

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

September is dedicated to
Our Lady of Sorrows

Sunday 22nd September 2024

25th Sunday of the Year
09:30 — Pro Populo
11:00 — Anjala Jacob's int. 3/3

Monday 23rd September

St Pio of Pietrelcina (Padre Pio)
10am — Chika Igwe's int. 1/2

Tuesday 24th September

*Our Lady of Walsingham &
Our Lady of Ransom*
8am (TLM) — James Daniel Cleary RIP

Wednesday 25th September

Feria
6pm — Chika Igwe's int. 2/2

Thursday 26th September

Ss Cosmas & Damian
12:15pm — Gintautas Rimkus RIP

Friday 27th September

St Vincent de Paul
10am — Bernadette Wood RIP

Saturday 28th September

St Wenceslaus
10am — Benefactors of the Parish
Vigil of 26th Sunday of the Year
6pm — Glenda Elliott-Sugars RIP

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.*
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WEDNESDAY EVENING TALKS

EXPLORING THE CATHOLIC FAITH THROUGH THE GOSPEL OF ST LUKE

The Wednesday Evening talks are back for a brand new series beginning on **Wednesday 2nd October at 7pm**, straight after the 6pm Mass and rosary. We shall make our way through St Luke's Gospel, pausing to consider the teachings of the Catholic Church down the ages (as taught by the Church Fathers, the Popes, the Councils, and the saints) in the light of the words of Scripture. At every stage we shall bear in mind that the Scriptures are based on the teachings of the Catholic Church and not the other way round. After all, it was the Church who decided which of the many available writings should be included in the Christian Bible and which should not.

Bring a Bible and something with which to take notes. Tea and coffee available and all are welcome.

ASSISTED DYING

Assisted dying, and euthanasia, are rearing their ugly and terrible heads once more. The Prime Minister is backing plans to hold a vote on the matter in Parliament this autumn. Every parishioner is urged to write as a matter of urgency, both to the Prime Minister himself and to your own MP. In both cases, letters may be addressed to the individual concerned at:

The House of Commons, Westminster, London, SW1A 0AA.

For up-to-date news and more details go to: righttolife.org.uk/

To find out where your MP stands on this matter, go to:
righttolife.org.uk/donoharm

To read what the Catholic Bishops of England & Wales say: [cbcew.org.uk/
unite-in-compassionate-action-to-oppose-assisted-suicide-says-bishop/](http://cbcew.org.uk/unite-in-compassionate-action-to-oppose-assisted-suicide-says-bishop/)

'Hard cases make bad laws.' The heartstrings of us all are tugged when we see elderly people suffering. Surely, we ask, God cannot want this? And of course the answer is, 'No, He does not.' But helping people to commit suicide, or even outright euthanasia, is not the answer, for God 'created all things that they might be' (Wis 3:14).

Human beings suffer because we, collectively as a race and individually, have turned our back on God through sin, and now suffer the consequences of having alienated ourselves from the source of life and goodness. The suffering and death of Christ on the Cross has not abolished suffering, of course, but it has given meaning to suffering. Accepting our pain as if it were a gift from God, turning it around and offering it back to Him as a penance for sin, is how we unite our sufferings to those of Christ's sufferings on the Cross. In this way, we can imitate Christ in His dying so that our dying may bear the same fruit, namely everlasting life.

It is true that not everyone thinks like this or believes in Christ, but we, as Catholics, must do our bit to try to bring God's kingdom about here on earth by preserving human life from the destructive forces of our modern society. After all, do we not pray, 'Thy kingdom come. Thy will be done'? The world does not understand because, as God says, 'my thoughts are not your thoughts, nor your ways my ways' (Is 55:8). All the more reason, then, to bear witness to the goodness, the truth, and the beauty of life that comes from our Creator.



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

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.

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.

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, Jan Patrick, Rosemary Pease, Brian Price, Judith Rogers, and Leighton Scott.

Jan Patrick RIP

Of your charity please pray for the repose of the soul of Janet Patrick who was rushed into hospital on Tuesday with pneumonia and who died in the critical care unit on Friday evening fortified by the rites of Holy Mother Church.

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, Bernie Wood, and Jan Patrick, all of whom have died recently, and for all those whose anniversaries occur at this time: Michael Lynch, Frederick Clifford, John Corbett, Michael Cattidan, Adrian Patterson, Elizabeth Heley, Ronald Southgate, Frank Woodward, Nora Mulryan, Maria Leeder, Hubert Boothe, Mary Burns, Meve Windham, Maurice Keeting, Luigi Mariani, George McGahey, Gladys Adams, James, McGovern, Phyllis Ticehurst, Filippo Tucciarone, Ambrose Molloy, Amelia Gallo, John Brinsley, Ann Laukkanen, Kathleen Clutterham, Catherine Apostoledis, Catherine Riodan, Austin Gaffney, Gwendoline Bastarria, Mary Hatfield, and Eileen Woodward. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

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

THE SACRAMENTS PT 33: PENANCE – CONTRITION

The *matter* of the Sacrament of Penance is unique among the Sacraments because it involves words only, and not water as in Baptism or Bread and Wine as in the Holy Eucharist. The matter of the Sacrament of Penance consists of the threefold acts of the penitent, namely *contrition*, *confession*, and *satisfaction*.

By *contrition* is meant sorrow for our sins, a firm purpose never to sin again, and a detestation of the sins committed. There are two kinds of contrition, *Perfect Contrition* and *Imperfect Contrition*.

Perfect Contrition is sorrow for sin arising from perfect charity, that is, from love of God alone without any admixture of other motives. Perfect contrition is sorrow for offending God simply because He is God; for offending a perfect God who is infinitely good, holy, merciful, lovable, and true, without regard to whatever He may have done for us.

Such contrition, when joined to a desire and a resolution to receive the Sacrament of Penance, is sufficient to remit our sins at once, even before we have been to Confession. However, if our sins are mortal, we are strictly bound to confess them in our next confession, and certainly before we receive Holy Communion again. Why so? Because the Sacrament of Penance is not only about being reconciled with the love of God but about being at one with the whole body of the Baptized, that is, with all the members of the Mystical Body of Christ, the Church, and therefore we must have confessed those sins to a representative of the Church in the form of a priest.

Imperfect Contrition, or *Attrition*, is sorrow that arises from an inferior motive than the love of God alone, for example, from a consideration of all that God has given to us, or His goodness towards us, from the fear of hell and the loss of heaven, or even from a proper appreciation of the heinousness of sin itself. Attrition alone is not sufficient to restore us to God's favor. Rather, there must be repentance for past sins and a resolution to begin a new manner of life. When these features – attrition, repentance, and a firm purpose of amendment – are combined in the Sacrament of Penance, then a beginning of a love of God is supposed, and our sins are absolved and we are restored to God's favor.

Contrition must be: *interior*, that is, it must spring from the heart, the seat of the will, and not merely from the lips; *supernatural*, that is, it must arise from the workings of God's grace and not merely from natural motives such as fear or regret of earth-bound consequences of our sins, such as shame before men, or loss of health, property, or reputation; *universal*, which means we must be sorry at the very least for *all* our mortal sins. We cannot be sacramentally absolved of one mortal sin whilst failing to confess or repent of another; and *sovereign*, that is, we should be prepared to sacrifice everything rather than offend God mortally.