fact that we have been willing to bow before our God and acknowledge the offence we have rendered to Him through sin. There can be no hope for us if we are not contrite. We cannot be reconciled with God unless we make a move towards Him: no relationship can be a one-way street. However, if, through the disciplines of Lent (prayer, fasting, and almsgiving) we are willing to nail our trials and tribulations and sufferings to the Cross with Our Lord, then our hearts will be opened and God—who longs to bestow His mercy and graces upon us, and who longs to fill us with hope—can indeed pour His gifts into our hearts.

In Ps 32—especially in the few verses used in today's Mass—we see this two-way relationship between God and Man at work. We sing God's praises, and exalt in the fact that He *'is faithful and [that] all His works [are] to be trusted.'* Our hope comes from the fact that we know that if God has made a promise He will, unlike us, always keep it. As part of His promises, we know that the *'Lord loves justice and right,'* and He will not rest until His justice prevails in all things (even if this doesn't always happen in the course of our lifetime). To this end, He *'fills the earth with His love [mercy].'*

Having sung His praises, and placed our trust and hope in Him, we know that the Lord will look benevolently upon us and upon all *'who revere Him.'* Our trust is well-founded for He comes *'to rescue [our] souls from death.'* In other words, if we are contrite and place our trust in God's mercy when we have sinned, then we can know that He will forgive us and raise us up, once more, to a life of grace.

Nor need we ever fear, for the Lord, *'our help and our shield,'* protects and defends us from the snares of the devil. He loves us, and in return *'we place all our hope in [Him].'*