

# 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

October is dedicated to  
Our Lady of the Rosary

### **Sunday 29<sup>th</sup> September 2024**

*26<sup>th</sup> Sunday of the Year*

09:30 — D. Marli Mendoça de Lucena RIP

11:00 — Pro Populo

### **Monday 30<sup>th</sup> September**

*St Jerome*

10am — Holy Souls

### **Tuesday 1<sup>st</sup> October**

*Feria*

8am (TLM) — William Edward Rampley

### **Wednesday 2<sup>nd</sup> October**

*The Holy Guardian Angels*

6pm — Holy Souls

### **Thursday 3<sup>rd</sup> October**

*Feria*

12:15pm — Donna

### **Friday 4<sup>th</sup> October**

*St Francis of Assisi*

10am — Holy Souls

### **Saturday 5<sup>th</sup> October**

*Our Lady on Saturday*

10am — Bob Gravino

*Vigil of 27<sup>th</sup> Sunday of the Year*

6pm — The *Domus* of the Parish

#### **CONFESSIONS:**

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

**& Sat:** 5pm — 5:45pm

**1<sup>st</sup> 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:** 2<sup>nd</sup> Sunday of the month at  
8am. (Next 2<sup>nd</sup> Sunday Mass: 13<sup>th</sup> October.)

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

#### THIS WEEK

**Sunday 29th September—Saturday 5th October**

#### **SUNDAY, 29<sup>TH</sup> SEPTEMBER 2024**

(i) A special second collection at all Masses this weekend to pay for the new lectionary, the book from which all the readings at Mass are taken. The Bishops of England & Wales have decreed that a different translation of the Bible will be used from the beginning of Advent and we must buy a whole new set of books. I'm afraid they are not cheap. We have already ordered our copies but they will cost us around £1,100. Please help us as generously as you can. Thank you!

#### **MONDAY 30<sup>TH</sup> SEPTEMBER & TUESDAY 1<sup>ST</sup> OCTOBER**

(i) St Alban's Catholic High School Open Mornings. 9:15am—10:25am. [www.st-albans.suffolk.sch.uk/transitiontohighschool](http://www.st-albans.suffolk.sch.uk/transitiontohighschool)

#### **WEDNESDAY, 2<sup>ND</sup> OCTOBER**

(i) Feast of the Holy Guardian Angels — Mass at 6pm.

(ii) Bernie Wood's funeral at St Mary's, Woodbridge Rd, at 1pm.

(iii) New Series of Wednesday Evening Talks Begin at 7pm.

#### *EXPLORING THE CATHOLIC FAITH THROUGH THE GOSPEL OF ST LUKE*

The Wednesday Evening talks are back for a brand new series beginning on Wednesday 2<sup>nd</sup> 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.

#### **THURSDAY, 3<sup>RD</sup> OCTOBER**

(i) Blessed Carlo Acutis Group (for 14-17 year olds) will meet for the first time since the summer break. We meet every first Thursday of the month at 7pm in the church for prayer, followed by a discussion about the Catholic Faith (and usually some games) in the hall until 9pm. If you have not been before, come along this week and join in! Refreshments available.

#### **FRIDAY, 4<sup>TH</sup> OCTOBER**

(i) Feast of St Francis of Assisi — Mass at 10am.

(ii) First Friday Confessions: every first Friday of the month:  
6pm—7pm.

*Please note! We have Confessions in our church every day  
(Monday to Saturday) for 30 minutes before every Mass.*

NEXT WEEK

Sunday 6<sup>th</sup>—Saturday 12<sup>th</sup> October

Sunday 6<sup>th</sup>—October Devotions & Benediction at 4:30pm.

Wednesday 9<sup>th</sup>—Wednesday Evening Talk at 7pm.

Thursday 10<sup>th</sup>—Monthly Thursday lunch at 1pm. (Volunteers needed, please, to prepare the lunch.)

Thursday 10<sup>th</sup>—Meeting for parents of First Communion & Confirmation children in the parish hall at 7pm.

Friday 11<sup>th</sup>—First Confirmation class of the term 5pm-6pm.

Saturday 12<sup>th</sup>—Anniversary of the Dedication of our church (in 1961). Mass at 10am.

Saturday 12<sup>th</sup>—the first 1st Holy Communion class of the term 4pm-4:45pm.

LOOKING AHEAD

Adult Confirmation classes: details to follow.

October Devotions & Benediction every Sunday afternoon in October at 4:30pm.

Catholic Mothers' Group meets for the first time since the summer break on Monday 14<sup>th</sup> October at 11am (straight after the 10am Mass & rosary). Mums & toddlers welcome for the five Cs: coffee, cake, catechism, conversation, and chaos.

Parish Quiz Night with Fish & Chip supper: Friday, 25<sup>th</sup> October at 6pm. Tickets available soon.

St Catherine's Fayre Sat. 23<sup>rd</sup> / Sun. 24<sup>th</sup> 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/](https://ctsbooks.org/product/sunday-missal/)

Advent Devotions Wednesdays in Advent at 6:30pm, following on from 6pm Mass. (No rosary after Mass.)

Book Club The next meeting will be on Monday, 9<sup>th</sup> December at 7pm. We will discuss Bruce Marshall's novel, *All Glorious Within*. All welcome.

Carols by Candlelight & Blessing of Cribs Sunday, 22<sup>nd</sup> December at 4pm. All welcome.

Epiphany Benediction Saturday, 4<sup>th</sup> January 2025 at 3pm. All welcome.

Tavern Evening Saturday, 25<sup>th</sup> January 2025 at 7pm.

Parish Finance Committee meeting Monday, 13<sup>th</sup> January 2025 at 7pm.

Parish Council Monday meeting, 13<sup>th</sup> January 2025 at 7:30pm.

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ANGEL FOOD CAKE

For the feasts of the Archangels (Gabriel, 24<sup>th</sup> March; Michael, 29<sup>th</sup> September; Raphael, 24<sup>th</sup> October), the Guardian Angels (2<sup>nd</sup> October), Our Lady of the Angels (2<sup>nd</sup> August), etc

Ingredients

- 1 cup cake flour
- 1 1/2 cups granulated sugar
- 12 large egg whites
- 1 1/2 t. vanilla
- 1 1/2 t. cream of tartar
- 1/2 t. salt.

Preheat the oven to 375 degrees F (190 degrees C). Be sure that your 10 inch tube pan is clean and dry. Sift together the flour, and 3/4 cup of the sugar, set aside.

In a large bowl (the egg whites will whip up to completely fill a Kitchen Aid mixer bowl), whip the egg whites along with the vanilla, cream of tartar and salt, to medium stiff peaks. Gradually add the remaining sugar while continuing to whip to stiff peaks. When the egg white mixture has reached its maximum volume, fold in the sifted ingredients gradually, one third at a time. Do not overmix. Put the batter into the tube pan.

Bake for 40 to 45 minutes in the preheated oven, until the cake springs back when touched. Balance the tube pan upside down on the top of a bottle, to prevent decompression while cooling. When cool, run a knife around the edge of the pan and invert onto a plate.

PLEASE PRAY FOR

Sick List Prayers are asked for Jim Convey, Larry Crowley, Paul Cummings, Alan Cutbush, Ciro Dellabella, Evelyn Flach, Halina Gajewska, Sheila Garrard, Linda Mitchell, Stephen Patten, 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, 8<sup>th</sup> September 2024. Funeral requiem: Wednesday, 2<sup>nd</sup> October at 1pm, at St Mary's, Woodbridge Road.

Jan Patrick RIP

Of your charity please pray for the repose of the soul of Janet Patrick who died on Friday, 20<sup>th</sup> September fortified by the rites of Holy Mother Church. Her funeral requiem will be on Thursday, 17<sup>th</sup> October at the 12:15pm Mass.

Of your charity

Please pray for the repose of the souls of Kenneth Elvin, Bernie Wood, and Jan Patrick, who have died recently, and for all those whose anniversaries occur at this time: Albert Rice, Lilian Tescum, Phyllis Forshaw, Albert Carey, Paul Egon, James Doyle, Adrian Patterson, Cecil Parker, Laurence Keogh, Cecily Butters, William Cushnahan, Mary Ferguson, William Cronin, Francisco Assuncao, Edward Somers, Ivan Maksymowycz, Sally Scarlett, Arthur Jefferson, Fred Head, Sheila Carey, Hanora Young, Philippe Coiquaud, Evelyn Stoubley, Stephen Thrower, Veronica Mutimer, Beryl Marshall, Dorothy Tynan, Ethel Hughes, and Dennis Smith. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Our Holy Father, Pope Francis, has declared the year 2025 to be a Holy Year.

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.

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

### 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/](http://righttolife.org.uk/)**

To find out where your MP stands on this matter, go to:  
**[righttolife.org.uk/donoharm](http://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, truth, and beauty of life that comes from our Creator.

### Fr Joseph writes:

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.

*Previous columns in this series may be found on back numbers of the parish newsletter at:*

[www.stpancraschurch.org.uk/newsletter/](http://www.stpancraschurch.org.uk/newsletter/)

REGULAR  
PARISH GROUPS & EVENTS

**Online calendar:** please go to our online calendar to see details of all our parish groups and events: [stpancraschurch.org.uk/calendar/](http://stpancraschurch.org.uk/calendar/)

**Tea & coffee** every Sunday in the parish hall following the 9:30 and 11am Masses. All welcome

**Parish coffee morning** in the parish hall every Friday following the 10am Mass & rosary. All welcome.

**Church cleaning group** every Friday morning following the 10am Mass & rosary. New volunteers welcome.

**Wednesday Evening Talks** at 7pm (following the 6pm Mass & rosary) throughout the autumn and spring. See newsletter for details.

**Thursday Lunches** are held every second Thursday of the month at 1pm. (Every week in Lent.) These are social events and everyone is welcome. The lunch is free, although we invite donations to Mary's Meals.

**Blessed Carlo Acutis Group** (for 14-17 year olds) every first Thursday of the month at 7pm in the church followed by discussion and games in the parish hall until 9pm. Newcomers welcome.

**Catholic Mothers' Group** for mums & toddlers every second Monday of the month in the parish hall at 11am (following the 10am Mass & rosary). Newcomers welcome.

**Book Club** every quarter (on the second Monday of March, June, September, and December) in the parish hall at 7pm. All welcome.

**Catholic Young Adults, CYA**, (for 18-35 year olds). This group is enjoying an extended break for the moment. Watch this space for updates.

**The Pancratius** is our monthly newsletter for younger readers (5-15 years old) packed with fascinating facts about the Catholic Faith and the Church, quizzes, jokes, suggested reading, and activities. Please feel free to take a copy or two.

**The Parish Choir** sings at the 11am Mass on Sundays and at the 7pm Mass on Holy Days. Rehearsals are on Fridays at 8pm. If you would like to join our choir please speak to Fr Joseph.

**Brass cleaning** Our team has been reduced recently and we are looking for more volunteers (once a month or thereabouts). If you might be able to help, please speak to Fr Joseph.

**FIND Ipswich** (Families in Need) Dry foodstuffs and personal care items may be left in the barrel at the back of the church for local people in need.

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STANDING NOTICES

**A warm welcome** to new parishioners and visitors. If you have recently moved to the area please complete one of the Contact Details postcards at the back of the church and return it to Fr Joseph. Thank you.

**Masses may be said** for the living and the dead. Please enter the details on one of the Mass Offering envelopes available at the back of the church, place your offering inside the envelope, and return it to Fr Joseph. A typical offering is £10 for each Mass requested. We cannot guarantee your preferred date for the Mass but we will get as close to it as possible. Thank you.

**Going into hospital** by appointment or in an emergency? Please let Fr Joseph know. Ipswich hospital has a lay Catholic chaplain, Mrs Rachel Tearle, a member of St Mark's parish and an experienced nurse. If you or a family member or friend is in the hospital and would like support from the chaplaincy team, please refer by calling 01473 704100 or emailing [chaplaincy@esneft.nhs.uk](mailto:chaplaincy@esneft.nhs.uk) For urgent chaplaincy needs 24/7, please call the switchboard at 01473 712233 and ask for the on-call chaplain. When making a referral, please provide the patient's name, ward (if known), and your contact details in case further information is needed.


**Call a Priest** in an emergency! If someone is dying, do not wait but call a priest to administer the Last Rites. If Fr Joseph is not immediately available, call one of the other priests in a nearby parish.

**Gift Aid.** If you are a British taxpayer but have not yet completed a Gift Aid form please do so. You can add considerably to the income of the parish at no further cost to yourself. Gift Aid forms are available at the back of the church. Completed forms should be returned to Fr Joseph. Thank you.

**Legacies** can provide much needed financial support to parishes. Please consider leaving a legacy in your will for St Pancras Catholic Church, Ipswich. Thank you.

**Tuesday** is Fr Joseph's day off. The phone, the doorbell, and e-mails are unlikely to be answered on Tuesdays.

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Please consider making a **STANDING ORDER** instead of a weekly cash contribution to the parish. Our bank details: **BANK:** Barclays Bank. **ACCOUNT NUMBER:** 00775843. **SORT CODE:** 20-44-51 **ACCOUNT NAME:** St Pancras Catholic Church.

 Our parish is part of the East Anglia Roman Catholic Diocesan Trust: registered charity no. 278742

The QR code will take you to our Dona machine donation page.

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The parish **SAFEGUARDING REPRESENTATIVE** may be contacted by anyone of any age, at any time, with any safeguarding concerns:

Mim McMahon: 01394 274395 *or* 07813199275  
[mim@trianglemusic.info](mailto:mim@trianglemusic.info) *or* [mim.macmahon@gmail.com](mailto:mim.macmahon@gmail.com)

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