

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 6th October 2024

27th Sunday of the Year

09:30 — Pro Populo

11:00 — Vanessa Wiseman RIP

Monday 7th October

Our Lady of the Rosary

10am — Guild of St Pancras

Tuesday 8th October

St Bridget

8am (TLM) — James Daniel Cleary RIP

Wednesday 9th October

St John Henry Newman

6pm — Tan Tan Ramos (aged 4)

Thursday 10th October

St Paulinus of York

12:15pm — Barbara Mucha RIP

Friday 11th October

Votive Mass of Mary, Mother of God

10am — Holy Souls

Saturday 12th October

St Wilfrid

10am — Holy Souls

Vigil of 28th Sunday of the Year

6pm — Holy Souls

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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THIS WEEK Sunday 6th — Saturday 12th October

SUNDAY, 6TH 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, 7TH OCTOBER 2024

Feast of Our Lady of the Rosary & the Blessing of Roses

Roses will be blessed and distributed at the end of the 10am
Mass today in keeping with the traditional *Blessing of Roses*
which calls to mind the many graces we have received
through praying the rosary.

WEDNESDAY, 9TH OCTOBER

Our new Series of Wednesday Evening Talks continue at 7pm.

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 cof-
fee available and all are welcome.

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

THURSDAY, 10TH OCTOBER

(i) The first of our monthly Thursday lunches since the summer
break. Please join us at about 1pm straight after the 12:15pm Mass
and rosary for an enjoyable social occasion. Lunch is free, but we
invite donations please to Mary's Meals.

(ii) Parents' Meeting for the parents of all those children who have
registered for this year's First Holy Communion and Confirmation
classes. In the parish hall at 7pm.

FRIDAY, 11TH OCTOBER

The first Confirmation class of the new term in the hall: 5pm—6pm.

SATURDAY, 12TH OCTOBER

(i) Anniversary of the Dedication of our Church: Mass at 10am.

(ii) First of the 1st Holy Communion classes of the new term in the
parish hall: 4pm—4:45pm.

NEXT WEEK

Sunday 13th—Saturday 19th October

Sunday 13th monthly (2nd Sunday of the month) Traditional Latin Mass (TLM) at 8am.

Sunday 13th—October Devotions & Benediction at 4:30pm.

Monday 14th October—Catholic Mothers' Group: first meeting of the new season at 11am (straight after the 10am Mass and rosary). Mums and toddlers welcome for the 5 Cs: coffee, cake, catechism, conversation, and chaos.

Wednesday 16th—Jan Patrick RIP: reception of the coffin into the church at 5pm.

Wednesday 16th—Wednesday Evening Talk at 7pm.

Thursday 17th—Jan Patrick's funeral requiem Mass at 12:15pm.

Friday 18th—Church cleaning at 11am. New volunteers welcome.

Friday 18th—Parish coffee morning at 11am. All welcome.

Friday 18th—Confirmation class: 5pm-6pm.

Saturday 19th—First Holy Communion class: 4pm-4:45pm.

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.

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

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

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/

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.

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



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

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.

LAST WEEK'S SECOND COLLECTION

We 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.

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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.

Jan Patrick RIP

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

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: William Barnes, Edward Akers, Henry Flory, Antony Fell, Rudolf Belšak, Jill Arbon, Charles Owen, Thomas Regan, Patricia Caldwell, Josef Popyk, Eva O'Connor, Irene Wells, Elizabeth Clow, John Pizzey, Evelyn D'Cruz, Arthur Upson, Claudine Wilding, Josephine Wallace, Ethel Fox, Frances McLoughlin, Joyce Diggle, Kathleen Kerr, Patrick Lewis, Paula Long, Lucinda Kerrison, Barbara Mucha, Kathleen Crooks, Danny Sweeney, John Monaghan, Elsie Bentley, James Egan, Carolus Mullen, Agnes Cook, Wajszwilli Zbigniew, Ena Adams, Ronald Finbow, and Medlin Spencer. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

HOLY YEAR 2025

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/

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, 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 34: PENANCE – FIRM PURPOSE OF AMENDMENT

‘And He said to all, “If any man would come after me, let him deny himself and take up his cross *daily* and follow me”’ (Lk 9:23, emphasis added). Each of us needs to start each day with new, or at least renewed, resolutions to follow Our Lord more perfectly. Being a Christian involves a continual turning to the Lord, not just once a year at the beginning of Lent, or, worse, just once in a lifetime at the moment of Baptism. In the Sacrament of Confession we renew our resolution not to sin again, and to avoid any occasion or circumstance that might lead us into sin. In the Sacrament of Confession we make a ‘firm purpose of amendment,’ that is, we declare our intention to God and His priest that we intend, we *will*, not to commit these or any other sins again.

Most of us have what are called ‘besetting sins,’ that is, one or two sins to which we seem to be especially prone and which we commit repeatedly. When we go to Confession, we may think that we will commit these sins again, but the point of a ‘firm purpose of amendment’ is that, at the time of our sacramental Confession at least, we must intend – we must *will* – not to offend God again. There is no room for complacency in the Christian life of virtue. The ‘purpose of amendment,’ then, must be *sincere*: we must truly desire to amend our lives. It must also be firm, that is, we must have a set determination and not just some rather vague wish. It must also be *universal*, intending not just to avoid a repetition of past mortal sins but of all mortal sins. And it must be *efficacious*, that is, we must actually do something to back up our resolution.

For a confession to be considered a good confession, it should be *clear*, that is, without verbosity or equivocation. We must state our sins simply. It should be *sincere*, without presenting excuses on the one hand or concealing serious sins on the other. It should be *humble*, a straightforward accusation of guilt against self. A good confession should be *prudent*, that is, we should confess our sins and not someone else’s. Nor should we reveal the identity of anyone else who may have been involved in our sins. And finally, a good confession should be full or *entire*, by which is meant that we need to confess, at least, all mortal sins we remember, their nature and the number of times we have committed them, and any (and only) those circumstances which may affect the nature of our guilt.

The Sacrament of Confession is not, as some may suppose, a pretext for avoiding responsibility for our wrongdoing. On the contrary, it is a means of facing our sinfulness and accepting that we need to do something about it, which is why the ‘firm purpose of amendment’ is integral to, and part of the matter of, the sacrament.

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