

# 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 27<sup>th</sup> October 2024

- \* *Traditional feast of Christ the King*  
8am (TLM) — Jeremy Ball RIP
- \* *30<sup>th</sup> Sunday of the Year*  
09:30 — Jan Patrick RIP  
11:00 — Pro Populo

## Monday 28<sup>th</sup> October

*Ss Simon & Jude*  
10am — Souls in Purgatory 2/2

## Tuesday 29<sup>th</sup> October

*Feria (Mass of Dom. XXIII post Pent.)*  
8am (TLM) — The *Domus* of the Parish

## Wednesday 30<sup>th</sup> October

*Feria*  
6pm — Rod, Jon Garry, & Oscar Rudas RIP

## Thursday 31<sup>st</sup> October

*Feria*  
12:15pm — Holy Souls

## Friday 1<sup>st</sup> November

*All Saints*  
8am (TLM) — Holy Souls  
12:15pm — Jan Patrick RIP  
7pm — Pro Populo

**HOLY DAY OF  
OBLIGATION**

## Saturday 2<sup>nd</sup> November

*Commemoration of the Holy Souls*  
8am (TLM) — Holy Souls  
10am — Private int.  
*Vigil of 31<sup>st</sup> Sunday of the Year*  
6pm — Pope's int.

## Sunday 3<sup>rd</sup> November

*31<sup>st</sup> Sunday of the Year*  
09:30 — Pro Populo  
11:00 — Theresita & Rudolfo Rudas RIP

### 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 & St Pancras:  
Sat after 10am Mass

**TLM Masses:** 2<sup>nd</sup> Sunday of the month at  
8am. (Next 2<sup>nd</sup> Sunday Mass: 10<sup>th</sup> Nov.)

## THIS WEEK

Sunday 27<sup>th</sup> October — Saturday 2<sup>nd</sup> November

### SUNDAY, 27<sup>TH</sup> OCTOBER 2024

#### October devotions

Each Sunday in October at 4:30pm.

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

### WEDNESDAY, 30<sup>TH</sup> OCTOBER

No Wednesday Evening talk this week.

*The series resumes Wednesday, 6<sup>th</sup> November at 7pm as usual.*

### THURSDAY, 31<sup>ST</sup> OCTOBER

Blessing of Souls Cakes following the 12:15pm Mass today.

### FRIDAY, 1<sup>ST</sup> & SATURDAY 2<sup>ND</sup> NOVEMBER

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

### Friday, 1<sup>st</sup> 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, 2<sup>nd</sup> November

#### COMMEMORATION OF THE HOLY SOULS

Requiem Masses at 8am (TLM) & 10am  
Confessions before each Mass.

*(No Saturday morning devotions  
after the 10am Mass this week.)*

## NEXT WEEK

Sunday 3<sup>rd</sup> — Saturday 9<sup>th</sup> November

Wednesday, 6<sup>th</sup> November: Wednesday Evening Talk at 7pm.

Thursday, 7<sup>th</sup> November: Deanery Requiem for the  
deceased clergy of the deanery at 12:15pm

Thursday, 7<sup>th</sup> November: Bd Carlo Acutis Group at 7pm.

Friday, 8<sup>th</sup> November: Confirmation class at 5pm.

Saturday, 9<sup>th</sup> November: First Communion class at 4pm.

## 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, 29<sup>th</sup> 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](http://righttolife.org.uk/ASThreat)

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

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**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 8<sup>th</sup>—10<sup>th</sup> November.

Call 07887 296983

Email: [retrouvailleukinfo@gmail.com](mailto:retrouvailleukinfo@gmail.com)

Website: [www.retrouvaille.org.uk](http://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, 14<sup>th</sup>, 28<sup>th</sup> November & 12<sup>th</sup> December 6:30pm—7:30pm, with three more classes after Christmas. The Confirmation ceremony will be at 7pm on Thursday, 5<sup>th</sup> June 2025.

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

**Tuesday 19<sup>th</sup> November**—Women's Recollection (2pm—4pm) & Men's Recollection (7pm—9pm)

**Thursday, 21<sup>st</sup> 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/](http://ctsbooks.org/product/sunday-missal/)

**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.

## PLEASE ACT NOW TO HELP OUR PARISH.

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

I thank Stephen Griggs, Chair of our Parish Council, for speaking at all Masses last weekend.

We ask you to act now to help maintain our church. Please complete a **Gift Aid form** if you are a UK taxpayer. Please **set up a standing order** with your bank so that our income is regular. Please **review your existing standing order** if you have one, and increase the amount you give if you can.

The cost of public liability insurance as well as insurance premiums for the many precious items in a Catholic church all add to the high costs of maintaining a church and presbytery, costs such as 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 all those things needed for Mass and the administration of the Sacraments (bread, wine, candles, printing newsletters, petrol) and so on.

In all, it costs us £275 each day to maintain this beautiful Grade II listed church and to keep it open and in good working order. I know that the cost of living crisis has hit your household but I'm afraid it has hit our parish too. Please think about how much you give to the parish weekly or monthly, and ask yourself whether your giving is realistic.

So, 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 23<sup>rd</sup> &  
Sunday 24<sup>th</sup> 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!



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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, 2<sup>nd</sup> November.

## SOUL CAKES

### Blessing of Soul Cakes following the 12:15pm Mass on Thursday, 31<sup>st</sup> 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.

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

**Blessing of Graves** at Ipswich Cemetery: Sunday, 17<sup>th</sup> November at 2:30pm.

### PLEASE PRAY FOR

**Sick List** Prayers are asked for Jim Convey, Larry Crowley, Paul Cummings, Alan Cutbush, Ciro Dellabella, Evelyn Flach, Halina Gajewska, 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 Sheila Garrard, who died recently, and for all those whose anniversaries occur at this time: Amelia Catchpole, Bridget Corrigan, John Starzak, Lilian Studholme, James Fitzpatrick, Evelyn Squire, William Thompson, Susan Hunt, Ceslaus Sulewski, Teofie Pozyczka, Bernard Shaw, Margaret Dye, Thelma Mason, Teresa Martyn, David O'Neil, Margaret Abernethy, Anantino Catalanotto, Rosina Pelligrini, and Leslie Grueber. 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 37:

#### PENANCE –

#### PURGATORY AND THE TEMPORAL PUNISHMENT OF SINS

Purgatory may be said to be the last great gift of mercy from a God who wants us to get to heaven even more than we want to get there. Purgatory is a state of being (sometimes, for the sake of easy reference, pictured as a place) in which the soul is purged of any remaining penalty for sins committed on earth.

When we receive absolution at the hands of the priest in Confession, we are freed from the guilt of our sins. Our sins are forgiven. (Properly speaking, all sins were forgiven on the Cross, whilst in the Sacrament of Confession Our Lord's gift of forgiveness is then passed on – or applied – to individual souls.) However, sin incurs not just guilt but punishment too. The ultimate punishment for sin is death. *Eternal* punishment, which we all deserve as a result of our sins but from which Christ's death has saved us, is eternal death or hell. Those who turn to God in this life are preserved from this eternal punishment.

Even so, there is still *temporal* punishment attached to our sins. That is, there is still punishment for our sins, which we must undergo in this life, but which lasts only for a time (from the Latin *tempus*, *tempor*, meaning 'time'). We may choose – through acts of the will – to turn our sufferings and tribulations in this life into penances. When we do this, we accept them, in effect, as punishment for our sins. For example, if, instead of complaining about a headache or an unpleasant task, we accept it and offer it to God as a penance, then we have accepted the headache (or the task) as a punishment for our sins. Any temporal punishment that is due to us for our sins, but which remains outstanding at the time of our death, must still be suffered after death. This takes place in Purgatory where our souls are purged, or cleansed, of any outstanding guilt incurred by our sins or any outstanding punishment owing to us as a result of our sins.

However, because death is the cut-off point, beyond which we cannot *choose* to accept sufferings as penances but have to accept whatever comes our way, we can no longer contribute through acts of the will – that is, through our moral choices – to our own salvation. Instead, we become dependent on the work and support of others, both the saints in heaven and those still on earth.

People on earth can help the souls in Purgatory by undertaking prayers and other penitential acts to which the Church has applied, from Her *Treasury of Merit*, certain spiritual value. If a prayer or act is said to carry a *partial indulgence*, it means that the soul being prayed for benefits from a *partial* remittance of the punishment due to its sins. If it carries a *plenary* indulgence, the remission of any punishment still owed to the soul is *full* or total (from the Latin, *plenus*, 'full'), and the soul may now enter into heaven.

*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.

**The Traditional Latin Mass** (TLM—1962 Missal) is said every 2<sup>nd</sup> Sunday of the month at 8am, and usually on Tuesday mornings at 8am (Fr Joseph's day off).

## 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](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.

**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.

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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)