

THE CATHOLIC PARISH OF ST PANCRAS, IPSWICH

Deum diligere et quæ sunt Dei

'To love God and the things of God'

The Presbytery
1 Orwell Place
Ipswich
IP4 1BD

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



Parish Priest:
Fr Joseph Welch

Sundays: Yr B
Weekdays: Yr 2

February is dedicated to
the Holy Family

Sunday 11th February 2024

- * *Quinquagesima*
8am (TLM) — Holy Souls
- * *Sixth Sunday of the Year*
09:30 — Maria Stallwood's ints.
11:00 — Pro Populo

Monday 12th February

Feria
10am — Margaret Cleary RIP

Tuesday 13th February

Feria
8am (TLM) — Fr Francis Leeder RIP

Wednesday 14th February

Ash Wednesday
8am (TLM) — Holy Souls
12:15pm — Fr Francis Leeder RIP
7pm — Pro Populo

Thursday 15th February

Lent feria
12:15pm — Holy Souls

Friday 16th February

Lent feria
10am — Holy Souls

Saturday 17th February

Lent feria
10am — Rosaleen & Gerry Fallon
Vigil of the First Sunday of Lent
6pm — Holy Souls

CONFESSIONS:

Mon — Sat: 30 minutes before each Mass
& **Sat:** 10:30—11am & 5pm — 5:30pm
1st Friday: 6pm — 7pm

ROSARY: Mon — Thurs: after Mass

STATIONS: Sun: 4:30pm
Fri: after 10am Mass

ADORATION OF THE BLESSED

SACRAMENT: Sat 10:30am—5:30pm

TLM Masses: 2nd Sunday of the month at
8am. (Next 2nd Sunday Mass: 10th March)

PANCAKE PARTY

Tuesday, 13th February at 6pm

Bring along some pancake mixture and other delights
(cakes etc). Soft drinks provided. All welcome.



Wednesday, 14th February

DAY OF FASTING AND ABSTINENCE

Masses at:

8am (TLM) 12:15pm 7pm (sung)
with the imposition of ashes at all
Masses, Confessions before each
Mass, and the rosary after the
12:15pm Mass.

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All must **FAST** who have reached the age of 18, until their 60th birthday. (Others, especially children and the healthy over 60s, are encouraged to fast.) To fast means eating less than you would normally, and in any case no more than one meal and two small snacks. The sick, the frail, as well as expectant and nursing mothers, are exempt from fasting. **ABSTINENCE** means avoiding eating meat and fowl, and foodstuffs made from them, as a reminder of the Word-Made-Flesh who died for us. The laws of abstinence apply to all who have reached their 14th birthday.

LENT AT ST PANCRAS

Stations of the Cross & Benediction on Sundays at 4:30pm.

Saturday Adoration: 10:30am—5:30pm Please sign the watching lists week by week.

Daily Stations of the Cross The plan once again is to make sure the Stations of the Cross are said in our church by at least one person each day in Lent. Please sign the rota at the back of the church.

Wednesday Evening Talks Three talks—on Faith, Hope, and Charity—at 7pm on **28th February, 6th and 13th March**. The talks are based on three papal encyclicals: *Lumen Fidei* by Pope Francis, and *Spe Salvi* and *Deus Caritas Est* by Pope Benedict XVI. Read them beforehand if you get the chance. You can find them on the Vatican website: vatican.va

Lent Lunches for Mary's Meals — our Lent project again this year — every Thursday at 1pm in Lent beginning 22nd February.

Cake Sale for Mary's Meals Sunday 10th March (Lætare Sunday and Mothering Sunday). Contributions welcome.

*Please take a copy of the 'Lent at St Pancras 2024' leaflet
for full details of all services and events.*

Please consider making a **STANDING ORDER** instead of a weekly cash contribution to the parish. Thank you.

BANK: Barclays ACCOUNT NAME: St Pancras Catholic Church SORT CODE: 20-44-51 ACCOUNT NUMBER: 00775843
St Pancras Catholic Church is part of the East Anglia Roman Catholic Diocesan Trust: registered charity no. 278742

Thursday Lunches If you would like to help prepare Thursday lunches during Lent please contact Fr Joseph.

Catholic Mothers' Group Please note: the CMG will meet from now on just once a month—on the 2nd Monday of each month—beginning on Monday, 11th March at 11am. Please join us for the five Cs: coffee, cake, chat, catechism, and chaos. Toddlers welcome.

Church Cleaning Group Please join us every Friday straight after the rosary, grab a duster or a mop, and help us to keep God's house clean and tidy. Thank you.

Rosary Crusade We are praying for the conversion of souls in Ipswich and beyond and will lay a spiritual bouquet at the feet of Our Lady when the Bishop comes to bless our new statue in May. Please complete a slip week by week.

The CTS Sunday Missal 2024 Copies are available for sale at the back of church priced £9:95.

Lifts to Mass Might someone (or a team of people) be able to offer lifts to Mass for a resident of a care home on the Henley Road please? If so, speak to Fr Joseph.

Saturday Sacristan We're looking for someone to help set up everything for Adoration on Saturday afternoons once a fortnight, and to clear things away again after the evening Mass. If you can help, please speak to Fr Joseph.

Book Club meets Monday, 12th March at 7pm in the parish hall to discuss *The Mass in Slow Motion* by Mgr Ronald Knox. All welcome.

Sick List

Prayers are asked for Jim Convey, Larry Crowley, Ciro Dellabella, Mary Driscoll, Linda Mitchell, Rosemary Pease, Brian Price, Leighton Scott, and Bernie Wood.

Of your charity

Please pray for the repose of the souls of Anthony Glacum and Patricia Al-Salih who died recently, and for all those whose anniversaries occur at this time: Christopher Richards, Sophie Gray, John McGuire, Catherine McTiernan, Dorothy Johnston-Williams, Louise Smith, Kitty Malpass, Dorothy Lockyer, Marie-France Poujol, Fr Francis Leeder, Louisa Inman, Margaret Dallastone, Margaret Jackson, Sheila McLoughlin, Eileen Kirby, Gerald Griggs, Mary Ward, Bridie McCallion, Margaret Armstrong, Rebecca Cassidy, Czeslaw Pajak, Mark Pajak, Patrick Boland, Millicent Westerling, Dermot Fahy, Mary Cuffe, William Felton, Vincent Duggen, Sylvia Thorne, Patrick Dooley, Ellen Golding, Anthony Fahy, William Cook, and Emilio Carrino. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

The parish **SAFEGUARDING REPRESENTATIVE** is Mim McMahon who may be contacted by anyone of any age, at any time, with any safeguarding concerns: 01394 274395 or 07813199275 or mim@trianglemusic.info or mim.macmahon@gmail.com

For the diocesan **SAFEGUARDING CO-ORDINATOR**, contact 07429 215344 or safeguarding.coordinator@east-angliadiocese.org.uk

Fr Joseph writes: Before going any further, we need to look at what 'grace' is.

THE SACRAMENTS PT 5 — GRACE

'Grace,' as a concept, appears many times in the Bible, but it seems to imply so many different things that its meaning is sometimes unclear. In the Old Testament, the Hebrew words, the verb *hānan*, 'to show favour,' and the noun *hēn*, 'favour,' are used repeatedly. For example, *hānan* is the proper attitude towards the poor and needy, towards the widow and the orphan. On the other hand, one might find *hēn*, favour, with God, or one might give *hēn* by interceding on someone's behalf. The Greek word in the New Testament, *charis* (or one of its cognates), is usually translated as 'grace,' but is also used to mean a blessing, a concession, a favour, a gift, thankfulness, and more besides.

In many older theological textbooks there are lists of different types of grace, for example, prevenient grace, subsequent grace, sufficient grace, and efficacious grace. These terms are still valid and valuable in helping us to understand the different workings and the various effects of God's grace.

Even so, for all practical purposes, and certainly for the purposes of this introduction to the nature and effects of the sacraments, there are just two forms of grace in Catholic theology, *actual* grace and *sanctifying* grace.

Actual grace may be said to be an action of God. Actual grace is when God acts upon a soul to nudge it, as it were, in the right direction towards a greater good. Colloquially, some have said it is a little bit like a push or shove from God between the shoulder blades, propelling someone forward along the right path. Actual grace is a benevolent act of God that moves or leads us towards Him, and that disposes us towards sanctifying grace, helping us to attain, preserve, or increase sanctifying grace. By actual grace we are led back to God.

Sanctifying grace, on the other hand, is more than just the action of God upon a soul; it is the indwelling of God Himself in the soul. It is through such grace that a man is himself joined to God, as St Thomas Aquinas tells us. Sanctifying grace is the breath of God which gives life to the soul, and by which we become 'partakers of the divine nature' (2 Peter 1:4). First breathed into the, as yet, inanimate body of Adam to give him life (Gen 2:7), it is that Spirit by which man is born again (Jn 3:3-6). Following the Fall, when Adam committed the original sin, mankind – in the person of Adam – forfeited the gift of sanctifying grace given to him at the moment of his creation, and by which he had stood justified before God. This gift of Justification is bestowed once more in the Sacrament of Baptism when each of us is born of water and the Holy Spirit. When someone has sanctifying grace in his soul, we say that he is *in a state of grace*. It is the presence of sanctifying grace in the soul that enables us to say with St Paul, 'I live, now not I, but Christ lives in me' (Gal 2:20).

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ROSARY CRUSADE

Praying the rosary to Our Lady of Ipswich for the Conversion of Souls in Ipswich and Beyond

(Please return slips to Fr Joseph or place them in the Prayer Request box in front of the Lady altar. Thank you.)

Week Beginning...

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(Please enter date here)

Number of rosaries said for this intention
this week (and your initials):

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