

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

May is dedicated to
the Blessed Virgin Mary

Sunday 14th May 2023

* *Dom. V post Pascha*
8am (TLM) — Fiona Abbott
* *6th Sunday of Easter*
09:30 — Pro Populo
11:00 — Nelson Collingwood RIP

Monday 15th May

Easter feria
10am — John Edward Thorne RIP (F)

Tuesday 16th May

St Simon Stock
8am (TLM) — Benedicto Tadeu Nogueiro

Wednesday 17th May

Vigil of the Ascension
6pm — Holy Souls

Thursday 18th May

The Ascension of Our Lord
8am (TLM) — Ann Merlehan & family
12:15pm — Holy Souls
7pm — Pro Populo

Friday 19th May

St Dunstan
10am — Heather Peters RIP & Brian Peters

Saturday 20th May

St Bernadine of Siena
10am — Mary McInnes RIP
Vigil of 7th Sunday of Easter
6pm — Pat & Aine Merlehan & family

CONFESSIONS:

Mon — *Sat*: 30 minutes before each Mass
& *Sat*: 5pm — 5:45pm
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: 11th June)

~ ~ ~



Thursday, 18th May

THE ASCENSION OF OUR LORD

Holy Day of Obligation

Masses: 8am (TLM) 12:15pm 7pm (solemn)

Confessions before all Masses
rosary after 12:15pm Mass.

THE FIRST NOVENA

After Our Lord ascended into heaven, the Apostles, having seen Him ascend, returned to the Upper Room in the house in Jerusalem where they had had the Last Supper and where Our Lord had appeared to them on the day of His resurrection. There, with Our Blessed Lady, they waited and prayed until the Holy Spirit was sent upon them at Pentecost (Acts 1:12-14).

There are nine days between the Ascension and Pentecost, and these nine days of prayer were the Church's first ever novena.

Every year our Holy Mother, the Church, encourages us to keep this novena, along with Our Lady and the Apostles, by praying for the coming of the Holy Spirit once more. The Holy Spirit is always with the Church, of course, but each year the liturgical celebration of Pentecost does not just recall but actually renews, re-energizes, and rejuvenates the supernatural reality of the Holy Spirit's presence.

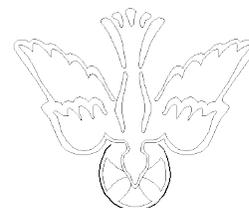
Please join the whole Church in praying each day of this novena (Friday 19th—Saturday 27th May) for the renewing power of the Holy Spirit to come once more upon Christ's Mystical Bride, the Church.

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of Thy faithful,
and enkindle in them the fire of Thy love.

☩ Send forth Thy Spirit, and they shall be created.

✠ And Thou shalt renew the face of the earth.



Let us pray:

O God, who has taught the hearts of the Faithful by the light of the Holy Spirit, grant by the gift of the same Holy Spirit they be truly wise and ever rejoice in His holy consolation. Through Christ Our Lord. Amen.

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

Day of Recollection Tuesday, 23rd May led by Fr Paul Diaper of Opus Dei. For women starting at 2pm, and for men at 7pm.

Diocesan Children's Pilgrimage to Walsingham

Tuesday, 30th May. See poster in the porch for details.

Parish Magazine Deadline for copy: 3rd June. The next edition of our parish magazine will be going to press in early June. Even if you think you couldn't possibly write something, please give it a go! Essays, quizzes, idle thoughts, memories, poems, articles of all sorts. And don't forget the Q&A section of questions for Fr Joseph to answer. Please send all contributions to: Matilda79r@gmail.com

Marriage Celebration Mass for all married couples (and their families). Saturday, 3rd June at the cathedral with Bishop Peter. For more details: rcdea.org.uk/marriage-mass-registration/

Family Enrichment Conference Saturday, 10th June, in Newmarket. See poster at the back of church for details or go to: familyeventconference.eventbrite.co.uk

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*.

Diocesan Pilgrimage to Lourdes 8th—25th August 2023. See the pilgrimage website: <https://www.tangney-tours.com/pilgrimages/lourdes/east-anglia-ca>

Wednesday evening discussions on Matthew's Gospel continue this week at 7pm in the parish hall.

How many of the 23 Eastern rite Catholic Churches can you name? [Albanian Greek Catholic Church (CC), Armenian CC, Belarusian Greek CC, Bulgarian Greek CC, Chaldean CC, Coptic CC, Eritrean CC, Ethiopian CC, Greek Byzantine CC, Greek Catholic Church of Croatia & Serbia, Hungarian Greek CC, Italo-Albanian CC, Macedonian Greek CC, Maronite Church, Melkite Greek CC, Romanian Greek CC, Russian Greek CC, Ruthenian Greek CC, Slovak Greek CC, Syriac CC, Syro-Malabar CC, Syro-Malankara CC, and the Ukrainian Greek CC.]

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

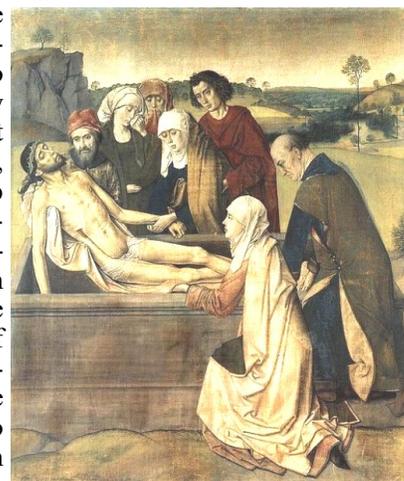
Of your charity Please pray for the repose of the soul of Mick Shapland and Sheila Gruber both of whom died recently, and of all those whose anniversaries occur at this time: Mary Clark, Kate Roche, Elsie Banham, Pamela Crawford, Margaret Evans, Ron Keavey, Gladys Hrycyk, Sara Jordan, Ellen Keenan, Ethel Bradford, Gabrele Kaninski, Alfons Kuszewski, Lilian Fotzpatrick, Joshua Harris, George Streater, Eleanor Wells, Petro Hopej, Jean Zwozdiak, Edward Tynan, Anthony O'Dowd, Edward Tyrrell, Elizabeth Scoggins, Elsie Patrick, Rosemary Shorter, Mary de Bono, Biase Scrocca, Charlotte Bellingham, Kathleen Shapland, Matilda Duffield, Kathleen Sleightholme, Joseph Vogel, May Augustin, Ellen Thrower, William Mitchell, and Marguerite Wright. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: In part eighteen of our 40-part series on the Nicene Creed we look at the depths of Christ's suffering.

AND WAS BURIED

We have seen, last week, that the death of Christ brings about our redemption, but now we must ask, why must there be any death at all? The answer is to be found in the fact that Adam *fell* from grace, he *fell* from friendship with God, and thereby distanced himself from his Creator. The consequence of his original sin was to place the entire human race into the kingdom, and under the influence, of Satan. This kingdom is marked by alienation from God, by an inclination towards further sin, by suffering and pain, by disease and death.

For mankind to be redeemed from this fallen state, God has to reach down to the very depths – to the lowest point – of Man's fall, and then lift him back up again. If death is the ultimate and definitive consequence of sin, then God must reach all the way down to the point of death if we are to be redeemed from sin. As we have seen, only One who is both God and Man can bridge the gap between a perfect God and fallen Man that was opened up



The Entombment by Dieric Bouts (1415–1475)

by sin. The Son of God became Incarnate in order to bridge this gap. In coming down to earth 'in the likeness of men' (Phil 2:7) the Son, as it were, sweeps down to participate in our human nature, suffers as we suffer, dies as we shall die, and even descends into hell (or, more properly, the Limbo of the Fathers), rises from the dead, and ascends into heaven, scooping up a fallen race on the way, and lifting that race up high to a participation in the divine life in heaven. This great sweeping action is what we call the work of redemption.

Therefore, and in this light, it is fitting, and in a sense perhaps even necessary, that the Son of God suffers the very worst that a human being can suffer – betrayal, abandonment, deceit, dishonesty, mental and spiritual anguish as well as physical pain, and finally a brutal death – in order to heal us from the very worst that we human beings can, and do, suffer. In so suffering, and in being lifted up, Christ draws all things to Himself (Jn 12:32): He draws all of the serpent's poison from our wounds; He draws all of our sins and all that we suffer, like a magnet drawing to itself billions of tiny iron filings that pierce Him, quite literally in the form of nails in His hands and feet; He forgives and purifies what He draws to Himself, and offers it up to the Father with cries and tears, with prayers and supplications (Heb 5:7).

Then, being buried – that is, descending into hell – Christ scrapes the very bottom of human experience, puts to flight those demons that consider the victory to be theirs, and frees from their captivity all those righteous people who lived and died before the Incarnation, and who have long awaited the opening of the gates of heaven, in a great act that we call the Harrowing of Hell.