

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

March is dedicated
to St Joseph

Sunday 3rd March 2024

Third Sunday of Lent

09:30 — Pro Populo

11:00 — Matthew Heald RIP

Monday 4th March

Lent feria

10am — Tony & Maureen Convey

Tuesday 5th March

Lent feria

8am (TLM) — Holy Souls

Wednesday 6th March

Lent feria

6pm — In thanksgiving (N. James)

Thursday 7th March

Requiem

10am (TLM) — Patricia Al-Salih RIP

Lent feria

12:15pm — for Vocations

Friday 8th March

St Felix

10am — Christine McMahon & family

Saturday 9th March

Lent feria

10am — Holy Souls

Vigil of Lætare Sunday (Fourth of Lent)

6pm — Pro Populo

DURING LENT

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)

WEDNESDAY EVENING TALKS

**'And now there remain
faith, hope, and charity, these three'**

1 Cor 13:13

7pm following the 6pm Mass and rosary. This week, the second of our three talks, on the theological virtue of hope. Please join us even if you couldn't get to last week's talk. Read Pope Benedict XVI's encyclical, *Spe Salvi*, beforehand if you can. You can find the text at vatican.va

CSSA audit backs safeguarding services in Diocese of East Anglia

The Diocese has been awarded a judgment of Comprehensive Assurance by the Catholic Safeguarding Standards Agency (CSSA) following an audit of its safeguarding provision in Spring 2023. It is hoped that parishioners and visitors to our diocese will be reassured by its findings. Bishop Peter, the clergy, and all who work and volunteer in the diocese, are encouraged by it and remain committed to following up on the small number of recommendations to further improve [*sic*]. Particular gratitude is due to the Diocese's Safeguarding Coordinator and Administrator, and to all Parish Safeguarding Representatives for their hard-work and commitment, which is reflected in this report. Please see:

rcdea.org.uk/cssa-audit-backs-safeguarding-services-in-east-anglia/

LENT AT ST PANCRAS

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.

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.

Cake Sale for Mary's Meals Next week on Lætare Sunday and Mothering Sunday following the 9:30 and 11am Masses.



Recent Collections—for which, many thanks and God bless you.

October: Standing orders: £1,513; Dona: £2,704:04; green envelopes: £963; collection plate: £2,473:36. Total: £7,653:40.

November: Standing orders: £1,752; Dona: £1,682:15; green envelopes: £824:20; collection plate: £2,243:43. Total: £6,501:78.

December: Standing orders: £1,517; Dona: £1,936:52; green envelopes: £389; collection plate: £946:06. Total: £4,788:58. (Plus the personal Christmas offering to the parish priest.)

January: Standing orders: £1,505; Dona: £2,234:39; green envelopes: £1,017:20; collection plate: £3,309:87. Total: £8,066:46.

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

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.

Bd Carlo Acutis Group (14-17 year olds) will meet next on Thursday, 7th March at 7pm.

The Catholic Young Adults Group (18-35) will meet next on Friday, 8th March at 7pm.

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.

Book Club meets Monday, 11th March at 7pm in the parish hall to discuss *The Mass in Slow Motion* by Mgr Ronald Knox. All welcome.

Parish Magazine deadline: 17th 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 And don't forget the Q&A section where Fr Joseph will try to answer your questions relating to any aspect of the Catholic Faith.

Chrism Mass A coach will run from St Mary's, Woodbridge Rd, on 26th March. Seats: £15. Details to follow.

Adult Confirmation Classes The next class will be at 6:30pm on Thursday 21st March.

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.

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

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

Of your charity Please pray for the repose of the souls of Patricia Al-Salih, and Sheila Curry who died recently, and for all those whose anniversaries occur at this time: Adriana Turner, John Cox, Elsie Young, Grace Armstrong, Florence Blackett, Idwal Humphrey, Bridget Joy, Beatrix Richards, Ernest Layton, Hugh Cutting, Eddy Ware, Sarah Barnes, John Loftus, Margeret Lewis, Kathleen Keogh, Ellenore Marquand, Joseph Sciortino, Peter Curran, Marie Brock, Geoffrey Mutimer, Mary Barrack, David McWeeny, Philomena Maile, Daniel Arbon, Rosemary Williams, Vera Lee, Eileen Curran, Anthony Reading, Audrey Smith, Florence James, Ada Michell, and Ann Gabbitass. 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: Last week, original sin. This week...

THE SACRAMENTS PT 8 — THE EFFECTS OF ORIGINAL SIN

There were several consequences to Adam's original sin. First, and most dramatically, Adam forfeited the supernatural gift of *Original Justice* or *Justification*. That is, he forfeited *sanctifying grace* and no longer stood before God as a just man. In his personal life, the scales of divine justice were no longer balanced because he had refused to give to God what was due to God, namely the loving gift of humble obedience. In other words, Adam forfeited his supernatural friendship with God.

Second, Adam forfeited his *preternatural* gifts. In forfeiting *immortality* (the possibility of not dying) Adam became subject to decay which would end in the separation of body and soul, a separation which we call death. Forfeiting *impassibility*, Adam became subject to pain and suffering. Forfeiting his gift of *integrity*, Adam suffered the loss of the perfect harmony within him that had, up till then, ensured that his rational soul was in control of his bodily appetites and his emotional feelings. Finally, Adam suffered the loss of an *infused knowledge* of God and the things of God.

In forfeiting these gifts, we can say that human nature suffered *four wounds*. The first wound is *ignorance* as a result of which, having forfeited preternatural understanding and therefore no longer being a spiritual man, Adam – and each of us also – no longer receives 'the gifts of the Spirit of God, for they are folly to him, and he is not able to understand them' (1 Cor 2:14).

The second wound is *malice*. When human nature was fashioned it was threaded through with a desire for the good. But following the Fall our damaged nature is no longer able to bring about, or even lean towards, God's original intentions for us without the aid of grace. Rather, we find ourselves inclining to evil, as St Paul writes, 'Now if I do what I do not want, it is no longer I that do it, but sin which dwells within me... I see in my members another law at war with the law of my mind and making me captive to the law of sin' (Rom 7:20,23).

The third wound is *weakness* whereby we cannot easily fight against temptations nor readily overcome difficulties in the spiritual life: 'For I do not do what I want, but I do the very thing I hate... For I do not do the good I want, but the evil I do not want is what I do' (Rom 7:15,19).

And the fourth wound is *concupiscence*, the disordered desire to satisfy sensual longings. We all have sensual needs, for example we all need to respond to hunger. The key here is the *disordered* desire, when sensual desires run amok, as it were, and get the better of our use of reason. St Paul teaches us that we have not been set free by the Spirit merely to fall again into the slavery of sin (Rom 8:12-17). Instead, we must put to death what is earthly in us and walk by the Spirit instead (Col 3:5; Gal 5:16).

(N.B. The four wounds of ignorance, malice, weakness and concupiscence are countered by the four Cardinal Virtues of prudence, justice, fortitude and temperance.)



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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