

# 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 C  
Weekdays: Yr 1

December is dedicated to  
the Immaculate Conception

## Sunday 1<sup>st</sup> December 2024

*First Sunday of Advent*

09:30 — Pro Populo

11:00 — M.C. Abraham, Br Fidelis OCD,  
& C.D. Joseph RIP

## Monday 2<sup>nd</sup> December

*Feria of Advent*

10am — Edivaldo Silva &  
Gualdimira Rosa Pinto RIP

## Tuesday 3<sup>rd</sup> December

*St Francis Xavier*

8am (TLM) — Christopher Merlehan RIP

## Wednesday 4<sup>th</sup> December

*Feria of Advent*

6pm — Holy Souls

## Thursday 5<sup>th</sup> December

*Feria of Advent*

12:15pm — Filomena Zuzarte's ints.

## Friday 6<sup>th</sup> December

*St Nicholas*

10am — Elisio Fernandes

## Saturday 7<sup>th</sup> December

*St Ambrose*

10am — Algira's int. (1/2)

*Vigil of the second Sunday of Advent*

6pm — Holy Souls

## Sunday 8<sup>th</sup> December

\* *Immaculate Conception*

8am (TLM) — Fr Michael White

\* *Second Sunday of Advent*

09:30 — Alec Jackson

11:00 — Pro Populo

### 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: 12<sup>th</sup> January.)  
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## THIS WEEK

SUNDAY 1<sup>ST</sup> — SATURDAY 7<sup>TH</sup> DECEMBER

### ADVENT ROSARY & BENEDICTION

Wednesdays in Advent (4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> December)  
at 6:30pm, straight after the 6pm Mass.

*The five mysteries of the rosary,  
accompanied by short meditations for each  
mystery, and Advent hymns, and concluding  
with Benediction of the Blessed Sacrament.*



**THURSDAY, 5<sup>TH</sup> DECEMBER** Blessed Carlo Acutis Group (14-17 year olds) will gather for its monthly meeting in church at 7pm. New comers welcome.

### FRIDAY, 6<sup>TH</sup> DECEMBER

- Blessing of Oranges at the end of the 10am Mass to mark the feast of St Nicholas. (Come along to find out!)
- Confirmation Class: 5pm—6pm.
- First Friday Confessions 6pm—7pm.

**SATURDAY, 7<sup>TH</sup> DECEMBER** First Holy Communion class: 4pm—4:45pm.

## NEXT WEEK

SUNDAY 8<sup>TH</sup> — SATURDAY 14<sup>TH</sup> DECEMBER

**SUNDAY, 8<sup>TH</sup> DECEMBER** Traditional feast of the Immaculate Conception with a Traditional Latin Mass at 8am.

### MONDAY, 9<sup>TH</sup> DECEMBER

- Transferred feast of the Immaculate Conception: Mass (with hymns) at 10am followed by the rosary.
- Catholic Mothers' Group at 11am (straight after the 10am Mass & rosary)
- Blessing of a new painting of Our Lady of Ipswich at St Mark's church, Hawthorn Drive, at 7pm.
- Book Club at 7pm: discussing the novel *All Glorious Within* by Bruce Marshall.

**WEDNESDAY, 11<sup>TH</sup> DECEMBER** Advent Rosary at 6:30pm

### THURSDAY, 12<sup>TH</sup> DECEMBER

- Monthly Thursday lunch at 1pm (raising funds for Mary's Meals).
- Adult Confirmation classes at 6:30pm.

### FRIDAY, 13<sup>TH</sup> DECEMBER

- St Lucy's Blessing at the end of the 10am Mass.
- Confirmation class: 5pm—6pm.

### SATURDAY, 14<sup>TH</sup> DECEMBER

- Rorate Mass by candlelight at 7am (No 10 Mass today).
- First Holy Communion class: 4pm—4:45pm.

# The Season of Advent

*Don't let Advent get swallowed up by Yuletide!*

Christmas is, for most people, exciting, colourful, and fun. It is filled with seasonal sights and sounds, food-stuffs and music, traditions and customs. We all have our own ways of celebrating Christmas, and each household develops its own rituals and observances.

But what happens 'out there' in the world, and what happens in Catholic homes and churches, are two very different things. And whilst we have all allowed secular celebrations to influence how we keep Christmas, nonetheless it is still worth drawing a distinction between the festival of Yuletide in which most of the world revels and the immemorial and supernatural celebrations which Catholics observe in their churches and in their homes.



Perhaps the biggest difference is the way in which the world *anticipates* Christmas but does not *celebrate* it. All the music and the tinsel and the razzmatazz gets the heart beating in anticipation. It's exciting and we can't wait!

But as soon as Christmas itself begins, the world has finished with it. By Boxing Day, Christmas is, for many people, over and done with, and the glitter is brushed off and the songs shut down until next year.



By contrast, Advent is, for Catholics, a time not of anticipation but of preparation: not of arranging material provisions but of purging our souls of sin and observing acts of penitence and spiritual preparation for the coming of our Saviour into our hearts once more.

For the world, Christmas begins no later than 1<sup>st</sup> December and ends on 26<sup>th</sup>. By contrast the feast of Christmas actually begins on 25<sup>th</sup> December and runs till 6<sup>th</sup> January, the feast of the Epiphany.

And because Christmas is about the beginnings of Christ's work of redemption, with the coming into the world of the Son of God who will save us from our sins, so Advent is given to us to help us focus our attention on prayerful preparation, abstinence, and fasting. Hence the colour purple. Devout Catholics would, I suppose, no more think of eating mince pies in Advent than they would of eating Easter eggs during Lent! Don't confuse the two: Advent is Advent and Christmas is Christmas.

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Suggested Advent reading:

- *Praying the Great 'O' Antiphons* by Katy Carl (CTS)
- *Waiting for Christ* by St John Henry Newman
- *The Infancy Narratives* by Pope Benedict XVI
- *Sermons for Advent and the Christmas Season* by St Bernard of Clairvaux

# Advent at St Pancras

To help you observe the richness of Advent as a season in its own right we have:

**We have already blessed** Advent wreathes, candles, and calendars but feel free to bring others along to the sacristy and Fr Joseph will bless them. (*No Yuletide calendars with chocolates etc!*)

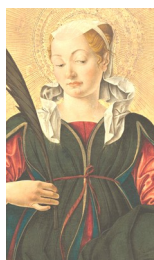
**Advent Rosary** each Wednesday in Advent at 6:30pm straight after the 6pm Mass. Meditations on the Joyful Mysteries of the Rosary, with hymns, and concluding with Benediction of the Blessed Sacrament.

**The Blessing of Oranges** on the feast of St Nicholas at the end of Mass on Friday, 6<sup>th</sup> December.



**First Friday Confessions**, 6<sup>th</sup> December 6pm—7pm.

**The feast of the Immaculate Conception** of the Blessed Virgin Mary (usually on 8<sup>th</sup> December) is transferred this year to Monday 9<sup>th</sup>. Come to Mass (with hymns) in honour of she who is, 'the glory of Jerusalem, the joy of Israel, and the highest honour of our race' (Judith 13:23).



**St Lucy's Blessing** (of Eyes and Prayer for the Gift of Sight) at the end of Mass on the feast of St Lucy, Friday 13<sup>th</sup> December.

**A Rorate Mass** at 7am on Saturday 14<sup>th</sup> December. The Rorate Mass is the traditional Advent Mass in honour of Our Blessed Lady, said before dawn, and lit only by candles!

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*Rorate caeli desuper,  
et nubes pluant iustum.*

*Drop down, ye heavens, from above,  
and let the skies pour down righteousness.*

*Is 45:8*

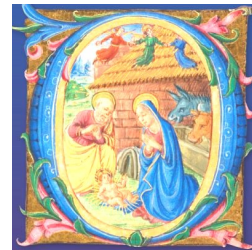
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**Cake Sale** on Gaudete Sunday, 15<sup>th</sup> December. Bake a cake and sell it in our parish hall, or just come along and buy one of the cakes on offer!

**Portuguese language Confessions** with Fr Erico Falcao, Thursday, 19<sup>th</sup> December, 5pm—7pm.

**Short Meditations on the Great 'O' Antiphons** from 17<sup>th</sup>—23<sup>rd</sup> December at weekday Masses.

**Ember Days** (traditional days of fasting and abstinence) fall on the Wednesday, Friday, and Saturday of the week following the feast of St Lucy, that is, 18<sup>th</sup>, 20<sup>th</sup>, and 21<sup>st</sup> December.



**Carols by Candlelight and the Blessing of Cribs** at 4pm on Sunday, 22<sup>nd</sup> December. Bring your Christmas cribs (or just one or two figures if the whole thing is too large to bring) and have it blessed as part of our last Sunday before Christmas.

## OUR LADY OF IPSWICH AT ST MARK'S

**Mass & Blessing of the new image  
on the feast of the Immaculate Conception  
Monday, 9<sup>th</sup> December at 7pm**

Fr Luke Goymour at St Mark's has commissioned a painting of Our Lady of Ipswich inspired, in part, by our statue here at St Pancras. Painted by Fr Luke's artist brother, Ben Goymour, the image is already in place and will be blessed at a Mass on the feast of the Immaculate Conception on 9<sup>th</sup> December at 7pm at St Mark's. All are most welcome, and indeed encouraged, to attend. It is wonderful that this mediæval devotion is reviving across our town once more.



### RORATE MASS

**Saturday, 14<sup>th</sup> December  
at 7am (before dawn)**

A Rorate Mass is the traditional Mass in honour of Our Lady during Advent. Traditionally, it is said exclusively by candlelight before dawn.

Our Rorate Mass will be a sung Mass on the day before Gaudete Sunday, the third Sunday of Advent. Why not make this once-a-year Mass part of your Advent preparations for Christmas?

*(Please note: there will be no 10am Mass on this day.)*

### CONFISSÕES EM LÍNGUA PORTUGUESA

Thursday, 19<sup>th</sup> December from 5pm at St Pancras  
with Fr Erico Falcao from Downham Market.

### 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 Kathleen James who died recently, and for all those whose anniversaries occur at this time: Maria Fee, Maria Bridgeman, Ian Garratt, Franco Jaccobucci, Michael Corkery, William Shapland, Anne Lynch, Kate Wells, Matthew Mazur, James Ward, Ivan Rose, Margaret Last, Anna Smith, Joan Osborn, Ellen Miller, Irene Zagni, Arthur Allsworth, Terence Dooley, Patrick Dermody, Thaddeus Rauch, Roman Pyrih, Gino Catania, Jean Killelay, Annie Rolston, Grace Lindemann, Raymond Westerling, Mildred Seggar, Arthur Judge, Patrick McGoughlin, John O'Donnell, Philip Baker, Jean Cummins, Terrence Morgan, Sheila Buckley, Julian Kowlaski, Archie Smith, and Victoria Weston. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

**Fr Joseph writes:** We continue our look at the Sacrament of Holy Order and the ordination of priests.

### THE SACRAMENTS PT 42 HOLY ORDER – INSTITUTED BY CHRIST

The purpose of the sacramental priesthood is to ensure that the graces won (or merited) by Christ on the Cross on Calvary two thousand years ago may be applied to individual souls across the globe and down the ages. In other words, in the Sacrament of Holy Order, those ordained to the sacred ministry receive the sacramental power and grace required to perform their sacred duties of continuing the work begun by Christ.

The priesthood was instituted by Christ in stages, or, at least, certain of its sacramental powers were conferred on the first priests – the Apostles – in stages.

At the Last Supper on Maundy Thursday Our Lord conferred upon His Apostles the power to confect the Sacrament of the Most Holy Eucharist, that is, He gave them the sacramental power to offer the Holy Sacrifice of the Mass and to change the bread and wine into His Most Sacred Body and Precious Blood through the miracle of *transubstantiation*: 'Do this for a commemoration of me' (Lk 22:19). Likewise, Our Lord conferred upon them the power to forgive sins in the Sacrament of Confession when, in the evening of the day of His Resurrection when He appeared to them in the Upper Room, He breathed on them, saying 'Receive ye the Holy Ghost. Whose sins you shall forgive, they are forgiven them; and whose sins you shall retain, they are retained' (Jn 20:22-23).

Not only are the ordinands (those to be ordained) empowered to confect the sacraments, they are also commissioned to do so. That is, they are sent forth – in the sense of 'commanded' – to administer the sacraments: 'As the Father has sent me, I also send you,' Our Lord tells the Apostles (Jn 20:21).

Our Lord reaffirms this commission shortly before His ascension back into heaven forty days after His resurrection: 'All power is given to me in heaven and in earth. Going therefore, teach ye all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost, teaching them to observe all things whatsoever I have commanded you' (Mt 28:18-19). Here, in commanding them to observe all things whatsoever He have commanded them, Our Lord confers upon His Apostles the authority to teach and to govern as well as to sanctify.

Moreover, in His promise, 'Behold I am with you all days, even to the consummation of the world' (Mt 28:20), Christ perpetuates in His Church, through the Sacrament of Holy Order, the same powers and authority that He bestowed upon His Apostles, reassuring the members of His Church, as St Paul writes later, that they would never be without access to the fulfilment of all their spiritual needs, 'having all sufficiency in all things' (Phil 4:19; 2 Cor 9:8). St Paul adds, in his Letter to Titus whom he ordained Bishop of Crete, that it was 'for this cause I left you in Crete, that you should set in order the things that are wanting, and should ordain priests in every city, as I also appointed you' (Tit 1:5).

*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.

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)