

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
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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 17th November 2024

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

Monday 18th November

Dedication of Ss Peter & Paul
10am — for Donna

Tuesday 19th November

St Elizabeth
8am (TLM) — Frederick & Ella Willis RIP

Wednesday 20th November

St Edmund
6pm — The Guild of St Pancras

Thursday 21st November

Presentation of the BVM
12:15pm — Leonard Nnadocie Njoku

Friday 22nd November

St Cecilia
10am — Lukase RIP

Saturday 23rd November

Requiem
10am — November Dead List
Vigil of the feast of Christ the King
6pm — Holy Souls

Sunday 24th November

Feast of Christ the King
09:30 — Pro Populo
11:00 — Lee Carl Porter RIP

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)

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

THIS 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 for the late Sheila Garrard at 12 noon followed by a private burial.

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. Exploring the Catholic Faith using St Luke's Gospel as a springboard. Even if you haven't been before, come along.

Thursday, 21st November: Holy Adoration for the *Domus* of the parish at 6pm. All are welcome to spend some time in quiet prayer and adoration of Our Eucharistic Lord, including and especially those interested in finding out more about the *Domus*. (Tea and biscuits in the hall afterwards.)

FRIDAY, 22ND NOVEMBER Confirmation class: 5pm—6pm.

SATURDAY, 23RD NOVEMBER First Holy Communion class: 4pm—4:45pm.

NEXT WEEK

Sunday 24th — Saturday 30th November

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.*



Wednesday, 27th November: Wednesday Evening Talk at 7pm.

Thursday, 28th November: The second of our six Adult Confirmation classes at 6:30pm. (*The third class will be on Thursday, 12th December.*)

Friday, 29th November: Confirmation class: 5pm.

Saturday, 30th November: First Communion class: 4pm

ASSISTED DYING

from the Right to Life website

The introduction of the Bill comes at a time when many elderly people are heading into winter with their Winter Fuel Payment cut by the Government. Palliative care services are in crisis with over 100,000 people dying each year without receiving the palliative care they desperately need. Our wider healthcare system is in a state of crisis, with Labour's own Health Secretary describing the NHS as 'broken.' Within this context, this proposed assisted suicide law is a disaster waiting to happen. Although Keir Starmer is strongly backing the Bill, many in his cabinet are opposing it including the Health Secretary, Wes Streeting, who has serious concerns about legalising assisted suicide and has confirmed that he will be voting against the Bill.

We only have to look overseas to countries that have legalised assisted suicide and/or euthanasia to see that in practice these laws have been a disaster. The horror stories that are coming out of Canada are likely the ones that you are most familiar with. These include:

- army veterans with PTSD being offered 'Medical Assistance In Dying' (MAID)
- patients citing poverty or housing uncertainty as their main reason for seeking to end their lives through 'MAID'
- numbers spiralling out of control: in 2016 when 'MAID' was introduced, there were just over 1,000 cases but by 2022 this escalated to 13,241 deaths, accounting for 4.1% of all deaths in Canada.
- Canada is now on the verge of introducing euthanasia and assisted suicide for people with mental health conditions, with this change in the law coming into effect in 2027.

There is also truly shocking evidence coming out of other countries and jurisdictions that have introduced assisted suicide and/or euthanasia.

In Oregon, a state frequently held up by UK campaigners as a model for introducing assisted suicide here, eligibility criteria in the law has expanded via the interpretation of 'terminal illness' so that assisted deaths have been granted for anorexia, diabetes, hernias and arthritis.

Closer to home, in the Netherlands and Belgium, euthanasia laws and/or practice have been extended to allow euthanasia for children and newborn babies.

It's now crucial that all MPs and the Government urgently see that there is a large number of voters in each constituency who don't want this dangerous and extreme change to our laws – changes that would put the vulnerable at risk and see the ending of many lives through assisted suicide.

You can make a difference right now by contacting your MP to ask them to stop assisted suicide from being rushed into law.

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: Edith Wright, Martin Mongan, Mabel Dennehy, Robert Baker, Frank Forsdyke, Keith Sparrow, John Gregson, Philip Paul, Domenico Iannacone, John Molloy, Josephine Humphries, Mary Dallastone, Patrick Morley, William Everitt, Thomas Ainsworth, Alan Gorham, James Riordan, George Kelly, John Shevlin, Marie Doyle, Mary Barham, and John Nealy. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes:

We continue our consideration of Extreme Unction or Sacrament of the Sick.

THE SACRAMENTS PT 40

EXTREME UNCTION – THE APOSTOLIC PARDON

In part 37 (two or three weeks ago) on ‘Penance: Purgatory & the Temporal Punishment of Sins,’ we looked at the idea that death is the cut-off point beyond which we cannot influence our final destiny, which is why it is so important to die in a state of grace: we cannot repent and move from a state of mortal sin to a state of grace after we have died. We also looked at the idea that all sins carry with them a degree of punishment which we must endure here on earth or, after death, in Purgatory. On earth, we can co-operate with this punishment through our acts of the will by choosing to accept the trials and tribulations of daily life as a means of making up for our sins and so offer them up to God as penances. The more we do this here on earth, the less there will be to suffer in Purgatory. As a rule of thumb, we might say that we hope to suffer more on earth than we have sinned, because if the contrary is true, and we have sinned more than we have suffered, then we must endure in Purgatory whatever suffering there is left over, as it were.

In that same chapter, we also introduced the idea of indulgences, a fuller explanation of which will be found later in this series. An indulgence carries the remission of temporal punishment due to sin (that is, as opposed to unending, or eternal, punishment which is suffered by those souls that end up in hell) that has not yet been remitted through the Sacrament of Confession and through acts of penance.

The Apostolic Pardon is a special form of indulgenced prayer which is given by a priest to someone who is dying. This prayer, which is usually given immediately following the Sacrament of Extreme Unction and before the Viaticum (the special name given to Holy Communion when administered to someone who is dying) absolves the dying person of sin and remits all temporal punishment due to sin, freeing him, ‘both in this life and in the next, from all punishments [God] would have exacted from [the sick person] for his sins.’ The priest continues, ‘May [God] open the gates of paradise to you and lead you in, to enjoy unending happiness.’

The effects of the Apostolic Pardon depend on the disposition – the penitence – of the dying person, but if he is properly disposed then the Pardon accomplishes exactly what the accompanying prayer says, namely, ‘In virtue of the faculty given to me by the Apostolic See I grant you a plenary indulgence and full remission of all your sins. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.’ If the plenary indulgence is fully effective (that is, if the dying person is properly disposed, and fully and perfectly contrite) then the soul of the dying person may by-pass Purgatory altogether and be admitted into paradise at once.

This, chiefly, is what Catholics mean by ‘a good death.’

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