

# THE CATHOLIC PARISH OF ST PANCRAS, IPSWICH

*Deum diligere et quæ sunt Dei*

'To love God and the things of God'

The Presbytery  
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Ipswich  
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Parish Priest:  
Fr Joseph Welch

Sundays: Yr B  
Weekdays: Yr 2

February is dedicated to  
the Holy Family

## Sunday 18<sup>th</sup> February 2024

*First Sunday of Lent*

09:30 — Pro Populo

11:00 — Ruggero Pitoni ints.

## Monday 19<sup>th</sup> February

*Lent feria*

10am — Eileen Gaffney & family

## Tuesday 20<sup>th</sup> February

*Lent feria*

8am (TLM) — Rita McCormack RIP

## Wednesday 21<sup>st</sup>

*Lent feria*

2pm — Private int.

6pm — Ann Merlehan

**EMBER DAY**

## Thursday 22<sup>nd</sup> February

*The Chair of St Peter*

12:15pm — Beryl Edwards RIP

## Friday 23<sup>rd</sup> February

*Lent feria*

10am — Ann White

**EMBER DAY**

## Saturday 24<sup>th</sup> February

*Lent feria*

10am — Holy Souls

*Vigil of the Second Sunday of Lent*

6pm — Holy Souls

**EMBER DAY**

### DURING LENT

#### CONFESSIONS:

**Mon — Sat:** 30 minutes before each Mass

**& Sat:** 10:30—11am & 5pm — 5:30pm

**1<sup>st</sup> 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:** 2<sup>nd</sup> Sunday of the month at  
8am. (Next 2<sup>nd</sup> Sunday Mass: 10<sup>th</sup> March)

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### THE FEAST OF THE CHAIR OF ST PETER

22<sup>nd</sup> February

Traditionally, there were two such feasts: (i) the Chair of St Peter in Rome on 18<sup>th</sup> January each year, and (ii) the Chair of St Peter in Antioch (where St Peter was bishop before he moved to Rome) on 22<sup>nd</sup> February. Together, they symbolized the authority of, and the veneration due to, Christ's Vicar, the Pope. Both became celebrations of the beauty and unity of the Church Christ founded under the governance of the Prince of the Apostles and his successors. But there is an actual chair, a relic which is enclosed within a gilt bronze casing in St Peter's in Rome. The relic itself is a wooden chair used by St Peter. The outer structure which we see today was designed by Bernini in the seventeenth century. The traditional Opening Prayer, or Collect, prays: '*O God, who didst bestow the keys of the heavenly kingdom upon thy apostle, blessed Peter, conferring on him pontifical authority to bind and loose, grant that by the help of his intercession we may be released from the fetters of our sins.*'



### EMBER DAYS

From a corruption of the words *Quatuor Tempora* (four times or four seasons), Ember Days are traditional days of fasting and abstinence in supplication for God's blessings, and in thanksgiving for blessings received. Although no longer popularly observed, the Roman Missal still makes provision for their observance, and some people like to incorporate them into their private devotions. They fall this week on Wednesday, Friday, and Saturday.

### 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 **28<sup>th</sup> February, 6<sup>th</sup> and 13<sup>th</sup> 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](http://vatican.va)

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

**Cake Sale for Mary's Meals** Sunday 10<sup>th</sup> 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

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**Adult Confirmation Classes** With apologies for the long delay, the next two classes will be at 6:30pm on Thursdays 22<sup>nd</sup> February and 21<sup>st</sup> March.

**Caritas Festival** with Bishop Peter at St Mary's, Woodbridge Rd, Saturday, 24<sup>th</sup> February. A celebration of faith in action. See poster in the porch for details.

**The running total** stands at **1,057** for our Rosary Crusade since the feast of the Immaculate Conception.

**Catholic Mothers' Group** Please note: the CMG will meet from now on just once a month—on the 2<sup>nd</sup> Monday of each month—beginning on Monday, 11<sup>th</sup> 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.

**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, 12<sup>th</sup> March at 7pm in the parish hall to discuss *The Mass in Slow Motion* by Mgr Ronald Knox. All welcome.

**Parish Magazine deadline:** 17<sup>th</sup> March. We have recently enjoyed articles by several new contributors. Please consider submitting an essay, or some thoughts, a poem or a joke, a reflection, a recipe, some gardening tips to [matilda79r@gmail.com](mailto:matilda79r@gmail.com)

**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.

**Anthony Glaccum RIP** Funeral requiem Mass at 12:15pm on Thursday, 29<sup>th</sup> February.

**Patricia Al-Salih RIP** There will be a requiem Mass for Patricia at 10am on Thursday, 7<sup>th</sup> March

**Sheila Curry RIP** Funeral requiem Mass at 10:30am at St Mary Magdalene's church on Tuesday 12<sup>th</sup> March.

**Of your charity** Please pray for the repose of the souls of Anthony Glaccum, Patricia Al-Salih, and Sheila Curry who all died recently, and for all those whose anniversaries occur at this time: Mary Wright, Albert Wilkins, Anthony Forster, Kathleen Shellard, Joan Green, Kenneth Ruoge, Jan Winton, John Molloy, William Wilson, Ralph King, Mary Hambling, Ellen Mongan, Percy Wilson, Joseph Manley, Thomas Copping, Victoria Hilderbrand, Eileen Ledgley, Donald Lovlace, Mervyn Anderson-Hurst, John Maloney, Daniel McCarthy, Francis Ayton, Rebecca Cassidy, Anthony Hegarty, John Haworth, Robert Teather, John Curran, Michael Mucha, Kiera Constance, Teresa Osborne, Elizabeth Cronin, and Rita Cook. 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](mailto:mim@trianglemusic.info) or [mim.macmahon@gmail.com](mailto:mim.macmahon@gmail.com)

For the diocesan **SAFEGUARDING CO-ORDINATOR**, contact 07429 215344 or [safeguarding.coordinator@east-angliadiocese.org.uk](mailto:safeguarding.coordinator@east-angliadiocese.org.uk)

**Fr Joseph writes:** So, what is a Sacrament?

## THE SACRAMENTS PT 6 — WHAT IS A SACRAMENT?

Now that we have introduced some of the basic elements of our religion – collaboration between Creator and creatures, the incarnational nature of Christianity, Man's free will, Our Lord placing Himself in the order of signs, and the nature of grace – we can begin to answer the question about what a sacrament is.

'A sacrament is an outward sign of inward grace, ordained by Jesus Christ, by which grace is given to our souls.' This succinct definition, taken from the *Catechism of Christian Doctrine* (known as the Penny Catechism long after it ceased to cost just one penny), is worth learning by heart.

All sacraments work through signs (although not all signs, of course, are sacraments). The outward sign of a sacrament is efficacious, that is, it actually brings about, or *effects*, what it signifies. A road sign depicting 'men at work' does not bring into existence those men or their work. With a sacrament it is different. The sign itself, if all of the proper elements are in place, actually causes to happen the very thing it signifies.

The sign of a sacrament always has two components, *matter* and *form*. The *matter* is the material substance of the sign: bread, wine, water, oil, words, gestures, and so forth. The *form* is the manner in which the matter is applied, that is, the ritual element or ceremony. For a sacrament to be valid, that is, effective, there must also be a proper *intent* on the part of the person administering the sacrament (the minister must intend to do what the Church intends). For a sacrament to bear fruit, there needs to be a proper disposition towards God on the part of the recipient, including and chiefly, already being in a *state of grace*.

There are seven sacraments and all seven were ordained, that is, willed and instituted, by Christ during the course of His personal presence on earth two thousand years ago. They may be listed in three groups: the Sacraments of Initiation, which initiate a person into the life of Christ (Baptism, Confirmation, the Eucharist); the Sacraments of Forgiveness and Healing (Confession, the Anointing of the Sick or Extreme Unction); and the Sacraments at the Service of Communion (Matrimony, Holy Orders).

The purpose of each of the sacraments is the sanctification of the soul that receives it, that is, the making holy, the making more like-to-God, of the recipient. With each in-pouring of *sanctifying grace* into the soul, the recipient is made more fully a 'partaker of the divine nature' (2 Peter 1:4). We should prepare for the reception of the sacraments by prayer, and we should wrap in prayer the grace we receive through them so that it bears fruit.

Whilst God may operate outside of the systems that He Himself has instituted, He willed the sacraments to be – and so they remain – the principal, sure, and ordinary means by which sanctifying grace is given to our souls precisely because of the basic elements of our religion detailed above.

## 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...

(Please enter date here)

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