

St Pancras

September 2023



The immaculate conception, by Giovanni Battista Tiepolo

Free (One copy per household)

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Prayer of St Anselm

Grant, O Lord God, that
we may cleave to thee
without parting, worship
thee without wearying,
serve thee without
failing, faithfully see
thee, happily find thee,
and for ever possess thee,
the one only God, blessed
world without end.

Amen

Editor's note:

I would like to express my gratitude to each and every one of you for your outstanding contributions to our latest issue. Your dedication have truly left me overwhelmed in the best possible way.

Your articles have covered a wide range of fascinating topics, our readers are in for a real treat! And I'm confident that they will find your articles both engaging and informative.

I also want to acknowledge that, due to space constraints, I could not include all the submitted articles in this issue. However, please rest assured that your contributions will feature in future issues to ensure that your contributions receive the attention they deserve.

Looking ahead, our next submission deadline for the upcoming issue is Sunday December 17th. I encourage you to continue sharing your articles, photos, and other content. Your contributions are what make our magazine thrive, and I look forward to receiving more of your work.

Please feel free to submit your materials to:
matilda79r@gmail.com.

Once again, thank you for being an essential part of our parish magazine, and I eagerly anticipate your continued participation in shaping the future of our publication.

Yours, Tilly Rampley.



Our Lady returns to Ipswich church after 485 years

By Father Joseph

In 1538, the statue of Our Lady of Ipswich was removed from its shrine in Lady Lane by Thomas Cromwell's men and taken to Chelsea in London, to be burned, along with statues from many other shrines around the country including Walsingham.

But there is a twist in this particular tale. The story goes that the statue of Our Lady of Ipswich was rescued and taken by sea to Italy. In the seaside town of Nettuno (where St Maria Goretti was born) there is a statue of Our Lady which the locals call 'The English Lady.' It is thought to have appeared in 1550. Certainly, before then there is no mention of it.

Tests have shown that there is a higher-than-expected salt content in the wood, such as might be consistent with the statue having spent some time at sea. These details, along with a number of others, suggest with a surprising degree of certainty that the English Lady in the coastal town of Nettuno, roughly half way between Rome and Naples, is indeed the original statue from Ipswich.

In 1977 some parishioners, including the late Stanley Smith, Maire 'Doc' Heley, and Judy Fell, as well as Jean Johnson, established the Guild of Our Lady of Grace of Ipswich with two objectives in view. The first, to work for greater Christian unity, and the second to re-establish the Ipswich shrine of Our Lady of Grace. Curiously, it would seem that it was in Ipswich that Our Lady was first given the title of Our Lady of Grace.

Working with parishioners from St Mary at the Elms Anglican church, and Guild members from other local churches, a shrine was indeed re-established in the closest spot possible to the site of the

original shrine which had long since vanished. Today, there is an annual walk, organised by the Guild, every September from Wolsey's Gate near the waterfront into the centre of town to the church of St Mary at the Elms, stopping at the plaque in Lady Lane, which is the nearest point to the site of the original shrine, before concluding at St Mary Elms church.

Yet it seemed odd that there should be no statue of Our Lady of Ipswich in any Catholic church or home in the town itself. So, in 2022, St Pancras parish commissioned a brand new statue from the Italian workshop of Stuflessers, paid for by three remarkably generous parishioners. The newly carved statue was to be as close a replica as possible of the statue in Nettuno.

After a lengthy wait, and many e-mails back and forth, the new statue finally arrived on June 23, safely crated and packaged. Statue and throne had been carved separately but were quickly reunited and placed on the sanctuary at St Pancras where it could be inspected by everyone before being removed to the Lady chapel, her new home.



Next year, on May 15, the feast of Our Lady of Grace, Bishop Peter Collins will come to Ipswich to bless the new statue. In the meantime, we have already celebrated a Mass of welcome at which Fr John Barnes, the local dean, preached a beautiful homily explaining that whilst we were welcoming Our Lady of Ipswich to St Pancras, nonetheless, it is really Our Lady who is welcoming us into God's house. Even so, everyone present was delighted simply to say to our Blessed Mother, after an absence of 485 years from any Catholic church in the town, welcome home!



Pictured above, are St Pancras parishioners, left to right, Laura Isaacs, Victoria Davres, Brigitte Newman-Sanders, Philomena Haining, and (front) Anne Abbott, with the new statue of Our Lady of Ipswich. Photograph by Stephen Griggs.

Celebrating William Byrd - By Anne Abbott

On Monday 4th September 2023, it was wonderful to hear the Southwell Consort sing the austere and reverent three-part Mass by William Byrd, with beautiful Propers and motets of sumptuous grandeur, in honour of the Blessed Sacrament at the church of Corpus Christi, Maiden Lane, Covent Garden. In spite of living in times of great religious turmoil and persecution for Catholics, Byrd wrote sacred music of great breadth and beauty, composing about 450 works in his 80 years. Much of this music was for the Holy Sacrifice of the Catholic Mass, which has remained virtually unchanged for centuries.

In spite of the harrowing religious circumstances in which Byrd lived, especially during the reigns of Queen Elizabeth I (1558-1603), and King James (1603-1625), Byrd was loyal to his Catholic Faith, as is evident from his life and his musical works. As a chorister at the Chapel Royal, the best and most prestigious choir in the country, he was taught by the composer Thomas Tallis, and rose to become joint organist there. The Chapel Royal in Whitehall palace was a "royal peculiar", subject to the sovereign alone, and the singers were accustomed to the more elaborate and beautiful surroundings of the chapel, left largely untouched by the Reformation.

At the age of 23, Byrd was appointed organist and master of the choristers at Lincoln Cathedral, where, in 1568, he married Julian Birley and eventually had five children. Lincoln, with its Puritan leanings was too restrictive to his music, and he eventually returned to the Chapel Royal, where he would find royal protection from the Queen. Elizabeth was a skilled musician and was well-educated and showed leniency towards her royal musicians.

Many records show that Byrd was charged with recusancy for refusing to attend Protestant services, but there is no evidence he had to pay the fines, which were £20 per adult per month (£5,500 in today's money), thanks to Elizabeth's favour.

Shortly after the anti-Catholic hysteria of the Gunpowder Plot of 1605, an unlucky man was tossed into Newgate prison for possessing a copy of Byrd's *Gradualia*, a collection of Latin i.e. 'Papist' motets and psalms, which were now banned under King James, though Elizabeth had permitted them to be published. In 1593, weary of compromising his faith and his art, Byrd left London and settled in the village of Stondon Massey, Essex, near Ingatestone Hall, the home of his powerful, Catholic patron, Sir John Petrie.

Queen Elizabeth continued to pay his salary in absentia up to her death, as his salary was for life. Here he wrote his three great Masses (1593-95) and two books (1605-07). In this more Catholic area, Byrd could more easily practise his faith. The music for his Masses would have been performed clandestinely by smaller forces at Ingatestone Hall. Petrie had a priest on his staff.

Much of his later music expresses the depth of his feelings for the beleaguered state of the Catholic religion as in the motet *Deus venerunt gentes*

Psalm 78:

O God the Gentiles are come into thine inheritance, they have polluted thy holy temple: they have made Jerusalem as a watch tower of fruits. They have made the carcasses of thy servants, meat for the fowls of the air: etc.



William Byrd, 1540-1623

Catholic feeling ran high in 1581 at the death of the Jesuit martyr Thomas Campion. Byrd's anguish speaks eloquently in the motet '*Tristitia et anxietas*', 'Sorrow and anxiety have taken hold of my innermost being'. He also set to music a poem by Henry Walspole on the death of Campion, an act which many could be regarded as treason: 'Why do I use my paper, ink and penne'? The last stanza refers to 'his quartered limbs', the priest being hung, drawn and quartered.

In his will, Byrd wrote, 'may I live and die a true and perfect member of [God's] holy Catholic Church without which I believe there is no salvation for me'. William Byrd was one of England's greatest composers of the Renaissance era, born to a wealthy London family in 1540, and dying in 1623, making this year the 400th anniversary of his death.

On Monday 4 September, the sacred music of William Byrd was celebrated with a Mass of the Blessed Sacrament at Corpus Christi church, Maiden Lane, Covent Garden. A festival of Byrd's music, featured in 12 Masses over 4 months, takes place in three London venues.

See: www.lms.org.uk/music

Part 1



Your questions on the Catholic faith answered by Father Joseph

Questions from Barbara Noll

1) What is the Apostolic Pardon?

When a priest visits someone on his deathbed he has the faculty from the Holy See (that is, from the Pope), to bestow the Apostolic Pardon. It is a most precious gift because it remits (cancels) all of the temporal punishment due to the individual for the sins he has committed in this life, even those that have been absolved in the Sacrament of Confession. All sins have punishments attached to them. We can offer our trials and tribulations to God as penances during the course of this life but if, when we come to die, we have sinned more than we have suffered then there will still be some punishment due to us after death; this punishment takes place in Purgatory. An Apostolic Pardon (which can only be bestowed at someone's deathbed) remits (or cancels) any remaining punishment that is still due to us so that we can go straight to heaven. So make sure you have a priest at your deathbed!



2) What is the difference between the spirituality of the Jesuits and the Oratorians?

The Society of Jesus (often called the Jesuits) was founded by St Ignatius Loyola in the sixteenth century. The Congregation of the Oratory was founded by St Philip Neri, also in the sixteenth century. In fact, the two saints knew each other. St Ignatius has been a soldier, so the religious order that he founded is highly structured and disciplined. It has a number of rules, and at the heart of Ignatian spirituality lay the Spiritual Exercises, a series of spiritual undertakings spread over thirty days, designed to correct, renew, and reinvigorate a person's spiritual life. The Jesuits are a major missionary order whose members travel to the far flung reaches of the globe to convert people to the Faith. Many Jesuits have become martyrs. By contrast, St Philip stayed at home, and based his apostolate on drawing people in towards God rather than going out in search of them. He would try to convert individuals, rather than at crowds, by going to meet people 'where they are at' as we might say today. Instead of working within a particular and specially designed framework, St Philip's work was very much tailored to the needs of individuals, teaching them to pray, and drawing them on gently and humbly to a closer union with Our Lord.

Part 2 on page 23

Exciting News!

Are you new to the Catholic faith? Are you a lifelong Catholic looking to refresh your knowledge of the Church's teachings? Look no further! We are thrilled to present 'A Simple Outline of the Catholic Faith', an exciting and informative booklet written by Father Joseph; that will guide you on a captivating exploration of Catholicism. Immerse yourself in the rich tapestry of Catholicism in full-colour and engaging content that will make learning about your faith a joyous experience.

While the book is free of charge, donations are encouraged to help cover the costs of publishing, and our contributions will play a vital role in spreading the message of the Catholic faith.



*A
Simple
Outline
of the
Catholic
Faith*

By Father Joseph

Anagram Puzzle

by Denis Bates

Female Authors:

dine blot my =

growl jink =

auld dijon salon =

gatecrash Haiti =

horrid music =

Male Authors:

asked clinchers =

arnhem reggae =

kenneth pigs =

vaguest bar flute =

Football teams:

Red adMiral =

Uncouth preSident =

real Bacon =

synthetic CreaM =

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St John Henry Newman

By Jean M Johnson

St John Henry Newman's feast day is on Monday 9 October, shortly after this magazine is published. I first began to learn about Newman almost fifty years ago. Like very many others, it was through my study of the Oxford Movement and of the life and writings of Newman that I was led to the Catholic church.

It must have been around 1997 that I joined the Friends of Cardinal Newman. In late 1986, I went to Birmingham for an interview, the night before; I found the Oratory and attended Benediction there. I lived in Edgbaston for 35 years, worshipping both at the Oratory and at my parish church. Soon after my arrival, the chaplain of the school where I was Head retired.

Fr Gregory Winterton, Provost and Postulator of Newman's cause, kindly sent a young priest to say Mass on 8th September 1987; and he volunteered to be our Chaplain. In due course, he became Provost and Postulator. Years later, just before the beatification, the next priest who for a brief period took on the role, had shown Dr Heley and me around Rome for a week, so you will realise I had pretty good connections!

Over the years, whether at school or at the Oratory, Newman was our Cardinal. We loved his hymns, including the one he wrote which we sang year by year on the Feast of St Philip Neri, founder of the Oratory. I remember well when Newman was declared Venerable, I saw the document that was sent to Rome with evidence for the beatification, but there was more than that. Deacon Jack Sullivan, whose miraculous cure from a crippling spine disease led to the beatification, came to the Oratory.

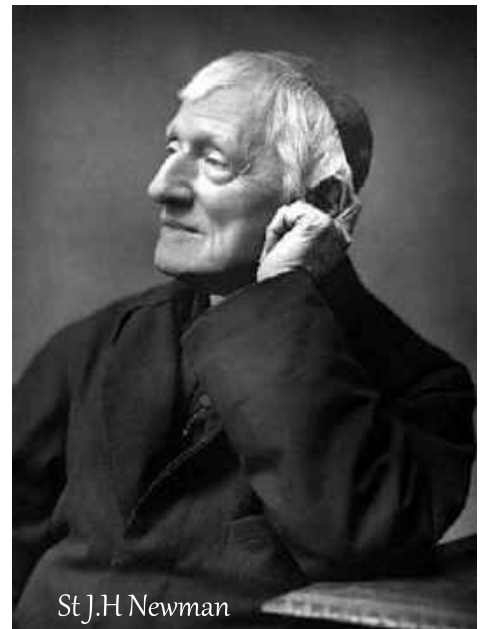
I talked with him and he signed a booklet which I took to my dear boys at Bukinda Seminary in Uganda. They certainly know a lot more about Newman than many Catholics here appeared to know, even just before the Canonisation!

The beatification by Pope Benedict XVI was in 2010 in a Birmingham Park near the Oratory House and burial place at Rednal. I was in charge of a coach that left the centre of Birmingham in the middle of the night. I had to check that everybody was the person shown on their passport, but could not even see their picture in the dark!

We had hours of waiting, most of us fortunately took camping stools, but it wasn't much fun on grass in pouring rain! Eventually, the papal helicopter appeared overhead and the rain stopped! I think we were all staggered that the Beatification itself took just about a minute, or so it seemed!

The wonderful thing for me was not the great, joyful crowds all singing Newman's hymns and rejoicing, but when Fr Gregory knelt at the feet of Pope Benedict to be blessed. This old man who had spent very many years of his life on the Cause, received his reward; I shall never forget that.

After the Beatification there was a great impetus in Edgbaston to achieve Canonisation, we wanted him to be made a doctor of the church but that didn't happen. Even before the beatification, I had confidently said I would be at the canonisation, not on the first row, but certainly the second! Soon, there was news of a second miracle, needed for canonisation, also from America.



St J.H Newman

Melissa Villalobos had an on-going internal bleeding that threatened the life of the little girl in her womb. She asked Newman's prayers, and the rest is history!

By the time of the canonisation in October 2019 I was living in Ipswich but continued to return for meetings of the Committee, so joined the Birmingham Oratory group to attend the canonisation. This gave huge advantages, Carol Parkinson, who was secretary of the Friends of Cardinal Newman and I were given special privileged tickets.

Arriving on Friday late morning, we went to the church where programmes and Newman badges were given to those who booked through the Oratory. Soon we found ourselves having lunch with the Provost, Fr Ignatius.



Jean Johnson in Rome

This was the beginning of a most wonderful few days. At every corner in Rome, so it seemed, we bumped into priests that we knew. Our first event was a Mass for Birmingham archdiocese pilgrims in The English College. I knew most people but several features were special. Readings and bidding prayers were done by a Catholic laywoman and by a representative of Birmingham Anglican cathedral.

Newman was Catholic for half his life but had been an Anglican priest and prominent figure in Oxford, drawing many students to his sermons. His influence on the Anglican Church, through the Oxford Movement, was considerable and Anglicans were present throughout the weekend. The most wonderful feature of this Mass was deacon Jack Sullivan, proving to us all that miracles really do happen!

Saturday gave time to make sure we knew where we would sit for the canonisation, and how to get there, as well as to look at several of the nearby gift shops. The afternoon was given over to very learned lectures. Both on that day and on Sunday, there were evening events including a Mass and a beautiful musical Oratory. At every event we sang "Newman's hymns", accompanied by the excellent choir from the London Oratory School.

Early on Sunday morning I was interviewed by phone for Radio Suffolk! The Canonisation was in Italian and others were canonised also, but it seemed to me that Newman had pride of place. An Italian version of Firmly I believe and Truly was sung, to an unfamiliar tune. To be at the event was fabulous, but those of you watching at home would have had the benefit of hearing an English translation, whereas we had to look at the programme for it.

As soon as the service ended, Carol and I had to rush off to find the circuitous route, through an underground car park, to the place for the

special reception and lunch for our bishops, Oratorian clergy, and a few others; we were greatly privileged. The special guest was Prince Charles, now our King. I was very impressed by his speech, which he had clearly prepared himself. More events were to come: we just seemed to rush from one to the next.



Monday morning was our special English celebration in the Lateran Basilica. Carol was whisked away to a special seat because she was doing a bidding prayer, whereas I was put on the second row; I said I would be on the second row, and it happened! This was special, with all our bishops, the London Oratory School choir, many Anglican bishops and Cardinal Nichols presiding. In the homily, delivered by an Oratorian friend of many years, Fr Gregory was again acknowledged.

It was all wonderful and we were all so very happy. As the Cardinal processed out, he stopped to bless Melissa and family, and then me! Of course, I knew him from his years in Birmingham. I even found my old university friends in the crowd, having found a taxi; we joined up with their Nigerian Dominican friend Fr Alex for lunch. As my Ugandan friends say 'God is good all the time. All the time? God is good and that's his nature'. That was the most wonderful weekends of my life!

Finally, apart from learning from Fr Joseph's excellent homilies, please do read about Newman. The CTS had several little booklets but an easy read is Newman's Journey by Meriol Trevor, who I met. You can probably find a second hand copy.

Really, however, you should read Newman's "Apologia pro Vita Sua". Very many more books are around! If you visit Birmingham, do go to the Oratory, being sure to visit the small chapel, where as an old man he would sit and could see the high altar, and also the cloister with the big memorial plaque about Newman, as well as the small museum, but check when it is open. Sadly his room, where I imagine his Oxford academic hood and the picture of the University church where he ministered as an Anglican priest still remain, is no longer open to the public. I have been blessed to go there several times, and to the wonderful library. Pray that Newman will become better known throughout the Catholic churches of Ipswich.

'With Christians, a poetical view of things is a duty. We are bid to colour all things with hues of faith, to see a divine meaning in every event.'

St John Henry Newman

A journey to The chapel of the Portiuncula

By Sheila Barnes

The chapel of the Portiuncula (a small portion of land) was rebuilt by St Francis of Assisi and became the pearl of the Franciscan order.

Pope Honorius III (d.1227) granted a plenary indulgence to those who, having confessed, visited the church on 2nd August each year, the anniversary of the little church's dedication. Today, the same indulgence may be gained in any Franciscan church as well as in all parish churches.

To gain the indulgence you must go to Confession and receive Holy Communion within eight days either side of 2nd August, and on the day itself visit a Franciscan church, or a cathedral, or a minor basilica, or indeed any parish church, and pray for the intentions of the Pope by saying an Our Father, the Apostles' Creed, and one other prayer of your choice, and be free from all attachment to sin, even venial sin.

As Fr. Joseph writes in his early August newsletter (copied above), the 'Perdono di Assisi' (Pardon of Assisi) established in honour of the Franciscan chapel in Italy is a highlight of the church year for the penitent.

As I spend every July, August and September in *Le Marche* (the province on the Adriatic side of Umbria and Tuscany) I was well placed on the 2nd of August to take advantage of conforming to the requirements for spiritual benefits of the plenary indulgence. It would be possible from my place to visit Assisi after a drive which takes under two hours but which involves lots of curving mountain roads, where I am told in August enthusiastic motorcyclists cause frequent crashes. I save Assisi itself for another year.

It's still a 40 minute drive down the mountain to find the appointed place. My neighbour from my small mountain village, a devout Catholic herself (there are many here), accompanies me to Acqualagna, a town famous as the "capital of truffles".

On the outskirts of the town, there stands an impressive sanctuary, whose construction was begun in the 14th century by the Pelingo family (landowners in the surrounding area), later added to and then consecrated in 1859. It displays and protects the painting of the "Madonna del Pelingo", of unknown origin, restored in 1981, and reputed to be the source of many healing miracles.



A nun greets us as we enter during the pre-mass rosary already in progress and we ask if it is possible to have confession. The parish priest is absent but there is a visiting priest, she tells us, and there is a queue, but we are invited to join it and wait.

Only a few minutes later I am ushered in to meet Father Eduardo, from Sri Lanka, who is a parish priest in Smirra, in a nearby region. My friend has recently met him at a convocation celebrating the Holy Spirit in Cagli, another town local to the sanctuary.

Both the priest and I speak fluent Italian but as I introduce myself, he invites me to give my confession in English. This makes it much easier to swiftly formulate my thoughts, important in that the minute hands are ticking down to the start of the mass and there is still the queue.

Fr. Eduardo, however, does not rush. I feel the wings of the dove (the Holy Spirit) move the air above our heads, and the confession, discussion and absolution are taken out of our hands. What results is a message which I could not have anticipated, and which fills me with wonder and a kind of joy which is hard to describe.

I leave the confessional and take my place for mass in the rows of pews facing the beautiful and memorable painting of the Madonna. After the mass I say my phrases of penance, and add to them my whispered repetition of Our Father, the Credo and another prayer of my own choosing, all for the intentions of the Pope.

'I feel the wings of the dove (the Holy Spirit) move the air above our heads, and the confession, discussion and absolution are taken out of our hands'.

Continue on page 9

The prayer below is what I choose from a book of prayers of Lancelot Andrewes, one of the 17th century Church of England's greatest saints.

I leave the Sanctuary and take my neighbour to the 13th century Abbey nearby, which she, characteristically, as a local resident, has never visited. We admire the 13th c frescoes, imbued with rosy evening light and feel lifted out of our daily

lives, carried on the wings of the Spirit. We take an Italian soft drink at the bar, a *crodino*, and then we are on our way home, changed...

Blot out, o Lord, as a thick cloud of night our transgressions and as a morning cloud our sins;
make us children of the day and of the light,
grant us to walk chastely and soberly as in the day.
Vouchsafe, o Lord, to keep us this day without sin.
Keep us from the arrow that flieth by day,
and from the sickness that destroyeth in the noonday:
deliver us from the hand of the hunter and from the
noisome pestilence:
from the evil of this day keep us.
Today salvation and peace be to this house.
O let me hear thy loving kindness,
for in Thee is my trust:
show Thou me the way that I should walk in,
for I raise my soul unto Thee.

Our Lady of Grace pilgrimage walk 2023

By Jean M Johnson-Founder member

The annual pilgrimage walk to the site in Lady Lane, Ipswich, took place on Sunday 3rd September on a beautiful sunny day. It was a privilege to welcome the Mayor of Ipswich, who clearly knew the history and firmly believed that our original statue is now in Nettuno, Italy. 21 years ago, the Ipswich ecumenical shrine commissioned a copy of the original statue to be carved from English oak by a St Pancras parishioner.

At last 75 people gathered at St Peter's church and followed the route planned by Cardinal Wolsey, who was born 550 years ago, in Ipswich. An annual walk along this route was restored in 1978. Five people present were on that first pilgrimage walk. The walk was led by Fr John Thackray, vicar of St Mary Elms, proudly holding our Guild banner, and Fr Joseph Welch, parish priest of St Pancras, representing Bishop Peter.

Walking in silence, we had five stops where we recited the Joyful Mysteries of the Rosary and sang an appropriate hymn. Finally arriving in Lady Lane, members renewed their commitment to pray that unity may come to all Christians through the help of the Blessed Virgin Mary and to promote devotion to her under the title of Our Lady of Grace.

Fr Joseph then led a short service at the shrine; his homily, quoting St John Henry Newman, focused on the importance of giving honour to Our Lady. Concluding with refreshments, it was a happy occasion. Next year we shall be celebrating on Sunday 8th September, Our Lady's birthday, and hope for even more pilgrims.



Photograph by Rosa Patten

Feast of St Anthony of Padua

By Father Joseph

On the feast of St Anthony of Padua, parishioners at St Pancras in Ipswich were present at the traditional blessing and distribution of bread. A custom stretching back hundreds of years, food brought by members of the parish is blessed at the end of Mass and then handed on to those in need.

The parish has a barrel all year round at the back of the church for donations of dry food-stuffs which are then collected by a representative of Families in Need (FIND) and distributed through a foodbank to those in the local area. On 13th June, these foodstuffs were blessed along with fresh bread rolls which were then handed out to parishioners to remind us of the importance always to consider the needs of the poor.

Prayer for the blessing of St Anthony's Bread:

O glorious Wonder-Worker, father of the poor, who by a miracle didst discover the heart of a miser buried in his gold, and who was endowed with a heart ever ready to help the distressed and afflicted, You who dost ensure a hearing for our prayers by offering them Yourself to the Lord; bless + and sanctify + these gifts, and accept in token of our gratitude the alms which we lay at Your feet for the relief of the poor. May this alms do good to those who suffer, and to ourselves. Come to their aid, and to ours, with your accustomed kindness; help us in our temporal needs, but still more in our spiritual necessities now and at the hour of our death. Amen.

St. Anthony of Padua, pray for us!



Parishioners with the Families In Need Collection barrel, clockwise from bottom left: Maria Patten, Theresa Cleary, Rosa Patten, Peggy Ayers, and Anne Abbott.



Standing Orders: Please consider making your donations as a standing order instead of cash.
Account name: St Pancras Catholic Church, Barclays Bank. Account number: 00775843
Sort code: 20-44-51.

News from Christ Church

By Rob King

When the school summer holidays start there is not much organised in the way of church activities. Tots Plus stops, Thursday forum stopped back in May, Bible Study groups also take a break. However, apart from Sunday mornings, there have been other things going on.

Holiday at Home provided a welcome opportunity for friendship, food and fun for two days in July. As befitted the title, a right Royal Occasion', we heard about Ipswich's historical royal links; had a nostalgic look at memory boxes with mementos of holidays gone by and royal occasions within living memory; sang folk songs and traditional songs; were entertained by the ukulele band *What, No Cake*.

We engaged in the usual craft activities, like flower arranging, card-making, artwork and cake decorating. Each member took home as many of the creations as they wanted and the remaining cakes were saved for the *Songs of Praise* evening on the Sunday. This started with a full afternoon tea in the Langston Hall, followed by *Songs of Praise* with hymns and readings chosen by *Holiday at Home* guests. Some of them spoke movingly of the reasons for their choices and what the items meant to them.

There have been two open gardens in aid of *Suffolk Accident Rescue Service* which is our chosen charity for this year. The first was at the home of David and Julie Stainer where £210 was raised. Second one at Anne Fox's garden was spot on and raised £91 some of it from selling surplus cakes the next morning after church.

On Sunday 23rd July there was a Multi-Cultural Day in Alexandra Park. This was organised by the *Bangladeshi*

Support Centre Multicultural Services. We had a stall in the main tent with Craft activities for children, and brought our prayer tree, renamed *Hope tree* to be more inclusive for a multi-cultural event, and invited people to write their hopes onto a leaf and hang them on the tree. This was well used and some of the hopes were very moving, many of them from children.

Whilst taking a break from regular lunches and speakers, *Thursday Forum* nevertheless organised two events for those wanting to keep in touch and get out and about during the summer.

At the end of June we had a meal at *The Key Bethesda's* café/restaurant on *St Margaret's Plain*, which meant a good social atmosphere and plenty of chat. At the end of July we had an exclusive visit to the RNLI lifeboat in Aldeburgh. We had been invited to do this because of our last year's donations to the *RNLI*.

At the beginning of June we received a bronze award in our endeavours to become an eco-church.

Our focus this year has been on our outside spaces and has included allowing some areas to go wild by leaving the grass uncut. In front of the church building, we have enlarged the flower beds and planted them with a meadow seed mix. Our expectations for this were not high but we have been delighted.

High up on the wall of the schoolrooms looking from Tacket Street you will see that we have put up four swift nest boxes in the hope of helping these amazing birds to overcome the loss of nesting sites. You may also have heard their cries but for now this is a recording and not the real thing. Perhaps next year the swifts will find their way to Christ Church.

Every blessing from all of us at Christ Church,

Rob King, Church secretary.

**Even the sparrow has found a home,
and the swallow a nest for herself,
where she may have her young—
a place near your altar,
Lord Almighty, my King and my God.**

Psalm 83:3



Front garden of Christ Church, with enlarged flower beds.

Respond to music

By Mim MacMahon

If you were lucky enough, as I was, to have been watching BBC4 on the evening of Sunday, 20th August, you would have been the happy recipient of a singular musical treat. *The National Youth Orchestra*, 157 talented youngsters who do what I hardly ever did, and practise their instruments, were joined on stage at the *Royal Albert Hall* by South African soprano *Masabane Cecilia Rangwanasha* for *Richard Strauss's Four Last Songs*, and, by contrast, a brand new piece by *Errollyn Wallen* (in the audience, beaming) which she wrote especially for this orchestra.

Four Last Songs – the little set for soprano and orchestra was *Strauss's* last published piece, composed in the year before his death, and not actually published until after it. The songs' texts are poems by *Hermann Hesse* and *Joseph von Eichendorff*, and their titles, translated from the original German, are *Spring*, *september*, *On Going to Sleep* and *At Sunset*. Three of the poems reference death, but in a natural and benign context; autumn, the approach of sleep, a sunset being watched by an ageing married couple as a pair of larks, represented by two flutes, soar into the darkening sky.

The atmosphere is created by lyrical orchestral underlay, over which floats the beautiful, ethereal soprano line. It speaks of serene acceptance, the natural completion of a day, or a summer, or a long married life. Poignant, then, that it was being performed, sublimely, by a young singer in the morning of her career, and an orchestra made up of teenagers. All very far from the conditions in which *Richard Strauss*, aged 84 and close to his life's end, wrote the piece.



Richard Strauss
1864-1949



And doubly poignant, to me. As I write, I am still taking in the sudden death of a friend of mine whose last few years consisted not of golden sunset, but of inexplicable decline. At the end of the last song, *At Sunset*, the singer sings softly *Ist dies etwa der Tod?* (Could this be death?) and the words cut me like a scalpel. I was too stunned even for tears.

But then... came the *Errollyn Wallen* piece, *The Whole World*. The young players put down their instruments, stood up and sang! They became the soloist's backing group, and underneath her soaring rendition of the well-known spiritual *He's Got The Whole World In His Hands* their joyous youthfulness poured out in *Pata Pata*, the ultimate party song. With rhythm and choreography. (Busting some moves, they call it, in the trade).

And my mood? Turned on a sixpence! Maybe there is something brighter, day turns into night – and then morning comes. Summer turns to autumn – but autumn is when gardeners plant spring bulbs. We mourn – but life is still beautiful. Luckily, this jewel of a concert is still available to hear on BBC iPlayer. Oh, and that was only the first half... hear the whole thing for yourselves.

In memoriam: Judy Fell

By Jean M Johnson



The contribution of Judy to the church in Ipswich is perhaps best summed up in the words of Theresa Cleary: 'when I rang my brother (Fr Pat Cleary) to tell him Judy had died, he said it was the end of an era'. These recollections are based on the memories of many friends who have kindly written about her much more could be said. But I hope this gives a reliable picture and apologise that it has been necessary to shorten some memories and omit others.

Judy was part of St Pancras for over 80 years. Many of us have heard that she started work at the age of four – Canon Peacock asked her to sweep up some mess made by her altar boy brother Tony. She was in the choir for over seventy years and was active as sacristan in the long era of Fr Leeder, continuing under Fr Frost into her eighties. Do any of us know anyone who has served a church faithfully for so long? I doubt it. There was the odd day of rebellion!! Someone told me that on one occasion she could be heard announcing loudly from the sacristy, 'That's the finish'.

One Holy Saturday she came to the Easter Vigil at St Mary's and said she had finished with St Pancras. On Easter Monday Fr Leeder took her to Walsingham for the day, and all was restored!

As well as being the longest serving parishioner Judy was surely also the one living nearest to the church. She was handy for any problem or if anyone had mislaid or forgotten a church key. The house at 43 Bond Street had been bought when new by her family; she lived there until not long before she died.

It was a blessing to find Montana House, where she was cared for by Sisters in lovely surroundings, with daily Mass, and Holy Communion brought to her if she was not able to get to the chapel.

Judy's step sisters were much older than her and well known in the parish. For example Dolly Dent, whose daughter Margaret Podger was older than Judy (Margaret died at 91 in 2019).

Theresa remembers that in her youth St Pancras had pew rents. A person who had paid for the right to sit in a given pew had their name written on a little card fixed near to their seat. These cards were written in a flowing hand by Judy's father. A talent which Judy inherited from her father. Many readers must have First Holy Communion or Confirmation certificates with their name beautifully written by Judy.

Judy attended St Pancras Primary School and then, like many Catholic girls, proceeded at eleven to the Convent. She told me that use of the lovely path through the woods from Spring Road was banned to the girls so she must have had an uphill walk to school! Sadly, the death of her father meant that she did not continue to the sixth form but she remained a loyal member of the Old Girls' Association.

I was thrilled to be given a copy of their 2007 calendar, found in Judy's house. Not only does it have pictures of the former convent, a part of which is now my home, but also of the celebration cakes from when the school closed in 1996. There are several photographs of the Sisters, many of whom I knew, including Sr Judith

Mary, who was pupil at the same time; she was older than Judy and Theresa was younger. Beyond her work as Sacristan and other tasks such as flower arranging, deputising as organist and finding greetings cards or rosaries for people, Judy had leadership skills which she willingly exercised over many years.

One role was as Chairman of Ipswich Life group; at one time this included a shop on Norwich Road, as well as regular local meetings and many fundraising events. Theresa remembers Judy graciously accepting her political reports, and also being driven by Judy through the winding lanes of Norfolk to Poringland, home of our bishop, for regional committee meetings.

I remember attending several very well organised regional conferences, planned in conjunction with Doc Heley, where they often managed to persuade Prof and Nuala Scarisbrick to come from Leamington Spa. Like many groups, it survived until the impact of Covid and lockdown found new ways of working.

Another group which Judy chaired was the Catholic Women's League. This also had regular meetings, often with outside speakers, as well as a range of fundraising activities.

Ladies from Christchurch were on occasion involved. I'm told the friendship started after Bishop Peter Smith preached there during the Week of Prayer for Christian Unity. A group of ladies from Christchurch came to a CWL tea each year and a similar number from St Pancras were invited to a lunch at Christchurch.

Judy was the link bringing details of Christchurch events and taking copies of St Pancras magazine to them. Posters for Thursday Forum talks came regularly via Judy. Probably the event where most friendships were made was the Monday Circle, organised by Loris and Doc for ten years. Judy was always present at that too!

Another ecumenical event that Judy promoted was Women's World Day of Prayer. Sadly there has been no town centre group for two years but what is now re-named World Day of Prayer was at St Mary's this year and it would be good if someone could volunteer to be the link so several ladies from St Pancras could once again participate.

Judy was a Founder Member of the Guild of Our Lady of Ipswich. I suspect she is the only person to have attended every single pilgrimage walk, but Theresa may well have been at them all as well. It was re established on 8 September 1978, 450 years to the day after the one walk to the shrine in Lady Lane that was planned by Cardinal Wolsey.

Judy always helped with preparation and duplication of the programme, and with publicity. Our St Pancras representative is now Josie O'Halloran who will ensure that details of future walks are advertised. Like Judy, many of the original St Pancras participants such as Stanley Smith, Doc Heley, and Gabrielle and George Sharpe have died or are no longer able to do the walk, so it would be great to see some new, younger people.

Probably the most visible example of ecumenical cooperation involving Judy has been the various musical performances by the combined choirs of St Pancras and Christchurch. However they are just tiny parts of Judy's wide ranging musical involvement.

Anne Abbott has provided an excellent summary of Judy's wide ranging religious musical interests, which I am afraid I am condensing somewhat.

Judy joined the choir at age 14 and was also a member of the Schola Gregoriana of Cambridge, founded by Dr Mary Berry; she frequently participated in their weekend singing workshops. Judy and Anne visited Dr Berry in Feb 2008, just before she died, and brought back 25 copies of the Liber Cantualis for the choir. Judy liked the Latin Gregorian Mass and was happy to sing for example Missa cum Jubilo for Our Lady.

Both Anne and Celia, with whom Judy had worked since 1974, told me how, when visiting a country church with her walking group, Judy would try out the acoustics by singing the Salve Regina. She liked traditional hymns, both in Latin and English, and I hope that before you read this the choir will have treated us to some of her favourites at her funeral. Music was not all serious for Judy - when she was at Mass in *Santiago de Compostela*, she had the good fortune to be present when the giant thurible began swinging in her direction, in the choir.

Anne relates that Judy got an uncontrollable fit of the giggles, despite the choir being visible to all. I have heard from another friend, Margaret Highton, who visited Ely Cathedral with Judy. On that occasion she sang the Ave Maria in the Lady Chapel. Margaret commented on her beautiful voice and strong faith.

I too experienced Judy singing on holiday in a very different environment on a holiday to Corfu, I was worried how Judy

would react to the evening worship but she joined in singing very different hymns with great gusto!

Judy had numerous experiences with her friend Celia and spent many weekends showing Celia her beloved Suffolk. They often got into scrapes including one night when they inadvertently stayed in the red light district of Nicosia! Leaving as soon as possible next morning, they found a small place for breakfast a few doors away. It soon dawned on them, as they noticed the odd looks from other customers, that they were in a men's Gay Bar! Celia says that nothing fazed Judy.

When they were in Egypt, travelling in a caleche (a two wheeled horse drawn carriage), Judy sat next to the driver, who became rather amorous. On alighting, Judy said, 'Goodness me, I'm old enough to be his grandmother!' Celia concluded by saying that Judy was broadminded, compassionate and understanding, and 'I swill always miss her'.

I think many of us would echo those last few words. However, may I conclude with words from one of my favourite hymns, O bread of heaven:

For how can he deny me heaven
Who here on earth himself
hath given.

We pray that Judy may rest
inpeace, but also that we may
meet again one day, in
heaven, with Judy and all those
we have loved and
lost.



Judy Fell 1937-2023

The Virgin, a poem by William Wordsworth (1770-1850)

Selected by Anne Abbott

Mother! whose virgin bosom was uncrosth
With the least shade of thought to sin allied.
Woman! above all women glorified,
Our tainted nature's solitary boast;
Purer than foam on central ocean tost;
Brighter than eastern skies at daybreak strewn
With fancied roses, than the unblemished moon
Before her wane begins on heaven's blue coast;
Thy image falls to earth. Yet some, I ween,
Not unforgiven the suppliant knee might bend,
As to a visible Power, in which did blend
All that was mixed and reconciled in thee
Of mother's love with maiden purity,
Of high with low, celestial with terrene!



An appeal!

By Stephen Griggs

Our church was saddened to learn this week about the death of one of our most valued members, Someone Else.

Someone's passing creates a vacancy that will be difficult to fill. Else has been with us for many years and for every one of those years, Someone did far more than a normal person's share of work. Whenever there was a job to do, a class to teach, or meeting to attend, one name was on everyone's list, 'let Someone Else do it'. Whenever leadership was mentioned, this wonderful person was looked to for inspiration as well as results, "Someone Else can work with that group."

It was common knowledge that Someone Else was among the most liberal givers in the church. Whenever there was a financial need, everyone just assumed Someone Else would make up the difference. Someone Else was a wonderful person, sometimes appearing super-human. Were the truth be known, everybody expected too much of Someone Else.

Now Someone Else is gone! We wonder what we are going to do. Someone Else left a wonderful example to follow, but who is going to follow it?

Who is going to the things
Someone Else did?

When you are asked to help
this year, remember we can't
depend on Someone Else
anymore!



Jessie's story

By Alex Smith

Dad and I had a barkingly brilliant summer. Trotting around the park, I always have a spring in my paws. It's just glorious to enjoy the freedom of running about and playing with my friends. Dad remarked, 'You can still move old girl!' Old! That comment deserved a nip.

Instead, I shot off in disgust, doggedly ignoring Dad's frantic calls. After my two minute sprint to the farthest corner of the Park I sauntered back. Naturally, I examined many tree trunks and leaves on the way. Dad looked worried, 'Sorry Jessie', he said handing out a treat; it really was a bribe. I must work harder to keep my human under control.

The other morning I woke dad up at 5am. 'What's the matter Jessie?' He took me outside - wrong! All I wanted was a drink. After slaking my thirst, I jumped back on the bed and immediately fell asleep. It seems that humans do not have the same talent. Dad was yawning when we went for our routine stroll. We K9s wake up instantly alert proving our superiority in the business of survival.

Having said that, I do enjoy a siesta. I love to lounge on the sofa with my paws over my eyes. Dad says I look quite human. But he is annoyed when I crawl under the duvet and mess it up. I do this many times a day. Loulou the Bichon came to stay for a week. We look so strange together, an elegant lady with sleek shiny fur (that's me) alongside a dumpy curly mop. Loulou wears a pink collar studded with shiny dots, she avoids puddles and likes to ride on Dad's scooter. Sometimes I wonder if she really is a dog ?

My talents are too many to count on 4 paws but my best are sight and speed. Dad is sooo careless. Last week, I snaffled a packet of cheese slices left lying around. How could I resist? Another favourite taste is peanutbutter. It was the cause of my most epic manoeuvre yet! First I smelt it then I saw it.

There on the table stood a jar of the glorious nutty stuff and wonder of wonders it didn't have a lid!. I just couldn't believe my luck, I was bristling with excitement. But wait, think jessie. Eating the contents would take longer than my usual snack. Where was Dad?

Moving silently and stealthily, I checked the rooms. Pushing the bedroom door ajar, I heard snoring. What a pawsome opportunity! Swiftly I returned to claim my prize - delicious! When Dad woke up and saw the empty jar he was grudgingly impressed and said, 'veni,vidi, vici Jessie'!



One of Jessie's many friends,
Lou Lou.



Food is top of my list but I'm interested in everything. Out in the Park I notice the collars and coats my friends are wearing. In winter we fine haired types need extra to keep warm. I have a thick luminous coat, a smart red tartan one and a fleece. Our humans make sure we are well prepared for colder days. My friend Joe the greyhound even has a pair of pyjamas. His mummy made them specially for winter nights. I see that humans also have coats of all shapes and colours. Well that gave me an idea for the quiz fabulous fashion !



Jessie's friend
Bonnie



Alex and Jessie's fashion quiz

1. Possibly the most iconic fashion designer of the 1960s and behind mini skirts! Who was she?

2. What is a homburg?



3. Can you name the laws which restricted the wearing of certain colours to the royals and nobility?

4. Which 1960s rock band produced the song 'dedicated follower of fashion'?

5. Who designed clothes for the late Queen and Elizabeth and her mother?

6. Only Roman citizens were allowed to wear this robe. What was it called?

7. What is a liripipe?

8. What was the favourite jewel of the late Queen Elizabeth?



9. Which dyes invented in the 19th century produced brighter and greater intensity of colour?

10. Which English spa town became a fashionable resort for gentry in the 18th century?

11. Who were the sans-culottes?

12. Historically which colour was only worn by emperors and kings?

13. In the fashion world, what is a stiletto?



14. This geometric style of architecture and furnishing developed in the 1920s. What name was it given?

15. Who said, 'have nothing in your houses that you do not know to be beautiful or believe to be useful'?

16. Which famous fashion designer said, 'A girl should be two things, classy and fabulous'.

17. In China, which colour represents good fortune?

18. Which London street became the haunt of trend setters in the 1960s?

19. Released in 1966, who sang, 'These Boots are Made for Walkin'.



20. Which American president's wife was noted for wearing A line dresses, pastel suits, pearls and gloves?

21. What does D&G stand for?



22. In Twelfth Night, who is tricked into wearing yellow stockings?

23. Can you name the four fashion capitals of the 21st century?

24. Worn by men in the 60s, what were winkle pickers?

25. One time friend of the Prince Regent and the arbiter of men's fashion at that time. Who was he?



Answers on page 19

The presentation of Christ

By Laura Isaacs

I'd not known anything about the presentation of our Lord, so found I had nothing to meditate upon whilst doing my rosary apart from images I'd seen online and brief summaries.

Other parts of the rosary are better known, but my understanding was limited to the baby being presented to Simeon as a fulfilment of prophecy. But what more can we learn from it, and why is it included in the joyful mysteries? I could understand the joy of the other 4 joyful mysteries but could not so easily relate to this one. Wikipedia describes the presentation as 'The Purification of the Virgin' or 'The Meeting of the Lord' or 'Candlemas', it is 40 days after Christmas. It also mentions the sacrifice of two turtle doves or pigeons was that of a poor family, instead of a lamb.

Although at the birth of Christ the 3 kings offered a great quantity of gold, Mary accepted but a little of it, showing contempt for earthly things.

The Holy family encountered Simeon, who had been promised he would not see death until he had seen the Lord's Christ- Simeon uttered the Nunc Dimittis prayer - also known as the song of Simeon; 'Lord, now let your servant depart in peace, according to your word; for my eyes have seen your salvation which you have prepared in the presence of all peoples, a light for revelation to the Gentiles, and for glory to your people Israel'. - Simeon then prophesies to Mary that the child would be the fall and rising of many in Israel, and that a sword would pierce her soul.

This refers to the lament Mary would feel over the death of her son. In AD450 in Jerusalem a custom began as a minor celebration of holding a lighted candle during the Divine Liturgy of the feast day. In AD541 great plague broke out



in Constantinople, and a period of fasting and prayer was ordered throughout the empire. Great processions to ask for deliverance from evils were arranged, after which the plague ceased. In thanksgiving, in AD542, the feast was elevated to a more solemn prayer service.

So why is this also known the purification of the virgin? Well, it is because the Jewish rite requiring a woman to be cleansed from the impurity incurred at childbirth. This rite was one of several from the old laws to render a person pure who had been legally defiled. However, this was unnecessary for our Lady, but was done in humility and obedience to the law.

What else can we learn about the significance of this event. This was meant to be a double ceremony both as purification ritual and as a dedication of the first-born son who did not belong to the tribe of Levi. Jesus was from the tribe of Judah.

Why a joyful mystery? On thinking about this, from our Lady's perspective this is another milestone in the life of her baby boy. Yet another confirmation of the reality of

whom she has been entrusted with. This great joy of having a baby most parents know, but one imagines this is even more so, to have one's life being touched by our Lord in this way. What the presence of our God does for us, for our sanctification, to be the mother of Jesus, Mary was the holiest person who has ever lived.

We get to reflect on the gift of the consecrated life. While the short-lived satisfaction of living a selfish life leads to emptiness, the life God wants for us, a holy one, brings true peace. Mary is free from the vices of greed & pride, amongst all the vices, but these are particularly evident on this day.

What Pope John Paul II says about this day:

'God enters the temple not as a powerful ruler but as a little child in his mother's arms. The King of glory comes not with a show of human force or power, not with a great fanfare and noise, not causing fright and destruction. He comes into the temple as he came into the world, as an infant in silence, in poverty, and in the company of the poor and the wise'.

Tractor Boys (Ipswich Town Football Club)

By Frank Griggs-age 10

In 2019 after 17 years in the Championship league Ipswich were relegated to League 1 something that had not happened since 1957. This year after a convincing season they have been promoted back to the Championship where after a good start of 4 wins and only 1 lost match they are now in 2 nd place. This will be the second season for manager Kieran McKenna who used to be part of the Manchester United coaching team. Also this season we have on loan 23 year old Brandon Williams also from Manchester United and Omari Hutchinson 19 from Chelsea. I was lucky to get tickets to see Ipswich play at Portman Road recently where



unfortunately we were defeated 3-4 against a strong Leeds team. Not Ipswich but have I to mention as a surprise present from an Uncle I was able to go to Wembley last month and watch Arsenal beat Manchester City 4-1 after penalties in the Community Shield match.

Uppa Townen!

Female Authors:

- Enid Elyton
- J K Rowling
- Julia Donaldson
- Agatha Christie
- Iris Murdoch



ARAGS MAN^{Answers}

Football Teams:

- Real Madrid
- Scunthorpe United
- Barcelona
- Manchester City



Male Authors:

- Charles Dickens
- Graham Greene
- Stephen King
- Gustave Flaubert



Answers to Denis Bates' quiz

1. Mary Quant
2. A man's semi-formal felt hat characterised by a single dent running down the centre of the crown.
3. The Sumptuary Laws
4. The Kinks
5. Norman Hartnell
6. A toga
7. A hood/hat with a long tail in mediaeval or academic dress.
8. Pearl
9. Aniline dyes extracted from coal tar. Invented by William Perkin 1838-1907
10. Bath
11. The poor of Paris and other cities who participated in the French revolution.
12. Purple
13. The thin high tapering heel of a woman's shoe.
14. Art Deco
15. William Morris
16. Coco Chanel
17. Red
18. Carnaby street
19. Nancy Sinatra
20. Jackie Kennedy
21. Dolce and Gabbana
22. Malvolio
23. New York, London, Paris, Milan
24. Shoes with long pointed toes
25. George Bryan 'Beau' Brummell.



Answers to Alex and Jessie's quiz

Blessed Carlo Acutis group

By Sofia and Lorin Barcella (age 16 and 13)

On Thursday 6th of July, we attended the first meeting for the Blessed Carlo Acutis group for 14-17 year olds. At first, we were a bit apprehensive because we didn't really know what to expect!

We arrived at church at 7pm and we started off the evening by praying together, led by Father Joseph (for which, after 30 minutes, our knees certainly didn't thank us!). After that, we headed back into the parish hall where we all sat and got to know each other.

After trying (unsuccessfully) to remember everyone's names and what they had in their trollies (if you're wondering what we're talking about, come along to the next meeting and find out!), we started a very interesting discussion about the difference between Saints and the Blessed.

We then shared our knowledge about Carlo Acutis (most of which came from Father Joseph!). The group is named after Carlo Acutis, a boy who died from leukemia at age 15. He had a strong sense of faith and from a young age, would encourage all his family to attend church (exactly like all of us do!).

Do you know the difference between Saints and Blessed? If you want to know, come and join us at the next meeting! After a short break, we were divided into two groups (of which Father Joseph banned sibling alliances!). For the rest of the night, we remained in these groups and played Pictionary at different difficulty levels.

It is safe to say that none of us will be winning any artistic awards anytime soon! The meeting finished at around 8:30pm, and after munching on a few more treats, Peter and Lorin both demonstrated their amazing musical abilities on the piano. We really enjoyed the evening and came away very happy with how it went. The best bit about it was getting to know other young people in our parish and forming new friendships.

We also got to know Father Joseph a lot better (and trust us, he's not as scary as he looks!). It was also a really good opportunity to expand our religious knowledge together. We also agreed that the meetings should be lengthened so are now 2 hours (if we can survive that long!). It was really fun, and we can't wait for the next meeting, which will be on the 5th of October. We look forward to seeing many new faces then!



Prayer to Blessed Carlo Acutis

O God our Father,
we thank you for giving us Carlo,
a model of life for young people,
and a message of love for all.
You made him fall in love with your son Jesus,
making the Eucharist his "highway to heaven."
You gave him Mary as a beloved mother,
and you made him, through the Rosary,
a cantor of her tenderness.
Receive his prayer for us.
Look above all upon the poor, whom he loved and
assisted.
Grant me too, through his intercession, the grace
that I need (mention your intention).
And make our joy full, raising Carlo among
the saints of your Church,
so that his smile shines again for us
to the glory of your name. Amen.



'The more Eucharist we receive, the more we will become like Jesus, so that on earth we will have a forecast of heaven'.

Blessed Carlo Acutis

Holy Mass in Germany

By Stephen Griggs



Whist on holiday this year in the Mosel region of Germany, we attended Sunday Mass. The church had largely been destroyed and rebuilt except for an original chapel which dated back to the 14th century. The altar was a small grey stone not big enough for candles, they were sited separately, but this was visually secondary to the magnificent organ which had been built either side of the sanctuary at some height. I wondered whether Mass would be sung and we would hear it.

Not to be disappointed just before the start of Mass, an organist appeared and like most organists spent considerable time tweaking knobs and adjusting settings. Normally this would be fine as the organist is not a focal point but discreetly hidden away from view, but on this occasion the organist was very conspicuous!

The organist was very competent playing some grand improvised music for the entrance of the priest, six well turned out servers and a lady in a pretty frock processing with the priest and taking her seat in the sanctuary beside the priest. The first hymn was indicated by an electronic display controlled from the organ, just a number magically lighting up from the plain white wall.

My first thought was that it was the winning number in the parish lottery or maybe the takeaway next door indicating which customer's meal was ready. There was no Confiteor or Kyrie but a verse of a jolly hymn which crossed over between absolution and Gloria. The lady in the frock then came forward and delivered the readings. This was followed by what I considered the highlight of the Mass, the organist played a thunderous interlude and then having swung a very professional looking microphone to her face, like the lead singer in a rock band, sung the Alleluia which we then repeated thrice.

The talents of this organist were remarkable. The Gospel was read followed by a further grand Alleluia again accompanied by the organist's singing. The offertory followed accompanied by a couple of verses of a hymn again the hymn number flashed up on the several displays this time with verse numbers. Although not a German speaker I can usually follow the Mass but we were very quickly at the consecration and priests communion.

I did spot the Lord's Prayer but this was dwarfed by the sign of peace, with everyone warmly shaking hands seemingly ignoring the 2m COVID markings and direction arrows still in place on the floor!

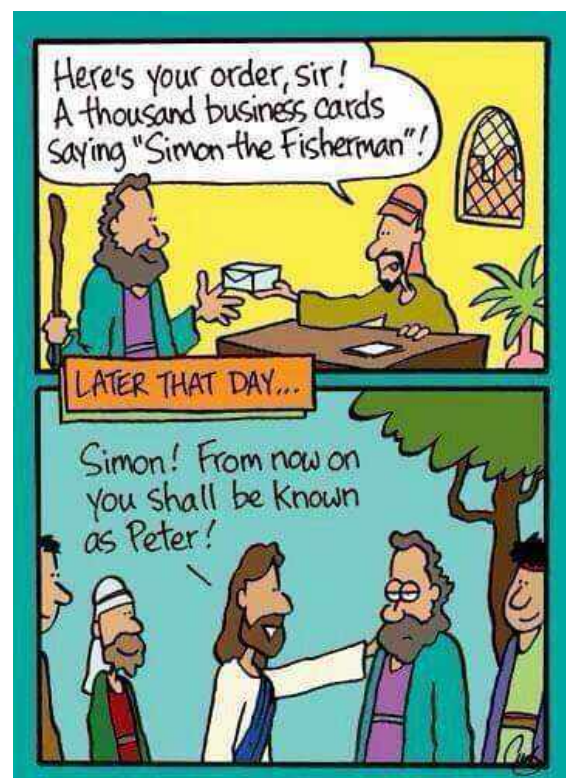
Humor

By Stephen Griggs

One Sunday morning, the parish priest noticed little Alex staring up at the large war memorial that hung in the church. The plaque was covered with names and the dates they had passed. The seven-year-old had been staring at the plaque for some time, so the priest walked up, stood beside him and said quietly, 'Good morning, Alex'.

'Good morning, Father', replied the young man, still focused on the plaque. 'Father, what is this?' Alex asked. 'Well, it's a memorial to all the men and women who have died in the service'.

Soberly, they stood together, staring at the large plaque. Little Alex's voice was barely audible when he finally managed to ask, 'which one, the 9:30 or 11:00 service'?



Opus Dei

By William and Brigitte Newman-Sanders

Opus Dei is a lay institution founded by Saint Josemaria Escriva in 1928 to help us, ordinary people to get to heaven (to become saints), by encouraging and nudging us to follow a spiritual plan of life. Before that time, it was assumed by most people that you had to be a monk, a nun or a priest to become a saint. Many of them did, quite rightly so, because they were leading lives of prayer, poverty and obedience etc.

Saint Josemaria Escriva started his work mainly with students but also with many ordinary and sick people whom he was looking after in Madrid. Like many people at the time, he also had a spiritual director with. When his work was showing signs of success his spiritual director suggested he gave it a name. He chose *Opus Dei* (God's work) out of humility, insisting that none of it was his idea but that he had seen what God had wanted him to do when he was saying Mass on 2nd October 1928.

It was not a vision, he called it a locution. Although he was a very warm, strong and great leader he really was self-effacing. In later years many people had heard of *Opus Dei* but very few knew the name of the founder.



Saint Josemaria Escriva, 1902-1971

The early years were very difficult partly because of the Spanish Civil War. The majority supported Franco mainly because the Republicans were attacking priests and religious people. The Work, as such, never gets involved in politics -even though its members, if they are politicians- are encouraged to become good ones. If any of priest members became involved in politics, as opposed to passing on Christ's teaching only, he would tell them to leave.

Some of the men and women were asked to remain celibate so they would have plenty of time to look after others trying to follow the same path. They live in small communities so they can have a family life. The founder felt the warm atmosphere of family life was very important. It was from the men that St Josemaria drew priests. Over the years he personally brought about 2000 men to the priesthood.

In spite of what some influencers say, men and women are different (but equal) and not just physically. The work therefore has men's and women's section that are independent of each other apart from the priestly work. The priests also have their own section called the Priestly Society of the Holy Cross because their spiritual formation is to some extent different from us lay people.

When people join the work they attend a course of about 30 classes to make sure they know the basics of our Faith. Also they are expected and helped to keep on increasing their knowledge of the faith until the day they die. We try to follow the plan of Life developed by the founder during the early years. Here are some of the routines for the members: morning offering, morning prayer, Mass, visit to

the blessed sacrament, reading of the New Testament, *preces* (A prayer in Latin), *Angelus* or *Regina Coeli*, holy rosary afternoon prayer, spiritual reading, examination of conscience,³ Hail Marys for holy purity; weekly confession and yearly retreat etc. Less difficult if you are retired, requires a bit of effort otherwise!

The Work has received a lot of criticism, especially in the early years when it amounted to what the founder called 'the persecution by the good'. He said it was mainly done by well intentioned people who didn't understand what he was trying to do. One of the main criticisms has been that it is a secret society.

This was partly brought about because members do not wear a uniform or badges. Nobody in the work wants, or needs to hide the fact. Also the 'head office has no right to publish a list of members as it would invade their privacy. Also anyone who is interested in attending what is called the "means of formation", retreats, circles, evenings of recollection etc are most welcome.

People who do this often or help our apostolate in some other way but do not feel The Work is their vocation, are invited to become Cooperators (worldwide there are about 100,000 members and many times that cooperators). They are asked to pray for The Work each day and make a financial contribution (no matter how small) to help pay for the students residences, training centres, Retreat houses, and seminaries etc., run by The Work. If you are interested you can find out much more about *Opus Dei* on the internet.



Part 2

From Laura Isaacs:

What does the Bible say about dealing with others in our communities with strong opinions which may be hurtful to us at times?

Christianity teaches something which other religions do not, namely forgiveness. Whilst people from other religious backgrounds can of course be forgiving, and indeed many are, nonetheless forgiveness is a central tenet of Christianity in a way that it is not in other religions. So, first, Our Lord teaches that we must forgive others as He has forgiven us. This is our starting point: God has forgiven us all of our transgressions against Him so, we, in turn, must now forgive those who have trespassed against us. The most obvious passage about forgiveness is the Parable of the Unforgiving Servant (Mt 18:21-35). where one man is forgiven an unpayable debt (unpayable because so large) by his master but refuses to grant forgiveness to someone who then owes him a much smaller debt.

God asks – indeed, demands – that we forgive. Yet when someone holds opinions that are hurtful to us – a deep seated prejudice such as racism for example – it is very hard to forgive, but unless we do we may never find the interior peace that Christ wishes for us. We cannot usually change other people, but we can sometimes change our own hearts so that we can find some level of happiness and peace even if other people persist in their behaviour and attitudes.



The Parable of the Unforgiving Servant, Claude Vignon

This requires courage, strength, faith, and humility, and in the end is a more heroic approach to problematic behaviour than many people appreciate.

It is worth remembering also that feelings of anger and hurt on the one hand and acts of forgiveness on the other are distinct from each other. Just as Christ was in great anguish and torment on the Cross but still managed to forgive us our sins, so it is sometimes possible for us to forgive others even whilst we still feel anger and hurt. This is because forgiveness is not about what we feel but about what we do. We might still feel pain and betrayal whilst at the same time undertaking an act of forgiveness towards the perpetrator.

Forgiveness is the hardest thing that is asked of us by Christ, but if we remember the distinction between forgiveness as something we do compared to emotions which we feel, it might just be possible.

From Tilly Rampley

Matthew 23:36-40 tells us 'Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.' How does one practice that kind of love? How can that love be distinguished from the love we have for our children, parents etc?

The most important thing to remember about love is that it is something we do, not something we feel. To love means to give. So long as we give to others – respect, consideration, kindness, time, resources, prayers, and so forth – then we are actually loving them. To love God with all one's heart, soul, and mind, means to give everything to Him, as the Blessed Virgin Mary did, and as many of the saints have done. For ordinary folk to love in this way, we must dedicate all of our thoughts, words, and deeds to God every morning in 'A Morning Offering.' In that way, we will have given everything that happens to us during the course of the day before those things even happen. But be careful: if we get angry or impatient or cross about any particular situation then we will have, effectively, taken back that particular part of the morning's gift to God! Whether we love God or our own family members, to love means to give. The more we give,. The more intense our love.

A point of view- On current organisation of the Diocese of East Anglia - By Richard Staines

The current structure of the Diocese of East Anglia, was put in place when the Diocese was first formed from Northampton in, I think, the mid-seventies and which saw St. John's Church in Norwich becoming the Cathedral. It may be that my reflections, which I certainly would like to share with parishioners, are deemed to be unsuitable for appearance in the Parish Magazine, and I would quite understand if this turned out to be so.

It seems to me, and I don't know how other people feel about this, that our Diocese is far too large, too diffuse and far-flung. The sheer scope and dimensions of the area under the aegis of the Bishop of East Anglia are, to say the least, daunting.

How does he do it? As an ex-Anglican with some experience of Anglican dioceses in this country and overseas, I am at a loss to know how anyone with the spiritual authority of responsibly running our diocesan area could reasonably be expected to oversee such a vast swathe of Eastern England.

At least in the Anglican church we had suffragan bishops who could help shoulder the burden: St. Edmundsbury and Ipswich has, I believe, one - the Bp of Dunwich. It's my belief that the changing demography of East Anglia demands such a change since the existing arrangements, I would argue, reflect a situation that has long since gone, that is, a time when Catholics were fewer in numbers in what is, still, to some extent, a rural area.

My idea would be that the EA diocese be split in two, each half having its own bishop, and I propose to keep the Cathedral in Norwich, but it would become the spiritual hub of what I'd call 'The Diocese of Northern East Anglia'.

This would take care of Norfolk and possibly the northern tip of Suffolk. For the rest, I would carve a new one out of the existing diocese, one based at Cambridge, which I'd call, just simply, 'Diocese of Cambridge' or, if the University authorities objected for whatever reason, 'The Diocese of Southern East Anglia'. The Church of the English Martyrs, Cambridge would be elevated to a cathedral.

It is architecturally distinctive enough and has the size to stage dignified cathedral worship worthy of such a role. To utter such ideas, especially if they appear in print in public, might well expose me to ridicule. 'Who on earth does he think he is, questioning the status quo'?

And of course, ultimately, such a reorganisation would have to have papal sanction. Even if approved, let alone considered, the mechanics of effecting the change would likely to be slow and cumbersome.

But change, I believe, is called for. It's something to think about and it would be interesting to see if the airing of such an idea would trigger responses.

Editor's note:

The first diocese of East Anglia was founded in the 7th Century, by St Felix. A monk who was invited to the Anglo Saxon kingdom of East Anglia to preach the Gospel. In 676 the diocese had two parts South Folks (Suffolk) and North Folks (Norfolk). In 1094 the bishops moved to Norwich and what is today the Anglican Norwich Cathedral.

In 1829, Catholics were finally granted civil rights and in 1840 East Anglia became part of the eastern district; with The Bishop of Northampton. In 1850, with the restoration of hierarchy; this became the Diocese of Northampton.

Following recommendations of Vatican II, discussions began about creating an East Anglia diocese. In March 1976 Pope Paul VI finally issued the decree Quod Oecumenicum, establishing the diocese of East Anglia with St John The Baptist Cathedral in Norwich as its Cathedral. And for the first time since the Reformation, East Anglia had their own bishop Alan Clark.



Giffords Hall, Stoke-by-Nayland, home of the Catholic Mannock family and site of East Anglia's first seminary in 1842



Parish Events



QUIZ NIGHT

is back!

Combine the two great British traditions of pub quiz and the fish and chip supper! Join us for quiz night on Friday 20th October at 6:30 pm, a great night out for all the family. Further details and how to order tickets will be announced in the parish newsletter nearer the time.



All Saints day

Holy day of obligation on Wednesday 1st November

Mass times: 8am TLM, 12:15 and 7pm sung.

Confession before each Mass, Rosary after 12:15 Mass

Commemoration of Holy Souls

Thursday 2nd November

Mass times: 8am TLM, 12:15 and 7pm sung.

Confession before each Mass, Rosary after 12:15 Mass



Feast of Christ The King

Monday 6th November. Followed by adoration of the Blessed Sacrament after 11 O'clock Mass. Benediction at 5pm.

Carol service by candlelight and blessing of the crib

Sunday 17th December at 4pm.

Gardening updates

by Peggy Ayres

In spite of the strange gardening weather it has been quite a productive if late harvest. The tomatoes were later than last year to ripen but are doing well now. Don't forget to take seeds from your favourites, and spread it on a piece of kitchen roll Don't forget to write the name of the tomato on it. When dry save ready for next year..

When the weather is colder I collect the green tomatoes and store them in shoe boxes; they will ripen over a period of time but do keep checking them and throw away any which don't look very healthy.

The Borlotti beans are turning that beautiful red colour now and good size beans are forming inside. In about 2 weeks time they will be picked and the beans frozen or dried to use in stews during the winter. Of course I will keep some beans back for planting next year..

Courgettes and Squashes have been very productive . I tried Pink Banana Squashes this year and they grew to an enormous size. Sadly my daughter in law said they don't have much flavour so I won't bother again. I will stick with our favourites. Delicata which can be sliced in half lengthwise, seeds removed and flesh covered in pesto and roasted... Yummy.! Our other favourite is Uchiki Kuri or known as Onion Squash because of its shape. Again very good roasted.



Maria Patten and her home grown tomatoes.



I tried some striped courgettes but won't bother with them again either. I will just carry on with green bush courgettes and the yellow ones. I personally prefer the yellow as they are firmer. The one marrow plant did extremely well 5 large marrows so far this year.

My allotment neighbour loves them so I grow them for him; he lives in a flat and his allotment is mostly for flowers and fruit. In October/November I will be sowing broad Beans and aquadulce claudia which are the traditional overwintering beans. Fingers crossed they will be better than last year for me as I was very unlucky and lost most of the plants. The second planting of the Sutton in the Spring did better and there quite a few in the freezer. rhubarb, raspberries and strawberries have all done extremely well. I guess all that rain was a big help. Victoria plums benefited from putting a plum fruit moth trap in amongst the branches...

Very few wriggles in the fruit! Bramley apples are looking good and should go well with the blackberries later on.

Monty Don of Gardeners World this week suggested growing some more beans so I am having a go. Not sure how they will be but fingers crossed.

As things come to an end on the allotments clear the stalks etc away. I am covering the cleared lad with membrane to keep the weeds down. Other people are growing green manure which they will dig in come the end of winter/early spring to add organic matter to the land.



Peggy Ayres' recipe page



Sweet pumpkin fritters:

Ingredients:

- 8 oz cooked pumpkins
- 2 teaspoons of cinamon
- 6 ozs self raising flour
- 2 eggs
- Butter for frying
- Sugar, cinamon and lemon for serving

Method:

Mix all the ingredients together until you get a dough stiffer than a pancake mix. Spoon the mixture into melted butter in frying pan, and fry until golden brown. Toss in sugar and cinamon and serve with lemon slices. Enjoy hot or cold!

Tips: For savoury fritters, take away the sugar and cinamon, add vegetable stock cube, sweet corn, parsley, salt and pepper, coriander. Fry until golden brown.



Butternut circles with stuffing:

Ingredients:

- Butternut squash
- 1 chopped onion
- 1 or 2 chopped tomatoes
- 3 chopped mushrooms
- 3 chopped rashers of bacon
- 4-6 ozs breadcrumbs
- 2 cloves of garlic
- Herbs de Provence to season
- Salt and pepper
- Grated cheese

Method:

Cut the squash into slices (a good inch thickness), make a hole in the centre of each slice. Fry the slices in butter until partly cooked. Tips: you can skip frying and follow the step instead! Place slices on a baking tray, and fill the holes with stuffing, sprinkle cheese over. Bake at 200 for 20 minutes (possibly longer if you skip frying).

For stuffing:

Gently fry onion, mushrooms, tomatoes and garlic. Once soft, add the herbs, breadcrumbs, salt and pepper.

Tips: add some water is the mixture is too dry.



Children's Zone!



Colour in the picture of Pope Saint Gregory The Great



Know your saints:

Pope St Gregory the Great was born around 540 AD in Rome. He is a patron Saint of musicians, singers, students and teachers. His great-great grandfather was Pope Felix III. Gregory was well educated and excelled in all his studies, he also became an expert in law. Pope Gregory believed in the importance of missionary work; he sent many people out to bring many to Jesus and into the church. It was Pope Gregory to send *St Augustine of Canterbury* to Kent in 597.

Pope Gregory may have also established *Cantus planus*, a style of singing which we know as *Gregorian Chant*; which gives us the oldest music we still have in the original form.

Pope Gregory was very generous to the poor. When a famine struck in Rome in 590s, he ordered the Church to use its assets to feed the poor.

Saint Pope Gregory died on 12th March 604 AD, his relic remains in St Peter's Basilica to this day. In 1969, the *Second Vatican Council* moved Saint Gregory's feast day from March 12 to September 3rd, so it would not fall during Lent.

Prayer to Saint Gregory

Dear Saint Gregory, your heart was always full of love, compassion, and mercy toward those in need. Graciously obtain for me from God the assistance and graces that I need so much in my life. Help me to live and die as a faithful child of God and to attain the eternal happiness of heaven.

A Happy Ending

Story by Serena- age 9

It was a glorious spring morning, the sky was bright blue, blossoms covered the trees and birds twittered happily – all except one. Boffin and Squeaky were working in the garden at 34 Strawberry lane. 'oh what a lovely day', exclaimed Squeaky.

'I do agree', answered Boffin, 'now have you finished planting the seeds?' There was a few seconds of silence while Squeaky looked at Boffin and then at the hole with no seeds! 'Umm...Errrr. Oh.I havent finished yet', he stuttered. ' All right then,cheeky little one, get back to your work Boffin reminded him. Squeaky picked up the seeds and was about to plop them in the hole when Mr.Jay flew down. As he landed ,he wobbled, looking worried and flustered. 'Are you alright, Mr. Jay? You look dreadful!' Boffin gasped.

'Oh Boffinus Treebranch' Mr Jay shivered as he spoke(Boffin's real name is Boffinus, Boffin for short) 'I I I d do a a agree'. Squeaky came closer to hear the conversation. 'What is the matter'? he asked sympathetically. There was silence for a few minutes until Mr Jay found his words. ' Well, as you can see right now I'm single but I would like a lady Jay to live with me.

I don't want to be on my own, so what I am trying to say is can you help me find a wife?' Boffin and Squeaky looked at each other with the you know what look. 'Course we can , right Boff Boff '? squeaked Squeaky. 'now' Boffin answered. 'Anyways, Mr. Jay, do not be worried, by tomorrow we'll have found a beautiful lady Jay. We cannot do it today as we are very busy,but everything will work out I promise'. 'Wonderful,' chirped Mr.Jay as he flew off happily.

The stars and the moon were

coming out for bedtime. The sky was painted indigo and even Mr Jay was drifting off to sleep. Boffin and Squeaky were just finishing their supper. 'Call me Boffin or Boffinus, Squeaky', said Boffin, 'Off you go', Squeaky ran up the pebbled stairs and jumped onto his soft feather bed. Soon, he was fast asleep.

In the morning, yawned squeaky, and in a jiffy, the two little gnomes were ready. They set off, not knowing how big their adventure was going to be. Boffin led the way. They were going to Strawberry Park just across the lane, but to them it is a long way. In the park, there is an ancient oak tree where the wise gnome Williamson lives.



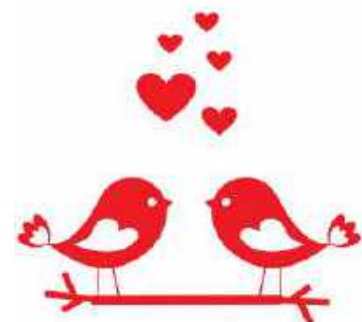
Boffin knocked on the little door hidden in the tree trunk. The door opened and an elderly gnome appeared, 'How can I help you'? asked Williamson. Boffin and Squeaky both started speaking at the same time. Williamson chuckled, 'I can't hear a word, just one please'. Boffin explained that they had promised to help Mr. Jay find a wife. 'Ah, I can help him', said Williamson. 'Just two trees away, sits a lady jay, she always looks sad. Let's go and speak to her'.



ed over ere high up on the topmost branch sat a bird all alone. 'Good morning to you'. called Williamson. Lady Jay turned round in surprise.They could see she was very beautiful'. Oh hello, Williamson, what brings you here? And who are they'? she added looking at Boffin and Squeaky.

'These are my good friends Boffinus Treebranch and Simon Squeaky', announced Williamson. 'They would like to ask you a question'. 'Please do', chirped Lady Jane Jay. Suddenly, before Boffin could open his mouth Squeaky blurted out, 'Would you like to marry our friend Mr. John Jay? He's friendly but very lonely and he's looking for a wife'. Lady Jane Jay almost fell off her branch in excitement. 'I would be delighted', she cheeped. Boffin smiled! Mr Jay will be waiting in the old plum tree in our garden.

Lady Jane fluffed up her feathers and flew off. Squeaky was so excited, 'come on you two let's go'; and they hurried back. Standing under the old plum tree, the three friends looked up and saw John and Jane Jay sitting together amongst the blossom, it was love at first sight!

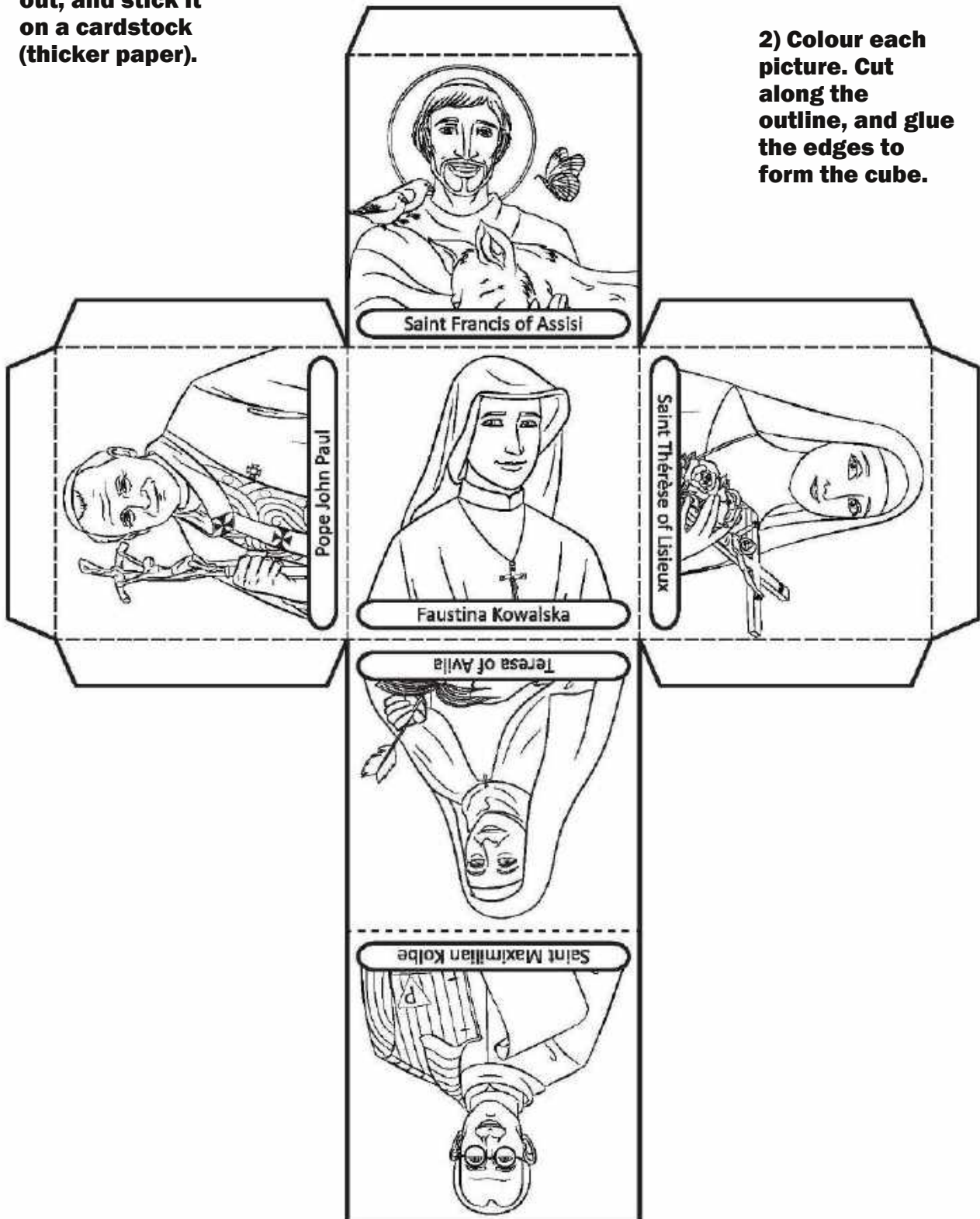


Saints cube!



1) Cut the cross out, and stick it on a cardstock (thicker paper).

2) Colour each picture. Cut along the outline, and glue the edges to form the cube.





Regular Parish events

Wednesday evening talks:

From Nicea to Vatican I: The teachings of the First Twenty Ecumenical Councils of the Catholic Church.

Catholic Young Adults (CYA):

For 18-35 years olds, at 7pm of second Friday of each month.



Blessed Carlo Acutis group meetings- 1st Thursday of each month at 7pm:



The group is for 14-17 years olds, to learn more about the Catholic faith, pray together, meet Catholics of your own age and have some fun! Each meeting take around 1.5 hour, and you can bring your own snack/drink.

Thursday lunches- Second Thursday of each month at 1pm:

Pair up with other parishioners and register your name to cook and host Thursday lunches in the parish hall. Look out for more information and how to sign up, in the parish newsletter.



Book club:

Meeting quarterly in the parish hall at 7pm, to discuss different books. More details will be in the parish newsletter.



Over 60s coffee morning- Every Friday after 10am Mass and rosary:

Parishioners of all ages are welcome to come in the parish hall for a chat, coffee/tea and biscuits.





From the archive

**American Air Corps Church
Parade at St Pancras. Sunday
9th May 1943**



St. Pancras Church, Ipswich.

—CATHOLIC SECTION—
OF
BRITISH LEGION OF HONOUR.

SIR OR MADAM,

It has been proposed to erect a **WAR MEMORIAL** in the above Church to perpetuate the memory of all Catholic Soldiers and Sailors from Ipswich who served, and, in particular, those who made the supreme sacrifice, in the Great War.

At a General Meeting of Catholic Members of the British Legion, a Special Committee was appointed, consisting of THE VERY REV. CANON A. P. PEACOCK (*President*), Messrs. W. BURKE (*Chairman*), E. FELL, H. CATTERMOLLE, E. ZAGNI, and F. S. SCOGING (*Hon. Sec.*)

It is realized that you are keenly interested in the proposed Memorial, and any Donation or Subscription may be sent to the Hon. Secretary:

Mr. F. S. SCOGING, 66, NORWICH ROAD, IPSWICH,
who will acknowledge same.

All monies received will be banked in the names of the Chairman and Hon. Secretary.

The Committee hope the Memorial will be in position by the next Anniversary of Armistice Day, but, as you will readily understand, this will depend on the amount raised by July 31st.

(Signed) A. P. PEACOCK.
W. BURKE.
F. S. SCOGING.

Feb. 22. 1922

March for life, September 2023

By Rosa Patten

On Saturday, 2 nd September, Maria Giuseppina and I attended our second March For Life UK, held in London. This year the number of pro-life marchers looked pretty much like the thousands that attended last year. I wasn't sure if we could make it this year as there were rail strikes for the same weekend, but thanks be to God, trains from Ipswich to Liverpool Street seemed to be running, and it was only the Circle line that was closed.

We arrived just in time for the start of the March; racing down Marsham Street and turning the corner to join the line! Surprisingly, we were not met with the pro-life line but instead came face-to-face with the pro-choice campaigners, who were protesting where our march should have started. Our line had moved further up the street. This year there were more pro-abortion/pro-choice campaigners than last year, and they were making a lot more noise- chanting and drumming! Many were wearing masks and coverings.

Not only did they make a (noisy) presence at Parliament Square adjacent to the March For Life stage, they had also decided to cause disruption at the start of our march. There were more police present this year too! The March For Life is a public walk around Parliament Square making a public stand against abortion. Many, if not all the, UK pro-life movements and charities gathered here and joined the March. Most would have had stalls in the Emmanuel Centre where the day began- information stalls, talks, questions and answers, training for engagement were all part of the March For Life itinerary, prior to the March itself.

Maria Giuseppina and I joined the March where the Pro-life group, Abortion Resistance, was located within the line. Abortion Resistance, are a youth-based pro-life group with a mission to encourage the youth to join them in their 'army'. * They provide pro-life training and organise social events for youth. Their approach in the March was to chant pro-life messengers; being brave young 'soldiers'.

Later in the March, Maria Giuseppina and I joined another part of the line. Here a statue of Our Lady, beautifully adorned with flowers, was being carried, whilst religious, clergy and laity recited the rosary and sang hymns such as 'As I kneel before you' and 'Hail, Queen of heaven, the ocean star'. It was great to pray the rosary - a most powerful weapon- and to sing hymns of Our Lady-Mother of us all.

This year, some marchers (who had received training in apologetics and engagement prior to



the march), engaged with members of the public- those passing by or bystanders. What was prevalent from the feedback from these conversations (perhaps representative of the population at large) was that many members of the public commented that abortion was a subject they didn't really think about. More so, watching Dave Brennan's commentary and interviews (including the 'engage' feedback) on the March is highly recommended. He tried also to interview pro-choice campaigners, but no one came forward, because like he said, 'it is impossible to defend the killing of innocent children'.

There are many good people out there involved in the pro-life movement; indeed, if you watch the highlights of the March you will see many youth who are known here at St Pancras! There were various people of all ages who joined the March- youth, families, active pro-lifers and Joe Bloggs like me, who joined the March to publicly say that the killing of babies is wrong.

For more information about March for life organisation and events, look online at <https://www.marchforlife.co.uk/>



Litany of St John Henry Newman - Feast day: 9 th October

By Father Joseph

Lord, have mercy, Lord, have mercy.
Christ, have mercy, Christ, have mercy.
Lord, have mercy, Lord, have mercy.
Christ hear us, Christ, graciously hear us.
God the Father of Heaven, have mercy on us.
God the Son, Redeemer of the world, have mercy on us.
God the Holy Spirit, have mercy on us.
Holy Trinity, One God, have mercy on us.
Holy Mary, pray for us.
Holy Mother of God, pray for us.
Holy Virgin of Virgins, pray for us.
Saint Philip, pray for us.
Blessed John Henry,
Child of Mary,
Son of St Philip,
Man of Prayer,
Priest of God's altar,
Minister of Compassion,
Herald of the Gospel,
Teacher of God's wisdom,
Father of souls,
Example of priestly virtue,
Servant of the Church,
Seeker of Truth,
Guardian of Conscience,
Counsellor of converts,
Apostle of the doubtful,
Guide of the perplexed,
Educator of the laity,
Instructor of youth,
Pattern of perseverance,
Champion of the poor,
Companion of the sick,
Model of friendship,
Sentinel of purity,
Who abhorred sin,
Who separated himself from attachments to this world,
Who yearned for the purity of angels,
Who longed for an increase in grace,
Who travelled from shadows into the light of Truth,

Who surrendered to the one true fold of Christ,
Who found such consolation in the Mass,
Who ardently preached the Word of God,
Who became for us a spiritual light in our darkness,
Who suffered calumny and injustice with patience,
Who bore insult meekly and returned good for evil,
Who set up a house of prayer,
Who turned so affectionately to the Mother of God,
Whose heart spoke to the Heart of Christ,

Lamb of God, who takes away the sin of the world, spare us, O Lord.
Lamb of God who takes away the sin of the world, graciously hear us, O Lord.
Lamb of God, who takes away the sin of the world, have mercy on us.
V. Pray for us, O Blessed John Henry.

R. That we may be made worthy of the promises of Christ.

Let us pray:

O God, who bestowed on your priest Blessed John Henry Newman the grace to follow your kindly light and find peace in your Church; graciously grant that, through his intercession and example, we may be led out of shadows and images into the fullness of your Truth. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

R. Amen



Recent Parish Events

