

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

September is dedicated to
Our Lady of Sorrows

Sunday 15th September 2024

2th Sunday of the Year

09:30 — Holy Souls

11:00 — Pro Populo

Monday 16th September

Ss Cornelius & Cyprian

10am — Deceased Clergy of St Pancras

Tuesday 17th September

Feria

8am (TLM) — Holy Souls

Wednesday 18th September

Feria

6pm — Emmanuel Ogundiran:
in thanksgiving

**EMBER
DAY**

Thursday 19th September

St Januarius

12:15pm — Dominic Ware

Friday 20th September

St Andrew Kim Tae-gon & Comps.

10am — Kurian Mathew & Sylvia
Emmanuel: in thanksgiving

**EMBER
DAY**

Saturday 21st September

St Matthew

10am — Holy Souls

Vigil of 25th Sunday of the Year

6pm — Holy Souls

**EMBER
DAY**

CONFESSIONS:

Mon — Sat: 30 minutes before each Mass

& Sat: 5pm — 5:45pm

1st Friday: 6pm — 7pm

ADORATION: Sat: 5pm — 5:45pm

ROSARY: Mon — Fri: after Mass

DEVOTIONS TO O.L. OF IPSWICH &

S. PANCRAS: Sat after 10am Mass

TLM Masses: 2nd Sunday of the month at
8am. (Next 2nd Sunday Mass: 13th October.)

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*Traditional Latin Masses (TLM) are said
according to the Missal used before the Sec-
ond Vatican Council.*

Parish Magazine Deadline for submitting copy: today, Sunday, 15th Sep-
tember. News and views, essays and articles, poems and jokes, memories
and travelogues: all welcome. matilda79r@gmail.com

Second Collection this weekend at all Masses for the Home Missions.

THIS WEEK

EMBER DAYS

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

They fall on the Wednesday, Friday, and Saturday:

- (1) in the first full week of Lent
- (2) immediately following Pentecost Sunday
- (3) in the first full week following the feast of the Exaltation of the Cross
on 14th September, and
- (4) in the first full week following the feast of St Lucy on 13th December.

So, a popular rhyme for remembering them is:

*Fasting days and Emberings be
Lent, Whitsun, Holyrood, and Lucie*

which is sometimes reduced to: *Lenty, Penty, Crucy, Lucy,*
or, more prosaically, *Lucy, Ashes, Dove and Cross.*

HOLY YEAR 2025

Our Holy Father, Pope Francis, has declared the year 2025 to be a Holy Year. The Holy Year will begin on Christmas Eve this year and close on the feast of the Epiphany 2026.

The origin of Holy Years can be traced back to the Law of Moses in the Book of Leviticus when a jubilee was to be declared every fifty years during which debts were to be forgiven, slaves and prisoners were to be set free, and land was to be returned to its former owner.

Pope Boniface VIII revived the idea of the Old Testament jubilee years, declaring the first in the year 1300. In the 1500s Pope Paul II declared that they would ordinarily take place every 25 years, although in recent times there have occasionally been extraordinary Holy Years as well.

Throughout each Holy Year there are opportunities to gain specially de-
clared indulgences. St Pancras will produce a booklet giving more details of
the Holy Year 2025 later in the autumn.

Tuesdays Please note that Fr Joseph's day off is Tuesday each week. The door-
bell, the telephone, and emails are unlikely to be answered on Tuesdays.



No cash for the
collection? Use
our QR code.

Please consider making a **STANDING ORDER** instead of a weekly cash contribution to the parish.
Barclays Bank account name and no. St Pancras Catholic Church 00775843. Sort code: 20-44-51
Our parish is part of the East Anglia Roman Catholic Diocesan Trust: registered charity no. 278742

REGULAR PARISH EVENTS & GROUPS

Bd Carlo Acutis Group (14-17 year olds) will next meet on Thursday, 3rd October at 7pm.

Catholic Mothers' Group will next meet on Monday, 14th October at 11am.

DATES FOR YOUR DIARY

New Lectionary Second Collection at all Masses, 28th/29th September to raise funds for the new lectionary which will be used at all Masses from the beginning of Advent (see below).

Parish Quiz Night Friday, 25th October at 6pm.

Feast of All Saints Holy Day of Obligation, Friday 1st November.

Commemoration of the Holy Souls Saturday, 2nd Nov.

Feast of Christ the King Sunday, 24th November, with Adoration of the Blessed Sacrament all afternoon and concluding with Benediction at 5pm.

St Catherine's Fayre Sat. 23rd / Sun. 24th November. A 'make-and-sell' market. If you produce something professionally or as a hobby (craft items, rosaries, models, furniture, almost anything!) then come along, rent a stall in the parish hall, sell your goods, and make a profit for yourself whilst raising funds for the parish. More details to follow.

First Sunday of Advent Sunday, 1st December.

Carols by Candlelight Sunday, 22nd December at 4pm.

Tavern Evening Saturday, 25th January 2025 at 7pm.

Readings at Mass The bishops of England & Wales have decreed that, from the start of Advent 2024, we shall use the English Standard Version—Catholic Edition (ESV-CE) translation of the Bible for all readings at Mass. Go to: ctsbooks.org/product/sunday-missal/

Sick List Prayers are asked for Jim Convey, Larry Crowley, Paul Cummings, Alan Cutbush, Ciro Delabella, Evelyn Flach, Halina Gajewska, Sheila Garrard, Linda Mitchell, Rosemary Pease, Brian Price, Judith Rogers, and Leighton Scott.

Bernie Wood RIP

Of your charity please pray for the repose of the soul of Bernie Wood who died on Sunday, 8th September 2024. Funeral requiem: Wednesday, 2nd October at 1pm, at St Mary's, Woodbridge Road.

Of your charity Please pray for the repose of the soul of Kenneth Elvin who died recently, and for all those whose anniversaries occur at this time: Charles Covell, Mary Bulbeck, Edna Walker, Margaret Holman, Marija Lukashuk, Giuseppina Iachetta, Mary McBride, Nunzio Ragucci, Margaret Sullivan, Valeria Rosieradyka, Ursula Anderson, Charles Henley, Bertie Walker, Frederick Wallace, Francis Tynan, Thomas Devine, Christine Peachey, Jean Orme, Anastasia Last, Martin Connolly, Eunice Bartlett, Angel Mahalia, Sheila Jokic, Pauline Roberts, Raymond Johnson, and Richard Dunn. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes:

This week we resume our look at Penance and the Sacrament of Confession.

THE SACRAMENTS PT 32:

PENANCE – IF YOU FORGIVE THE SINS OF ANY

The Son of God came to earth in order to reconcile a wayward race to its God, and to save that race from the consequences of its sins. While He walked the lanes and byways of Palestine, Our Lord forgave sins again and again. The Sacrament of Penance is the ordinary means, after Baptism, by which His Church continues the work that He began. Without the Sacraments, only those who met Our Lord personally would have been able to benefit from the fruits of redemption. With the Sacraments, we all can.

Each time Our Lord forgave someone's sins, for example the woman taken in adultery (Jn 8:1-11) and the sick man lowered through the roof (Lk 5:17-26 et par), He was ushering in the work of forgiveness and salvation. Supremely, of course, Our Lord forgave sins as He was dying on the Cross, when He said, 'Father, forgive them; for they know not what they do' (Lk 23:34). But the Sacrament of Penance itself was instituted in two parts. First, when Our Lord bestowed on St Peter in particular, and the other Apostles in general, the power of binding and loosing, it included the power of forgiving and retaining sins: 'Whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven' (Mt 16:19; 18:18). Second, and more explicitly, Our Lord breathed forth the Holy Spirit onto His Apostles in the Upper Room on the evening of the day He rose from the dead: 'He breathed on them, and said to them, Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained' (Jn 20:22-23).

This power to bind and loose incorporates a judicial element insofar as the priest who administers the Sacrament of Penance must make a judgment, first, on the nature, gravity and frequency of the sins confessed, second, on the sincerity of the penitent's sorrow, and third, on a suitable penance and spiritual advice to be given. More will be said on each of these in the pages that follow but here it is worth emphasizing that in the Sacrament of Penance, the priest, and the Church more generally, really does participate in Christ's priestly authority to judge, given Him by the Father (Jn 5:22). For example, there are some sins which result in a censure being laid on the sinner, censures which, in some cases, deny the individual access to the Sacraments or other blessings of the Church until the censure is lifted. These include, amongst others, any deliberate act of sacrilege against the Blessed Sacrament. However, the main emphasis in the Sacrament is always the tender and gentle mercy of a loving and forgiving Savior.

Like all the Sacraments, Penance was, as we have seen, instituted by Our Lord, is a freely given gift from God, infuses sanctifying grace into our souls, benefits us for salvation, and requires some level of co-operation from us if it is to bear fruit.