

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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Parish Priest:
Fr Joseph Welch

Sundays: Yr B
Weekdays: Yr 2

November is dedicated to
the Holy Souls in Purgatory

Sunday 10th November 2024

- * *Vth Sunday remaining after Epiphany*
8am (TLM) — Judy Wood RIP
- * *32nd Sunday of the Year*
09:30 — Pro Populo
- * *Requiem for Remembrance Sunday*
11:00 — For the Fallen

Monday 11th November

St Martin of Tours
10am — Holy Souls

Tuesday 12th November

St Martin I
8am (TLM) — Deceased Clergy of the Parish

Wednesday 13th November

Requiem
6pm — November Dead List

Thursday 14th November

Feria
12:15pm — Deceased Brothers of the
Ipswich Circle of the Catenian Association

Friday 15th November

St Albert the Great
10am — Carol and Sinead

Saturday 16th November

St Edmund of Abingdon
10am — Holy Souls
Vigil of 33rd Sunday of the Year
6pm — Pro Populo

Sunday 17th November

33rd Sunday of the Year
09:30 — Michellina Sabino
11:00 — Alex Smith's int.

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 & St Pancras:
Sat after 10am Mass

TLM Masses: 2nd Sunday of the month at
8am. (Next 2nd Sunday Mass: 8th December)

THIS WEEK

SUNDAY 10TH — SATURDAY 16TH NOVEMBER

MONDAY, 11TH NOVEMBER Catholic Mothers' Group meets (2nd Monday of the month) in the parish hall at 11am after the 10am Mass & rosary. Please come along and join us for the 5 Cs: coffee, cake, chatter, catechesis, and chaos.

WEDNESDAY, 13TH NOVEMBER Wednesday Evening talk at 7pm. Exploring the Catholic Faith using St Luke's Gospel as a springboard. Even if you haven't been before, come along.

THURSDAY, 14TH NOVEMBER Our monthly Thursday lunch at 1pm. The lunch is free but we ask for donations to Mary's Meals please. All welcome. *Volunteers needed to prepare the lunch please.*

ALSO ON THURSDAY, 14TH NOVEMBER Adult Confirmation Class at 6:30pm in the parish hall. For all those over the age of 18 who would like to prepare for the Sacrament of Confirmation in June 2025. This is the first of six sessions. Two more will be held before Christmas (28th Nov. & 12th Dec.) with three more after Christmas.

FRIDAY, 15TH NOVEMBER Confirmation class: 5pm—6pm.

SATURDAY, 16TH NOVEMBER First Holy Communion class: 4pm—4:45pm.

NEXT WEEK

Sunday 17th — Saturday 23rd November

Sunday, 17th November: Blessing of Graves The new dean, Fr Luke Goymour from St Mark's parish, will lead this year's Blessing of Graves at Ipswich cemetery at 2:30pm. Please gather at the Lawn Cemetery on your right as you enter from the Colchester Road entrance.



Monday, 18th November: Funeral requiem Mass of the late Sheila Garrard at 12 noon.

Tuesday, 19th November: Women's Recollection (2pm—4pm) and Men's Recollection (7pm—9pm) led by Fr Paul Diaper. If you need transport please call Bill or Brigitte Newman-Sanders on 01473 328665 or 07717 222747.

Wednesday, 20th November: Wednesday Evening Talk at 7pm.

Thursday, 21st November: Holy Adoration for the *Domus* of the parish at 6pm. All those interested in finding out more about the *Domus*, and indeed anyone who would simply like to spend a hour in adoration before Our Eucharistic Lord, will be welcome.

Friday, 22nd November: Confirmation class: 5pm.

Saturday, 23rd November: First Communion class: 4pm

CHRIST THE KING

Sunday, 24th November

Adoration and silent prayer all afternoon from
12 noon until Benediction of the Blessed Sacrament at 5pm.
Please sign the watching list at the back of church.

My brothers and sisters,

As you will be aware, on the 16th October 2024 the Terminally Ill Adults (End of Life) Bill was introduced to Parliament by the M.P. for Spen Valley. This Private Members Bill will receive its Second Reading in the House of Commons on the 29th November 2024. M.P.s are being granted a free vote, that is to say that they will not be subject to any party whip. The presentation of this Bill raises many critical questions for our society. The absolute value and dignity of each and every human life is a principle not subject to variation. Flowing from this primary consideration there is a cascade of implications to be considered on issues linked to the care and protection of every human being. It is the preservation of this care and protection that is our responsibility, not their removal. Many of those who have advocated so called 'assisted suicide' have emotively framed the debate in terms of personal choice. This line argumentation entirely misrepresents the true nature and purpose of human freedom. Our proper autonomy can never be understood as granting us the right to dispose of human life as if it were our own possession, a mere commodity amongst others. We rejoice to proclaim that human life is nothing less than a precious gift from God, a gift we are duty bound to treasure and protect. During the month of November the Church draws our focus to the Last Things: death, judgement, heaven and hell. The moment of death is not a step into oblivion but a sacred translation from the confinement of time and space into the expanse of eternity. At the moment of death, we are called to embrace the fullness of life. In a recent address to the Archdiocese of Westminster, Cardinal Vincent Nichols highlighted three points for reflection regarding the proposals outlined in the named Roman Catholic Diocese of East Anglia Bill: be careful what you wish for; a right to die can become a duty to die; being forgetful of God belittles our humanity. In those parts of the world where so called 'assisted suicide' has been legalised, the evidence demonstrates how supposed safeguards have diminished with the passage of time. Original controls on eligibility have often been changed with a widening of application to categories such as mental illness, dementia, disability and even sick children. Individuals can become subject to the danger of defining themselves in terms of being a burden to their family or to society in general, either emotionally or financially. Such legislation clearly undermines the effective provision of palliative care and places intolerable demands on medical staff. It has proven to be a short step from so called 'assisted suicide' to euthanasia. Derived from all that is revealed in Christ, the teaching of the Church is clear: it is a sinful act to deliberately – with full knowledge – take one's own life. I ask you to write to your local M.P. urging them to vote against the proposals contained in the named Bill. I am writing these words as I look upon a photograph of Leonard Cheshire who, together with his beloved wife Sue Ryder, contributed so much to establishing the network of palliative care across the United Kingdom. Suffering from Motor-Neurone Disease, Leonard Cheshire faced death with great faith and serenity at his home in Cavendish, Suffolk, on the 31st July 1992. As a nation we should commit ourselves to properly supporting the provision of palliative care, according to need, across the length and breadth of the land. I ask you to write your letters and to pray earnestly at this critical moment in the history of our civilization.

Yours in Christ,
+ Peter Collins

THANK YOU FOR YOUR GENEROSITY

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

If you are a UK taxpayer, please complete a **Gift Aid** form (even if your donations to the parish are only occasional). Please take out a **standing order** with your bank instead of giving 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. Fr Joseph.

Parish Magazine Sponsors We would like to keep our parish magazine free at the point of delivery. You can help with this by becoming a sponsor and taking out an annual subscription of just £20. Please see the form in the latest edition of the magazine.

Thank you to all who have made donations to the cost of our new lectionaries. If you would still like to make a contribution please contact Fr Joseph.

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/

Existing readers at Mass are encouraged to buy their own Sunday missal so that they can prepare thoroughly at home ahead of their turn to read.

New Readers at Mass We are looking for new readers for Sunday (and Saturday evening) Masses. If you would like to be considered, please contact Fr Joseph. You must be able to pronounce English *clearly* and *distinctly*.

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.

ASSISTED DYING

Contact your MP now by writing to him or her at:

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

or by via the *Right to Life UK* website at:

righttolife.org.uk/ASthreat

There is a list of MPs from across the diocese on the notice board at the back of church.

HOLY YEAR 2025

The Holy Year will begin when our Holy Father the Pope solemnly and ceremonially opens the door of pilgrimage at St Peter's in Rome on Christmas Eve. At St Pancras we will be producing a handbook about what a Holy Year is, how you can gain the Holy Year indulgence, and how you can make fruitful use of the graces God gives to His Church in a Holy Year. Our focus will be on sanctifying the Catholic homes and families of our parish. Watch this space!

Our St Catherine's Fayre (due to have been held on 23rd & 24th November 2024) has had to be postponed. Please watch this space for news of a future event.

MONTH OF THE HOLY SOULS

WHAT IS AN INDULGENCE?

All sins are punished, whether in this life or in the next. If we have suffered more in this life than we have sinned – and have offered that suffering up to God as penances – then we will not have to suffer in the next life (in Purgatory). However, if, when we die, there is still some punishment outstanding then we will have to pay that debt in Purgatory and suffer accordingly. An indulgence is the remission in full (a plenary indulgence) or in part (a partial indulgence) of the temporal punishment due to our sins. Indulgences can be obtained for ourselves or for those who have already died and are in Purgatory (but not for other people who are still living). The Holy Souls in Purgatory cannot gain indulgences for themselves because they have had their time on earth in which to live a life of virtue and undertake their penances voluntarily. So, once souls arrive in Purgatory they rely on us to pray for them.

(i) A *partial* indulgence can be gained for the Holy Souls by visiting a cemetery and praying there for the faithful departed. (ii) A *partial* indulgence for the Holy Souls can be gained by saying, ‘*Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen.*’ (iii) A *partial* indulgence can be gained for yourself or the Holy Souls by reciting the *De Profundis*. (iv) A *partial* indulgence can be gained for yourself or the Holy Souls by reciting Lauds or Vespers from the Office for the Dead.

To gain an indulgence you must say the prayer or perform the work, be free from all attachment to sin, even venial sin, and, within several days either side of this, go to Confession, receive Holy Communion, and pray for the Pope’s intentions (Pater, Ave, Gloria.)

November Dead List envelopes are now available at the back of church. Please write down on a piece of paper the names of all your loved ones for whom you wish to pray. Pop a Mass offering into the envelope as well. November Dead List Masses will be said each week throughout November, and Masses for the Holy Souls will be said throughout the coming twelve months too.

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: Marjorie Carley, Hilda Fernandez, Albert Chivers, Leonard Cooper, Gloria Gooding, Percy Yates, Patrick O’Keefe, Albert Rose, David Arthur, Alice Unwin, Edith Wallington, Peter Gonsalves, Jane Dermody, Violet Knight, Mrs Reeves, Charles Pajak, Audrey Pipe, William Mitchell, Mr McGrath, Joseph Westerling, Irene Cater, James McDonald, George Bowles, David Curran, Anne Andrews, Matthew Mason, Bernard Shaw, Kathleen Tunstill, Anthony Rozier, and Mary Baker. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes:

This week we start our consideration of the next Sacrament, Extreme Unction or Sacrament of the Sick.

THE SACRAMENTS PT 39

EXTREME UNCTION –

THE FORM, MATTER, AND EFFECTS

As with all seven sacraments, the outward sign consists of form and matter. The matter is the anointing with holy oil, taken from olives, which has been blessed by the Bishop at the Chrism Mass on Maundy Thursday. The form of the Anointing of the Sick, as it is sometimes called, is the pronouncing of the prescribed prayers by the priest as he anoints the sick person.

The wording used in the Traditional Rite of Extreme Unction brings out the purpose of the Sacrament most clearly. First, the priest prays that the sick person may be at peace and be freed from fear and anxiety, and he asks that Our Lord may send an angel to watch over the household where the sick person is. Next comes Sacramental Confession and absolution. Then the priest extends his hand over the head of the sick person for the ‘laying on of hands’ during which he prays that the power of the devil may be destroyed, and during which he invokes the prayers of Our Blessed Lady, of St Joseph, and of all the Angels and Saints of God. At the moment of anointing, the priest anoints those parts of the body most commonly associated with the five senses (the eyes, ears, nostrils, lips, hands, and feet) saying, ‘By this holy anointing and by His most tender mercy may the Lord forgive you all the evil you have done through the power of sight,’ or the power of hearing, or the sense of smell, and so forth.

There are three spiritual effects of this Sacrament. First, it confers a special grace to strengthen the sick person against the assaults of the devil who tries his utmost to ruin the individual’s soul. Second, it increases sanctifying grace and remits venial, and under certain circumstances even mortal, sin. Mortal sin may be remitted if the sick person is properly disposed (that is, he has at least imperfect contrition in his heart) but is unable to go to Confession, for example because there is not enough time or because he is not physically able to confess. Third, the Sacrament destroys the remains of sin, that is, the temporal punishment that would otherwise still be due to the sick person as a result of his sins, as well as the inclination to sin from which we all suffer, and the spiritual weakness of the soul which prevents it from raising itself to God.

One of the effects of this Sacrament is to soothe the sufferings of the sick person, and even to restore him to health if it is God’s will. However, this last effect is not accomplished through a miracle; rather, the Sacrament brings calmness to the mind, and resignation to God’s will on the part of the sick person, thereby bringing about a consoling effect such that natural and medical remedies may more fully accomplish their intended end.

This Sacrament is for the living. That is, unlike Baptism and Confession, it may only be administered to someone already in a state of grace.

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.

The Traditional Latin Mass (TLM—1962 Missal) is said every 2nd 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 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