

# 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

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Parish Priest:  
Fr Joseph Welch

Sundays: Yr B  
Weekdays: Yr 2

March is dedicated  
to St Joseph

### **Sunday 17<sup>th</sup> March 2024**

*Fifth Sunday of Lent,*

*First Sunday of Passiontide*

09:30 — James O'Sullivan RIP

11:00 — Pro Populo

### **Monday 18<sup>th</sup> March**

*Lent feria*

10am — Gregory Cody RIP

### **Tuesday 19<sup>th</sup> March**

*St Joseph*

8am (TLM) — Holy Souls

### **Wednesday 20<sup>th</sup> March**

*Lent feria*

6pm — Marianne Tsoungui RIP (1/3)

### **Thursday 21<sup>st</sup> March**

*Lent feria*

12:15pm — Rowland Batley RIP

### **Friday 22<sup>nd</sup> March**

*Lent feria*

10am — Susan & Kevin McShea

### **Saturday 23<sup>rd</sup> March**

*Lent feria*

10am — Marianne Tsoungui RIP (2/3)

*Vigil of Palm Sunday*

6pm — Holy Souls

#### **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: 14<sup>th</sup> April)

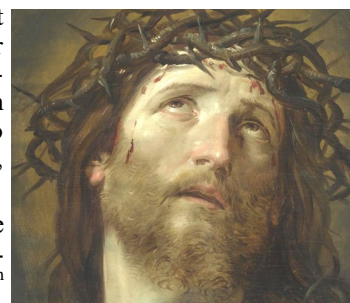
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### **PASSIONTIDE**

A mini season in its own right, it covers the last two weeks of Lent and is older in its observance than Lent itself. Passiontide is an echo of the two weeks of preparation observed by the People of Israel in the run-up to the sacrifice of the Passover Lamb when, 'On the fourteenth day of the first month, towards evening, will be the Passover of the Lord' (Ex 12:6; Lev 23:5). Highly coloured statues are covered (almost as if the saints themselves cannot bear to look on what is just about to happen to the Son of God) and a more sombre air descends on the church. Even crucifixes are veiled, reminding us that in the last few days of His public ministry—and so that the Pharisees could not arrest Him until His hour had come—Our Lord 'hid Himself, and went out of the temple' (Jn 8:59). At Christmas, in the stable in Bethlehem, the glorious divinity of the Son of God is hid from our eyes. Now, on the Cross, Our Lord appears as one 'marred... beyond human semblance' so severely wounded is He (Is 52:14). It is as if even His humanity is now hid from our eyes.

**CONFESSION** We now enter the season richest in graces. Do not waste this time. Renew your Lenten resolutions of prayer, fasting, and almsgiving, whether you've managed to keep them thus far or not. And if you have not yet been to Confession this Lent, get to Confession now, before Easter.

**Confessions in Portuguese** Fr Erico from the parish in Downham Market will be at St Pancras to hear confessions on Monday 18<sup>th</sup> March, 6pm—7pm.



### **MARY'S MEALS**

A special second collection at all Masses this weekend to raise funds for our Lent Project, Mary's Meals, helping to feed children who would not otherwise eat today.

*Super challenge:*

*Can we raise £1,000 this weekend?*

### **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.

### **Stations of the Cross & Benediction**

on Sundays at 4:30pm.

**The Chrism Mass** Tuesday 26<sup>th</sup> March at 11:30am at the cathedral. A coach will leave St Mary's, Woodbridge Road, at **8am** (not 9am as we said last week). Tickets £15 each. Please email Eleanor: [secretary@st-mary.org.uk](mailto:secretary@st-mary.org.uk)

### **CHILDRENS'**

### **STATIONS OF THE CROSS**

Good Friday

11am

### **Saturday Adoration**

**10:30am—5:30pm**

Please sign the watching lists week by week.

### **Lent Lunches for Mary's Meals**

(our Lent project again this year) every Thursday at 1pm in Lent.

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



**ST JOSEPH**

SPOUSE OF THE BLESSED VIRGIN MARY  
& PATRON OF THE UNIVERSAL CHURCH

Even though it is Passiontide we still keep the feast of St Joseph on Tuesday with Mass (TLM) at 8am, and with Confessions beforehand and the rosary afterwards.

**THE SACRED TRIDUUM**

**Maundy Thursday, Good Friday & Holy Saturday**

Make sure you have booked time off work and are free from other commitments so that you can worship Almighty God on the three most sacred days of the year.

*Mass of the Lord's Supper at 8pm, Thursday 28<sup>th</sup> March*

*Liturgy of the Passion at 3pm, Friday 29<sup>th</sup> March*

*The Easter Vigil at 9pm, Saturday 30<sup>th</sup> March*

See our website for full details of services in Holy Week.

**Reading Lists** There is a recently updated set of reading lists on the homepage of our parish website including suggestions for catechetical and theological reading as well as spiritual reading and ideas for which Bible to read or buy. Go to: [stpncraschurch.org.uk](http://stpncraschurch.org.uk)

**Book Club** meets Monday, 10<sup>th</sup> June, at 7pm in the parish hall to discuss *St Mark's Gospel: A Commentary for Believers* by Fr Thomas Crean OP. All welcome.

**Adult Confirmation Classes** The next class will be this week at 6:30pm on Thursday 21<sup>st</sup> March.

**Catholic Mothers Group** will meet next at 11am on Monday 8<sup>th</sup> April.

**Bd Carlo Acutis Group** (14 -17 year olds) will next meet on Thursday, 11<sup>th</sup> April (not 4<sup>th</sup>) at 7pm.

**Catholic Young Adults** (18-35) will next meet on Friday, 12<sup>th</sup> April at 7pm.

**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 those who have died recently, and for all those whose anniversaries occur at this time: Patricia Harrison, Mabel Parker, Penelope Butters, Ruby Tuffs, Brian Miller, Thomas Hanley, Anton Malo, Teresa Hughes, Graham Wilding, Elizabeth Downey, Richard Ware, Ellen Ban-yard, Cecilia Lewis, Mathew Dee, Antony Sefi, Charles Fox, Marguerite Morgan, Elizabeth Black, Pauline Forster, Janet Morris, Rowland Batley, Edward Norfolk, Sean Noonan, Mary Dixey, Anna Waszak, Eugenie Finbow, Cyril Clarke, and Mary Studd. 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:** We continue to look at the first of the Sacraments, Baptism.

**THE SACRAMENTS PT 10  
BAPTISM – INSTITUTED BY CHRIST**

All seven sacraments were instituted by Christ whilst He was personally present here on earth two thousand years ago. It is not absolutely certain when He instituted the Sacrament of Baptism but it is generally accepted that it was instituted at the moment of His own Baptism in the River Jordan (Mt 3:13-17; Mk 1:9-11; Lk 3:21-22).

The Son of God did not need to be baptized. He was not tainted by the stain of original sin nor had He committed any actual sins. Being God, He did not need the Sacrament of Baptism in order to be initiated into the life of God. Being the Only-Begotten Son of God, He did not need to be reconciled to His Father. Being already filled with the Holy Spirit, He did not need to be infused with the breath of the Holy Spirit, that is, sanctifying grace. Even so, He was not baptized merely to set us a good example. Nothing Our Lord said or did was purely for the sake of setting us an example. Every word and action of the Incarnate Son of God actually accomplished one or other aspect of our salvation.

Several things happened all at once when Our Lord went down into the waters of the Jordan to be baptized *in His humanity*. He was both anointed by the Holy Spirit as the Messiah *in His humanity* and was revealed to the onlookers to be the Messiah. He was revealed to be the Son of God by the words spoken by His Father, 'This is my beloved Son, with whom I am well pleased' (Mt 3:17). For the first time, God was revealed to be Triune with all three Persons of the Blessed Trinity being made known: the Father in the words He spoke, the Son coming up out of the waters, and the Holy Spirit who, in the form of a dove, descended upon the Son. He continued His emptying of Himself of all the appearances of divine splendour (Phil 2:7) by humbling Himself and agreeing to be baptized by a mere creature. Indeed, His cousin, John the Baptist, protested that it was Christ who should be baptizing John (Mt 3:14-15) because he, St John, was not fit even to carry His sandals (Mt 3:11).

At the moment of His baptism, Our Lord was also inaugurating a new age, ushering in a new reality, the era of salvation. Whilst the birth of the Church is usually understood to have taken place at Pentecost when the Holy Spirit was sent by the Son (now ascended back into heaven) down upon the Apostles (Acts 2:1-4), nonetheless there are several moments which could be thought of as being instrumental in bringing the Church to birth. Our Lord's nativity in the stable in Bethlehem is one such. His Baptism in the Jordan is another. From this moment on, the world would never be the same again.

Finally, with His own Baptism, Our Lord instituted the Sacrament of Baptism for His disciples, even though its necessity for salvation did not become apparent until later.



**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):