

# 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 Administrator:  
Fr Joseph Welch

Sundays: Yr A  
Weekdays: Yr 1

April is dedicated to  
the Blessed Sacrament



## Sunday 2<sup>nd</sup> April 2023

*Palm Sunday*  
8am (TLM) — Holy Souls  
09:30 — Kevin Verne  
11:00 — Pro Populo

## Monday 3<sup>rd</sup> April

*Monday of Holy Week*  
10am — Private int.

## Tuesday 4<sup>th</sup> April

*Tuesday of Holy Week*  
10am — Fintan Gould

## Wednesday 5<sup>th</sup> April

*Wednesday of Holy Week*  
10am — Winifrede Hunter RIP (F)

## Maundy Thursday 6<sup>th</sup> April

*Mass of the Lord's Supper*  
8pm — for Priestly Vocations

## Good Friday 7<sup>th</sup> April

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## Holy Saturday 8<sup>th</sup> April

*Easter Vigil*  
9pm — Pro Populo

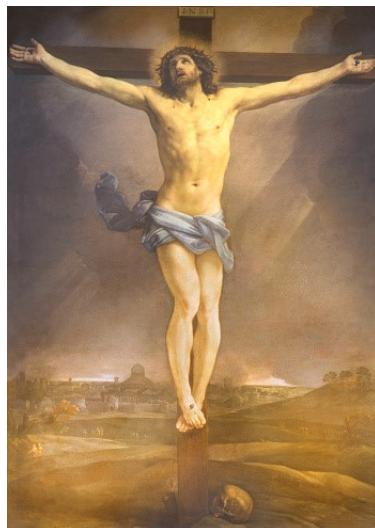
## CONFESIONS

Monday, Tuesday  
&  
Wednesday

9:30am — 10am

&

7pm — 8pm



*The Crucifixion by Guido Reni (1575-1642)*

## CONFESIONS

Maundy Thursday  
Good Friday  
Holy Saturday

10am — 11am

&

5pm — 6pm

### **Fr Joseph asks...**

that e-mails and requests for appointments be kept to a minimum during Holy Week. Please note that Fr Joseph will be unavailable (except for Mass, Confessions, and emergency sick calls) during Easter Week. Thank you.

### **Chrism Mass**

Tuesday, 4<sup>th</sup> April. A coach will be departing St Mary's Church, Woodbridge Rd, at 9am. Cost: £15. Please e-mail [secretary@st-mary.org.uk](mailto:secretary@st-mary.org.uk)

### **Did you know...?**

On Good Friday, the Liturgy of the Passion at 3pm—one of the single most important services in the Church's year—is not, in fact, a Mass (even though we receive Holy Communion) because there is no consecration of the Bread and Wine to become the Sacred Body and Blood of Our Lord. Instead, the Blessed Sacrament is brought from the Altar of Repose for Holy Communion.

### **Easter Vigil Car Parking**

Car parking space will be limited on Saturday evening in preparation for the Easter Vigil fire and procession.

### **29<sup>th</sup> to 30<sup>th</sup> April 2023 – Ignite Festival**

The East of England's premier Catholic event for teenagers is set to make a return in 2023 with lively music, powerful speakers and passionate prayer. Visit [www.ignitefestival.co.uk](http://www.ignitefestival.co.uk) for more information. The festival is followed by a Walk to Walsingham to join the Diocesan Pilgrimage the following day (Monday 1<sup>st</sup> May).

### **DIOCESAN PILGRIMAGE TO WALSHAM**

Tuesday 1<sup>st</sup> May

Beginning in the Friday Market square at 12 noon, and with Mass at the Chapel of Reconciliation at 3pm.

### **DIOCESAN PILGRIMAGE TO LOURDES**

8<sup>th</sup>—25<sup>th</sup> August 2023

See the pilgrimage website <https://www.tangneytours.com/pilgrimages/lourdes/east-anglia-ca>

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

**Of your charity** Please pray for the repose of the soul of Graham Wilding who died recently as well as all those whose anniversaries occur at this time: Clifford Mallen, William Garrard, Kanayalal Nasta, Michael Sheehan, Graham Green, Jean Wright, Gil Ronquillo, Philip Bingham, Renata De Lacroix, Ethel Garmham, Peter Corrigan, Winifred Deenihan, Giuseppe Inga, Thomas Byrne, Eleanor Dallastone, Elizabeth Looby, James Piper, Constance Clarke, Daniel McCarthy, Dina McGrath, Yvonne Lynch, Eugene Farrelly, Ivy Beckett, Kathleen Scales, George Amos, Janet Somers, Kenneth Welch, and Teresa Cutting. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

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### **Fr Joseph writes:**

### **THE SACRED TRIDIUM OF MAUNDY THURSDAY, GOOD FRIDAY, AND HOLY SATURDAY**

**Holy Week**, or the 'Great Week' as it is sometimes known, is of course the most important week of the Church's cycle of prayer. Year after year we recall the momentous events of our redemption. But the Church's seasons, feast days, and the days of the Sacred Triduum in particular, are much more than merely occasions for remembering. Just as in the Mass we are made sacramentally present at the suffering, death, and resurrection of Our Lord, so on each of the Church's feast days we are made present at the mystery which the liturgy recalls, and more than that, we enter into those mysteries through the portal of the divinely instituted Sacraments and rituals. The Liturgy, being a gift from God given to us through His Church, brings God down to us and, at the same time, draws us back up to Him.

During the Sacred Triduum, more than at any other time of the year, we are reminded that the Church's Liturgy is something Christ does, not something we do. On **Maundy Thursday** Christ washes the feet of His Apostles, institutes the Mass and the Priesthood, sweats blood in the Garden of Gethsemane as He absorbs, as it were, the full weight of the world's sins, and suffers betrayal.

On **Good Friday**, He is tried, ridiculed, scourged, crowned with thorns, and led to the place of execution. He hangs on the Cross for three long hours, offers up prayer and supplication to the Father on our behalf, forgives sins, and accomplishes our Redemption through His death.

On **Holy Saturday** (please note, Easter Saturday is the Saturday *after* Easter Sunday) even in death He does not rest but carries out the Harrowing of Hell, thrusting the daemons aside and taking the hand of Adam, who takes the hand of Eve, and so forth, until all the righteous from the days before the Incarnation of the Word are released from their long sojourn in the Limbo of the Fathers, and are led to their salvation.

In the Church's Liturgy, we are drawn into a participation of these mysteries, made present to us in ritual and ceremony. Through the very words and actions of the priest, who stands *in persona Christi* ('in the person of Christ') by virtue of his ordination, we are, here and now, made present to the supernatural realities of our Faith both historically, two thousand years ago, and eternally, before the throne of God in Heaven.

'Holy is God. Holy and strong.  
Holy immortal One, have mercy on us'  
*from the Good Friday Reproaches*

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### **GOOD FRIDAY** DAY OF FASTING AND ABSTINENCE

All must **FAST** who have reached the age of 18, until their 60<sup>th</sup> 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 14<sup>th</sup> birthday.