

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

October is dedicated to
Our Lady of the Rosary

Sunday 13th October 2024

- * *Dom. XXI post Pentecosten*
8am (TLM) — Pro Populo
- * *28th Sunday of the Year*
09:30 — Mary Crilly
11:00 — Roger Mallett RIP

Monday 14th October

St Callistus
10am — Dominic Ware

Tuesday 15th October

St Teresa of Ávila
8am (TLM) — Holy Souls

Wednesday 16th October

- * 5pm — Jan Patrick's reception
- * *St Hedwig*
6pm — Benefactors of the Parish

Thursday 17th October

Funeral requiem of Jan Patrick RIP
12:15pm — Jan Patrick RIP

Friday 18th October

St Luke
10am — Private int.

Saturday 19th October

St Paul of the Cross
10am — D. Marli Mendonça de Lucena
Vigil of 29th Sunday of the Year
6pm — Pro Populo

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: 10th Nov.)

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Traditional Latin Masses (TLM) are said according to the Missal used before the Second Vatican Council.

THIS WEEK

Sunday 13th — Saturday 19th October

SUNDAY, 13TH OCTOBER 2024

OCTOBER DEVOTIONS

Each Sunday in October beginning today at 4:30pm.

Rosary, hymns, prayers, a *fervorino* (mini sermon), and ending with Benediction of the Blessed Sacrament.

All welcome in this month of the Holy Rosary.

MONDAY, 14TH OCTOBER 2024

The Catholic Mothers' Group will meet at 11am

straight after the 10am Mass and rosary, for its first meeting since the summer break. All mothers & toddlers welcome to join us for the five Cs: coffee, cake, conversation, catechism, and chaos.

WEDNESDAY, 16TH OCTOBER

5pm — Jan Patrick RIP: reception of the coffin into church.

7pm — Our series of Wednesday Evening Talks continue.

EXPLORING THE CATHOLIC FAITH THROUGH THE GOSPEL OF ST LUKE

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

'I've learnt more in the last hour than I ever learnt at school'
(A parishioner.)

THURSDAY, 17TH OCTOBER

Today's 12:15pm Mass
will be the funeral requiem for Jan Patrick RIP

followed by a cremation at Seven Hills crematorium at 2:15pm, followed by Memories & Refreshments at *Venue 16* from 2pm-5pm at which there will be an open microphone for anyone who would like to pay a tribute or share a memory. All are welcome to attend one or all three of these services and events. Those attending the cremation are invited to bring a single flower to place on the coffin. (Otherwise, flowers are limited, please, to bouquets from the immediate family.)

FRIDAY, 18TH OCTOBER

Confirmation class in the parish hall: 5pm—6pm.

SATURDAY, 19TH OCTOBER

First Holy Communion class in the parish hall: 4pm—4:45pm.

NEXT WEEK

Sunday 20th—Saturday 26th October

Sunday 20th—October Devotions & Benediction at 4:30pm.

Wednesday 23rd—Wednesday Evening Talk at 7pm.

Friday 25th—Church cleaning at 11am. New volunteers welcome.

Friday 25th—Parish coffee morning at 11am. All welcome.

Friday 25th—No Confirmation class (half term break)

Friday 25th — Parish Quiz Night with Fish & Chip Supper at 6pm.

Saturday 26th—No First Holy Communion class (half term break)

Adult Confirmation Classes For adults who would like to receive the Sacrament of Confirmation next summer: Thursdays, 14th, 28th November & 12th December 6:30pm—7:30pm, with three more classes after Christmas. The Confirmation ceremony will be at 7pm on Thursday, 5th June 2025.

Retrouvaille You Can Help Your Marriage! Are you frustrated or angry with your spouse? Do you argue, or have stopped talking all together? *Retrouvaille* helps married couples through difficult times. Register now for next programme starting 8th—10th November. Call 0788 7296983 or Email: retrouvailleukinfo@gmail.com www.retrouvaille.org.uk

Our Recent Second Collection for the new lectionary raised half of the £1,100 we need to replace our lectionary ahead of Advent. A big thank you for your generosity. If you are able to help further, there is still time to contribute to the cost of these volumes and, therefore, to the liturgical and spiritual life of the parish. Thank you.

LOOKING AHEAD

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

Feast All Saints (Holy Day of Obligation) — Friday 1st November. Masses at 8am (TLM, 12:15pm, 7pm (sung). Confessions before all Masses, rosary after the 12:15pm Mass.

Commemoration of the Faithful Departed (All Souls Day) Saturday, 2nd November. Requiem Masses at 8am (TLM) and 10am. Confessions before both Masses. (No devotions after 10am Mass today.)

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/

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, 9th December at 7pm. We will discuss Bruce Marshall's novel, *All Glorious Within*. All welcome.

SOUL CAKES

Blessing of Soul Cakes following the 12:15pm Mass on Thursday, 31st October.

Bake & bring your own Soul Cakes to be blessed ahead of All Saints & Holy Souls.

Our modern day Hallowe'en custom of *trick-or-treating* is a corruption of a mediæval tradition of praying for the dead. Children would go round all the homes in the village, promise to pray for the souls of those who had died in that household, and were rewarded with a Soul Cake.

Here at St Pancras we shall bless Soul Cakes on All Hallows Eve as part of a re-sanctifying of what has become a very pagan celebration. There are several recipes for Soul Cakes online. Here's just one. Get baking!

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| 300g plain flour | 2 tsp ground mixed spice |
| A pinch of nutmeg | 150g butter, diced |
| 150g caster sugar | 75g currants |
| 2 tbsp milk | 1 tbsp oats |
| ½ tbsp cider vinegar | |
| 2 egg yolks (or 1 whole egg, beaten) | |

(i) Preheat the oven to 180C, fan 160C, gas 4. Sift the flour, spices and a pinch of salt into a mixing bowl, then add the butter and rub in with your fingers. Stir in the oats, currants and sugar.

(ii) Whisk the egg, milk and cider vinegar together until just combined, then stir into the dry ingredients. Bring together into a soft dough, and add more milk if the dough is too dry.

(iii) On a floured surface, roll out to about 5mm thick. Stamp out the soul cakes with a 6cm to 7cm round cutter, and score a cross lightly on the top. Transfer to two greased baking trays.

(iv) Bake for 15-25 minutes until pale golden brown. Cool on a wire rack. Makes 30.

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.

Of your charity

Please pray for the repose of the soul of Jan Patrick, who died recently, and for all those whose anniversaries occur at this time: Philip McSweeney, Catherine Green, Arthur Walker, Rosa Richards, Patrick Traynor, Josephine Piggott, Eva Gray, Margaret Nicholls, Fr Edgar Hardwick, William Morris, Daniel Coughlan, Frederick Duffield, John Ennis, Jane Craven, Florence Manthorpe, Ruby Thompson, Mary Murray, Doreen Jones, John Patrick, John Nealy, Albert Dade, Kathleen Clutterham, Fr Martin Orme, Norman D'Arcy, Josef Popyk, Norbert Henderson, Peter Ellis, and Thomas Blackett. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

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PARISH QUIZ NIGHT
with FISH & CHIP SUPPER

Friday, 25th October at 6pm

All welcome for an enjoyable evening. Test your wits as part of a team. £12:50 per person (pay on the night) but please sign the list at the back of church so that we know numbers. Thank you.

ST CATHERINE'S FAYRE

Saturday 23rd — Sunday 24th November 2024

If you would like to register to sell your products at St Catherine's Fayre please take a registration form from the back of church which gives all the details, and return it to Fr Joseph no later than Saturday, 2nd November.

ASSISTED DYING

Write to your MP now!

An Assisted Dying bill is to be introduced in Parliament this week on **Wednesday, 16th October**, with a debate and initial vote likely to take place later this year. Every parishioner is urged to write as a matter of urgency to your own MP.

**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/**

'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 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 the Sacrament of Confession.

THE SACRAMENTS PT 35: PENANCE – SATISFACTION

The topic of satisfaction can be easily misunderstood, in part because it forms another of the many paradoxes in our Faith: only Christ can make satisfaction for our sins, and yet we, also, must play our part in rendering satisfaction for our sins. It is not *either* Christ *or* we who make satisfaction, but *both* Christ *and* we who do so. As St Paul says, 'In my flesh I complete what is lacking in Christ's afflictions' (Col 1:24). But we must be careful here. Only Christ's afflictions can make satisfaction to the Undivided Trinity for the sins of the human race. Our penances can contribute to the process of rendering satisfaction only if we unite them to the sufferings of Christ to the point of participating in Christ's own sufferings, as it were, and by carrying the Cross *with* Him, as Simon of Cyrene did (Mk 15:21 et par).

How do we carry the Cross with Our Lord? By offering to Him, in prayer, our own sufferings as gifts of love instead of rejecting the opportunity to do so by complaining about them. We are not obliged to go in search of additional opportunities for suffering and penance, at least not until we have perfected our acceptance of those that come to us in the ordinary circumstances of our daily lives. (In other words, it is perfectly reasonable to take medicine to relieve a headache. God gives us medicines as gifts of His healing power. But when something is beyond our control, then our prayer might usefully be, 'Help me by your grace, O Lord, to accept this tribulation as a participation in your sufferings for the sake of my salvation and that of all the world.' That is, we can ask God to help bring about a change in our hearts so that we can accept with serenity the things in life that we cannot change. To accomplish this would be no small thing.) But we *are* obliged as Catholics to accept those penances demanded of us by the Church because She stands in the place of Christ and acts with His authority, as Our Lord Himself said to St Peter, 'Whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven' (Mt 16:19). The penances imposed by the Church include Friday abstinence, appointed days of fasting, and, in the context of the Sacrament of Confession, the penance given by the priest as part of the Sacrament.

The penance given in the Sacrament is likely to be a prayer or set of prayers with which we are already familiar. However, it might take the form of some additional act of piety such as reading a particular passage from Scripture or undertaking some popular devotion such as saying the rosary (or some part of it) or making the Stations of the Cross.* Our penances are, in a real sense, only tokens of our sorrow, of our love of God, and of our renewed resolution never to offend Him again.

* *Sacramental penances are not designed to correspond directly to the gravity of our sins for that would be an example of the heresy of Pelagianism which claims that we can merit salvation through our own efforts unaided by grace, which of course we cannot.*

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

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/

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 would like support from the chaplaincy team, please refer by calling 01473 704100 or e-mailing 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.

Sunday sermons may be found on our parish website.

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

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.

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 or mim.macmahon@gmail.com

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