

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 20th October 2024

29th Sunday of the Year

09:30 — Maria Concetta Ragucci RIP

11:00 — Jan Patrick RIP

Monday 21st October

Feria

10am — Holy Souls

Tuesday 22nd October

Feria (Mass of Dom. XXII post Pent.)

8am (TLM) — Felix Downes-Thomas RIP

Wednesday 23rd October

St John Capistrano

6pm — Souls in Purgatory 1/2

Thursday 24th October

Votive Mass of the Archangels

12:15pm — Audrey Mackwell RIP

Friday 25th October

Feria

10am — Deceased clergy of St Pancras

Saturday 26th October

Our Lady on Saturday

10am — D. Marli Mendoça de Lucerna

Vigil of 30th Sunday of the Year

6pm — Holy Souls

Sunday 27th October

Traditional Feast of Christ the King:

additional Traditional Latin Mass at 8am

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.)

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

THIS WEEK

Sunday 20th — Saturday 26th October

SUNDAY, 20TH 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.

WEDNESDAY, 23RD OCTOBER

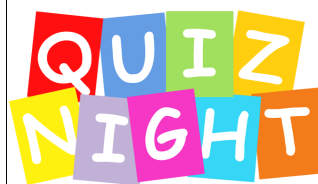
7pm — Our series of Wednesday Evening Talks continue.

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.

FRIDAY, 25TH OCTOBER

QUIZ NIGHT WITH FISH & CHIP SUPPER



Come and join in the fun and pit your general knowledge against all comers. £12:50 per person (pay on the day) but please sign the list at the back of the church **today** so that we know numbers.

Tea/coffee & soft drinks available.

Bring your own wine/beer.

FRIDAY, 25TH & SATURDAY 26TH OCTOBER

No Confirmation or First Holy Communion classes this week because of the school half-term break.

NEXT WEEK

Friday, 1st November

FEAST OF ALL SAINTS — HOLY DAY OF OBLIGATION

Masses at 8am (TLM), 12:15pm & 7pm (sung)

Confession before each Mass, rosary after the 12:15pm Mass.

Saturday, 2nd November

COMMEMORATION OF THE HOLY SOULS

Requiem Masses at 8am (TLM) & 10am

Confessions before each Mass.

ASSISTED DYING

An Assisted Dying bill was introduced into Parliament, receiving its first reading, on Wednesday. The second reading, followed by a vote of MPs, will be on Friday, 29th November.

Act Now! Contact your MP

Write to him or her at:

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

Or online:

The charity *Right to Life UK* has a simple online mechanism to do this. It takes little more than a few minutes to input your postcode, make sure the suggested text suits your viewpoint and submit your message to ask your MP to stop assisted suicide being rushed into law.

Right to Life UK website: righttolife.org.uk/ASThreat

Using this website and contact mechanism couldn't be easier. There really is no excuse for not writing.

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

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.

Saturday, 9th November—Catholic Medical Association (CMA) Youth Conference in London for all 18-40 year olds working in healthcare. Go to: catholicmedicalassociation.org.uk/events/

Tuesday 19th November—Women's Recollection (2pm—4pm) & Men's Recollection (7pm—9pm)

Thursday, 21st November—*Domus* Holy Hour of Adoration 6pm—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/

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.

PLEASE HELP!

*Our regular income as a parish
is lower than our regular outgoings!*

Stephen Griggs, Chair of our Parish Council,
will speak at all Masses this weekend.

It costs us £275 each day to maintain this church and to keep it open and in good working order. Roofs, gutters, windows, fire escapes, new boilers, heating, lighting, damp-proofing, security systems, administrative costs, general maintenance and repairs, along with ordinary running costs such as everything needed for Mass and the administration of the Sacraments (bread, wine, candles, printing newsletters, petrol so Fr Joseph can visit the sick and housebound, and so on) all add up.

The cost of living crisis has hit your household. I'm afraid it has hit our parish costs too.

Just like your household budget, we need to make sure that our parish income is higher than our out-goings. As Mr Micawber says in Charles Dickens' novel, *David Copperfield*, 'Annual income twenty pounds, annual expenditure nineteen and six, result happiness. Annual income twenty pounds, annual expenditure twenty-pound nought and six, result misery.'

Please think about how much you give to the parish weekly or monthly, and ask whether your giving is realistic. Our parish is flourishing spiritually. If everyone gave a bit more, it could flourish financially too.

If you are a UK tax-payer, please **Gift Aid** your donations (and complete a Gift Aid form from the back of church if you have not already done so).

Please take out a **standing order** with your bank instead of giving in cash. This way, our income will be regular rather than fluctuating.

And please **review your existing standing order** and increase the amount if you have not done so recently.

Thank you for your generosity, and may God bless you and all who are dear to you.

Fr Joseph

ST CATHERINE'S FAYRE

Saturday 23rd &
Sunday 24th November 2024
in our parish hall



At our St Catherine's Fayre (so called because it takes place on the weekend closest to the feast of St Catherine of Alexandria) stallholders from across the parish and beyond will showcase their goods and talents from a wide range of crafts and arts backgrounds. Come along to do some Christmas shopping, support local producers, and raise funds for the parish along the way!

~ ~ ~
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.

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!

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.

November Dead List envelopes are now available. Masses will be said for the Holy Souls throughout November and the coming twelve months.

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: Mary Fox, Margaret Connolly, Albert Dade, Edith Chelk, Antonietta Bevilacqua, Rosa Catalanotto, Maria Ragucci, Eleen Dickinson, Maria Zagni, Barbara Mann, Anne McGuinness –Brolly, Ethel Moss, Mary Ridley, Orland Spiezick, Thomas Summer, Philip Fox, Maria Roswitha, Raymond Williams, John Barker, Gwendoline Glover, Santana Capasso, Karoly Jezec, Christina Bateman, Danny Sweeney, Beryl Cutbush, Edith Glanville, Maureen Dalzell, Wilfrid Deheney, and William Hargreaves. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: This week we continue our look at the Sacrament of Confession.

THE SACRAMENTS PT 36:

PENANCE – INDULGENCES AND THE TREASURY OF MERIT

Indulgences are often misunderstood, are the subject of controversy between Catholics and non-Catholics, and are even thought by many Catholics today to be a thing of the past. In fact, the doctrine of indulgences is a tremendously rich gift from God which, when we break it down to its simplest component parts, is as easy to understand as the concept of one Christian praying for another, for that, in essence, is what the doctrine of indulgences comes down to.

First, it is useful to recall that with God there is no past or future, only an eternal present. In other words, there is no sell-by date on prayer. We can pray for someone's well-being in the future, and we can pray for someone who died a long time ago. In either case, God receives our prayers and, according to His will, applies whatever merit they may contain irrespective of any human timescale. For example, the prayers and sacrifices of the first century martyrs may be received by God at the time they were offered and applied by Him to whoever or whatever situation He chooses, even if that application is made, in terms of human history, many centuries later. So, although there is no physical reservoir of prayers waiting to be used (like water in a lake), this image is, nonetheless, what the Church means when She refers to the *Treasury of Merit*. In this way, the spiritual bond of what we call the Communion of Saints enables each of us to benefit from the prayers, penances, and good works of others.*

The merits of Christ's sufferings on Calvary may be applied to those who come after Him as well as to those who lived on earth before Him (and not just to those who stood at the foot of the Cross with Our Lady and St John). As a result, any sufferings we offer up to God, any tribulations we unite to the sufferings of Christ as part of our completing in our flesh what is lacking in the afflictions of Christ (Col 1:24), can form part of the great outpouring of blessings and graces that flow from the pierced side of Our Lord on the Cross (Jn 19:34). In other words, any prayers, penances, or good works we offer to God can contribute to the work of redemption, just as the efforts of Simon of Cyrene did (Mk 15:21 et par).

Indulgences draw on this treasury of merit and tap into this flow of graces and blessings, enabling us to contribute to the work of our own salvation as well as to the salvation of others. By 'others' is especially meant those souls in Purgatory who are now unable, through acts of the will, to contribute further to their own salvation because death is, as it were, the cut-off point beyond which we can no longer affect the growth, or otherwise, of our capacity for God's love.

Which leads us nicely onto the topic of Purgatory.

* *By good works, the Church means receiving the Sacraments with a proper disposition of the heart and mind as well as charitable or penitential works which spring from a supernatural source and motive and have God as their end, including, for example, abstinence and fasting.*

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.

~ ~ ~

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