

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 2nd April 2023

Palm Sunday

8am (TLM) — Holy Souls

09:30 — Kevin Verne

11:00 — Pro Populo

Monday 3rd April

Monday of Holy Week

10am — Private int.

Tuesday 4th April

Tuesday of Holy Week

10am — Fintan Gould

Wednesday 5th April

Wednesday of Holy Week

10am — Winifrede Hunter RIP (F)

Maundy Thursday 6th April

Mass of the Lord's Supper

8pm — for Priestly Vocations

Good Friday 7th April

Holy Saturday 8th April

Easter Vigil

9pm — Pro Populo

HOLY WEEK

PALM SUNDAY

Masses

8am (TLM) + 9:30am with blessing of palms

11am with blessing of palms and procession (starting outdoors)

Stations & Benediction

4:30pm

MONDAY, TUESDAY & WEDNESDAY

Mass at 10am followed by Stations of the Cross

MAUNDY THURSDAY

Mass of the Lord's Supper: 8pm

Watching at the Altar of Repose until midnight

Compline: 11:45pm

GOOD FRIDAY

Children's Stations of the Cross: 11am

Liturgy of the Passion: 3pm

Stations of the Cross: 7pm

HOLY SATURDAY

Polish Blessing of Food (*in English*): 11am

Easter Vigil: 9pm

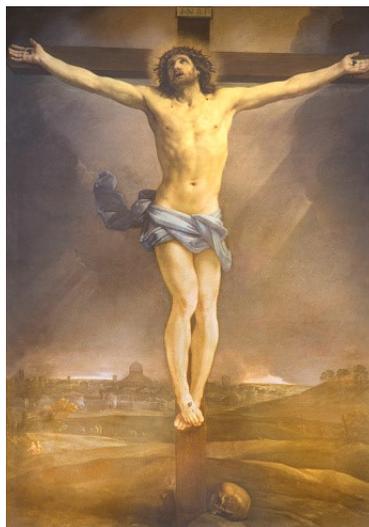
CONFESSIONS

Monday, Tuesday
&
Wednesday

9:30am — 10am

&

7pm — 8pm



The Crucifixion by Guido Reni (1575-1642)

CONFESSIONS

Maundy Thursday
Good Friday
Holy Saturday

10am — 11am

&

5pm — 6pm

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

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, 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

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.

29th to 30th 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 for more information. The festival is followed by a Walk to Walsingham to join the Diocesan Pilgrimage the following day (Monday 1st May).

DIOCESAN PILGRIMAGE TO WALSINGHAM

Tuesday 1st May

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

DIOCESAN PILGRIMAGE TO LOURDES

8th — 25th August 2023

See the pilgrimage website <https://www.tangney-tours.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 Ronquillio, Philip Bingham, Renata De Lacroix, Ethel Garnham, 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 TRIDUUM 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 dæmons 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 60th 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 14th birthday.