

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

November is dedicated to
the Holy Souls in Purgatory

Sunday 3rd November 2024

31st Sunday of the Year

09:30 — Pro Populo

11:00 — Theresita & Rudolfo Rudas RIP

Monday 4th November

St Charles Borromeo

10am — The *Domus* of the Parish

Tuesday 5th November

Requiem

8am (TLM) — November Dead List

Wednesday 6th November

Feria

6pm — Joan Rickards

Thursday 7th November

* Requiem

8am (TLM) — Fr Ray Matus RIP

* Requiem Mass

12:15pm — Dec'd clergy of the deanery

Friday 8th November

Feria

10am — Trevor Humphries

Saturday 9th November

Dedication of the Lateran Basilica

10am — Roy Rickards

Vigil of 32nd Sunday of the Year

6pm — Holy Souls

Sunday 10th November

* 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

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: 10th Nov.)

THIS WEEK

Sunday 3rd — Saturday 9th November

WEDNESDAY, 6TH NOVEMBER

Wednesday Evening talk at 7pm

We resume our talks following the school half-term break.

THURSDAY, 7TH NOVEMBER

Deanery Requiem Mass at 12:15pm.

(No Confessions before Mass and no rosary after Mass.)

Please join us for the annual sung requiem Mass for the deceased clergy of the deanery. We will be joined by several priests of the deanery. The principal concelebrant will be the new dean, Fr Luke Goymour of St Mark's parish.

ALSO ON THURSDAY, 7TH NOVEMBER

The Blessed Carlo Acutis Group will meet 7pm—9pm.

For 14-17 year olds. Come along to pray, learn more about your Faith, make new friends, and have some fun. We meet every first Thursday of the month. New members welcome so come and join us!

FRIDAY, 8TH NOVEMBER

Confirmation class: 5pm—6pm.

SATURDAY, 9TH NOVEMBER

First Holy Communion class: 4pm—4:45pm.

NEXT WEEK

Thursday, 14th November at 6:30pm.

The first of our **Adult Confirmation Classes** of the season.

Adults who would like to be confirmed next summer (5th June 2025) will be welcome at our series of six classes to prepare for the Sacrament. Other classes before Christmas will be on Thursdays 28th November & 12th December, with three more classes after Christmas.

NEXT WEEK

Sunday 10th — Saturday 16th November

Monday, 11th November: Catholic Mothers' Group at 11am.

Wednesday, 13th November: Wednesday Evening Talk at 7pm.

Thursday, 14th November: our monthly Thursday lunch at 1pm.

(Volunteers to prepare the lunch needed please.)

Thursday, 14th November: the first adult Confirmation class of the season at 6:30pm.

Friday, 15th November: Confirmation class: 5pm.

Saturday, 16th November: First Communion class: 4pm

ASSISTED DYING

The Assisted Dying bill will get its second reading, followed by a vote of MPs, will on Friday, 29th November.

Act Now! Contact your MP

Write to him or her at:

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

Or online using the *Right to Life UK* website:

righttolife.org.uk/ASThreat

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

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 8th—10th November.

Call 07887 296983

Email: retrouvailleukinfo@gmail.com

Website: www.retrouvaille.org.uk

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*.

LOOKING AHEAD

Saturday, 9th November—Catholic Medical Association (CMA) Youth Conference in London for all 18-40 year olds working in healthcare. Go to:

catholicmedicalassociation.org.uk/events/

Tuesday 19th November—Women's Recollection (2pm—4pm) & Men's Recollection (7pm—9pm)

Thursday, 21st November—*Domus* Holy Hour of Adoration 6pm—7pm. Parish *Domus*, those interested in becoming a *Domus*, and those who would simply like to find out more about the *Domus* are most welcome as indeed are all parishioners. Followed by refreshments in the hall.

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.

THANK YOU FOR YOUR GENEROSITY

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

The cost of living crisis has hit every home in the country. Unfortunately, it has also hit parishes. The cost of maintaining a Grade II listed church building is high and rising all the time.

roofs + gutters	bread + wine + candles
heating + lighting	admin. costs + newsletters
windows + fire doors	security systems
damp-proofing	new boilers
building insurance	public liability insurance

These are just some of the hidden costs of running an ordinary parish. Please think about how much you give to the parish weekly or monthly, and ask yourself whether your giving is realistic.

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 for your generosity, and may God bless you and all who are dear to 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.

Recent Collections for which, many thanks.

July: Standing orders: £1,392; Dona: £2,382:36; green envelopes: £898:60; collection plate: £2,116:76. Total: £6,789:72.

August: Standing orders: £1,279; Dona: £1,872:31; green envelopes: £696:50; collection plate: £2,394:48. Total: £6,246:79.

September: Standing orders: £1,365; Dona: £2,216:26; green envelopes: £686; collection plate: £2,117:02. Total: £6,384:28.

ST CATHERINE'S FAYRE

Saturday 23rd & Sunday 24th November 2024

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 as well!

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, 9th November.



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. ('Temporal' means not the eternal punishment of hell.)

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.

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.

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 on Sunday, 17th November at 2:30pm. Please gather at the Lawn Cemetery on your right as you enter from the Colchester Road entrance.



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: Helen Wilson, Mgr Joseph McShee, Vincent Cunane, Jim Maille, Consuelo Stocks, Irene Biela, Maggie Schofield, Dario Pinelli, Lilian Bowles, Kathleen Connolly, Joyce Fahey, Isabel Manthorpe, Mary Galloway, Catherine King, Rowland Manthorpe, Martin Mangan, Elsa Ward, Bridget Wood, Francis Smith, Angela Roe, Stefan Holyk, Alice Fell, Ursula Deichgraber, Elfreda Hay, Leonard Sikorski, John Flach, John Biela, Lucy Ecroyd, and Gabrielle Sharpe. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

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Fr Joseph writes:

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

THE SACRAMENTS PT 38:

EXTREME UNCTION – INSTITUTED BY CHRIST

'Is any man sick among you? Let him bring in the priests of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith shall save the sick man: and the Lord shall raise him up: and if he be in sins, they shall be forgiven him,' (James 5:14-15). This very clear injunction from St James is the main scriptural basis for the sacramental anointing of sick people in the Catholic Church. The Sacrament of Extreme Unction (from the Latin *unctionem* meaning 'anointing') – sometimes called the Sacrament of the Sick – is linked to the Sacrament of Penance insofar as it, too, is a sacrament of forgiveness and healing. Indeed, it is regarded by the Fathers of the Church as the completion of the Sacrament of Penance. Even so, the sick person should, if it is physically possible, make his or her Confession before this Sacrament is administered. This Sacrament is called Extreme Unction not because it is given so close to death but because it is the last anointing of the Christian, after having been anointed in Baptism, in Confirmation, and, if he be a priest, at his ordination.

The words from St James show us the Divine institution of the Sacrament, especially when we look at it in parallel to Our Lord's healing and forgiving of the paralytic man who was lowered through the roof of a house: 'And when Jesus had seen their faith, He says to the sick of the palsy: Son, thy sins are forgiven thee.' And when the scribes heard this, they objected that only God could forgive sins. So Our Lord replied to them, 'Which is easier, to say to the sick of the palsy: Thy sins are forgiven thee; or to say, Arise, take up thy bed, and walk?' (Mk 2:1-12 *et par*). In other words, Our Lord instituted a sacrament which would provide both spiritual and physical solace.

The penitential character of this Sacrament means that it may only be administered to someone who has already attained the age of reason. If an infant, having been baptized, was on the point of death then, not having reached the age of reason and not, therefore, having committed any actual sins, this Sacrament would not be needed, in the same way that a child who had not reached the age of reason would not go to the Sacrament of Confession.

This sacrament may be received more than once if, for example, a sick person recovers his health but then suffers a relapse of his sickness, or if, having once received the Sacrament, he suffers a significant deterioration in his health due to the progression of the same sickness.

Any priest may administer this Sacrament. Indeed, in an emergency, even a priest who has been laicized can validly administer this Sacrament, so important is it that a Catholic is fortified by the rites of the Church on his deathbed. A deacon cannot administer Extreme Unction.

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