

# 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 15<sup>th</sup> December 2024

*Gaudete Sunday*

09:30 — Holy Souls

11:00 — Philip MacDonald RIP (1/3)

## Monday 16<sup>th</sup> December

*Feria of Advent*

10am — Mark Poole RIP

## Tuesday 17<sup>th</sup> December

**O SAPIENTIA**

*Feria of Advent*

8am (TLM) — Holy Souls

## Wednesday 18<sup>th</sup> December

**O ADONAI**

*Funeral requiem*

**& EMBER DAY**

12 noon — Kathleen James RIP

*Feria of Advent*

6pm — Chika Igwe's ints. (1/2)

## Thursday 19<sup>th</sup> December

**O RADIX IESSE**

*Feria of Advent*

12:15pm — Ellen Murphy RIP

## Friday 20<sup>th</sup> December

**O CLAVIS DAVID**

*Feria of Advent*

**& EMBER DAY**

10am — Holy Souls

## Saturday 21<sup>st</sup> December

**O ORIENS**

*Feria of Advent*

**& EMBER DAY**

10am — Chika Igwe's int. (2/2)

*Vigil of the Fourth Sunday of Advent*

6pm — Joan Elliott RIP

## Sunday 22<sup>nd</sup> December

**O REX GENTIUM**

*Fourth Sunday of Advent*

09:30 — Pro Populo

11:00 — Nicole Brun RIP

### 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 15<sup>TH</sup> — SATURDAY 21<sup>ST</sup> DECEMBER**

*Greenery needed to decorate the church for Christmas.*

*Please leave what you can inside the back gate this week! Thank you.*

### SUNDAY, 15<sup>TH</sup> DECEMBER

Cake Sale in aid of Mary's Meals in the parish hall after today's Masses. Please support the sale generously.

### WEDNESDAY, 18<sup>TH</sup> DECEMBER

- Ember Day

- Funeral requiem for Kathleen James RIP 12 noon.

## ADVENT ROSARY & BENEDECTION

**Wednesday 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, 19<sup>TH</sup> DECEMBER** Confissões em língua portuguesa com Padre Érico Falcão das 17h às 19h

**FRIDAY, 20<sup>TH</sup> DECEMBER** Ember Day

**SATURDAY, 21<sup>ST</sup> DECEMBER** Ember Day

## WHAT ARE EMBER DAYS ?

From a corruption of the words *Quatuor Tempora* (four times or four seasons), Ember Days are traditional days of fasting and abstinence in supplication for God's blessings, and in thanksgiving for blessings received. Although no longer popularly observed, the Roman Missal still makes provision for their observance, and some people like to incorporate them into their private devotions. They fall on Wednesday, Friday, and Saturday this week, and provide us with an excellent opportunity to observe Advent as a penitential season before the festivities of Christmas get underway in earnest on Christmas Day.

## NEXT WEEK

**SUNDAY 22<sup>ND</sup> — SATURDAY 28<sup>TH</sup> DECEMBER**

## CAROLS BY CANDLELIGHT & BLESSING OF CRIBS

**SUNDAY, 22<sup>ND</sup> DECEMBER AT 4PM**

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 beautiful candlelit Advent & Christmas carol service. There will be bring-and-share refreshments in the hall afterwards. All welcome!

*For all other services during Christmas week  
please see overleaf.*

# Christmas Services at St Pancras

## CAROLS BY CANDLELIGHT & BLESSING OF CRIBS

Sunday, 22<sup>nd</sup> December at 4pm

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. Followed by bring & share refreshments in the hall. All welcome.

## CHRISTMAS CONFESSIONS

Thursday, 19<sup>th</sup> 11:15am—12:15pm  
 Thursday, 19<sup>th</sup> 5pm—7pm Confissões em língua portuguesa  
 Friday, 20<sup>th</sup> 9am—10am & 6pm—7pm  
 Saturday, 21<sup>st</sup> 9am—10am & 4:45pm—5:45pm  
 Monday, 23<sup>rd</sup> 9am—10am & 6pm—7pm  
 Tuesday, 24<sup>th</sup> 9am—10am & 5pm—6pm

## CHRISTMAS EVE MASS

Mass at 10am (No 8am TLM today)

## CHRISTMAS DAY MASSES

Midnight (with carols from 11:30pm)  
 8am (TLM) 9:30am 11am

## CHRISTMAS AFTERNOON

### Benediction of the Blessed Sacrament — 5pm



A beautiful way to close your Christmas Day devotions. A hushed and prayerful stillness with some of your favourite carols, and a solemn blessing from Our Lord Himself.

Get a breath of fresh air after lunch, come and adore the new-born Christ, and then return home to settle down for the evening.

## THURSDAY 26<sup>TH</sup> — FRIDAY 27<sup>TH</sup>

Thursday, 26<sup>th</sup> 11:45 Confessions  
 12:15 Mass & rosary  
 Friday, 27<sup>th</sup> 9:30 Confessions  
 10am Mass (with traditional blessing of wine) & rosary

## Saturday 28<sup>th</sup> — Sunday 29<sup>th</sup> December

Saturday, 28<sup>th</sup> 9:30 Confessions  
 10am Mass (No devotions after Mass)  
 5pm Confessions (No Adoration)  
 6pm Mass  
 Sunday, 29<sup>th</sup> 8am Traditional Latin Mass (TLM)  
 9:30 Mass (with hymns)  
 11am Mass (sung)

# Holy Year 2025



Our Holy Father, Pope Francis, will open the doors of St Peter's Basilica (pictured) on Christmas Eve and thereby inaugurate the Holy Year 2025. Held every 50 years to begin with (since 1300), and then every 25 years, the Holy Year of Jubilee marks a time of especial devotion, pilgrimage, and penance, as well as rejoicing and thanksgiving. It is a year in which God's grace is poured even more abundantly upon His Church throughout the world.

In particular, there will be—as there has been since the year 1300—a **Holy Year Indulgence** which may be gained by fulfilling certain conditions. Details of these conditions will be laid out in our forthcoming Holy Year Handbook which will explain what these conditions are, what an indulgence is, and how you may gain the indulgence. Copies of the handbook will be free but we shall ask for donations to cover the costs please.



*Pictured: Pope Pius XI opening the Holy Year Door one hundred years ago in 1925 (above) and the Holy Year Door today (top).*

## The Feast of the Holy Family and the Beginning of our Holy Year Posada

One of the ways in which we will mark the Holy Year in St Pancras is to keep a *posada*. A statue of the Holy Family will be blessed on the feast of the Holy Family (the Sunday after Christmas Day). Once it is blessed, Catholic households (be they made up of families, young, middle-aged, or elderly couples, or individuals) will be invited to take the statue home and pray, each day, the accompanying prayer, and return the statue after one week. Then the next household will take the statue home for a week. The idea is for the statue to travel around the households of the parish as we pray for the sanctification of our homes throughout the parish throughout the Holy Year.



Please sign the Holy Year Posada List at the back of the church if you would like to play host to the statue.

## EPIPHANY

The feast of the Epiphany on 6<sup>th</sup> January marks the end of the season of Christmastide and the beginning of Epiphanytide. The word 'Epiphany' comes from a Greek word meaning 'to reveal' and marks God's revelation to the whole world (represented by the Wise Men from the east) of the Nativity of Christ which, so far, had only been made known to a few shepherds.

We shall bless chalk for the traditional Epiphany house blessing at our Epiphany Benediction. But in the meantime, please put the date of the Epiphany Benediction in your diary!

### EPIPHANY BENEDICTION

**Saturday, 4<sup>th</sup> January at 3pm**

The Epiphany Gospel and procession, concluding with Benediction of the Blessed Sacrament.

*All are welcome, especially young families.*

Bring & share refreshments in the hall afterwards (and we hope someone will bring a traditional Galette des Rois, the 'cake of kings'!)

*Please note that in 2025, the feast of the Epiphany will be transferred to the nearest Sunday (5<sup>th</sup> January) although there will be a Traditional Latin Mass at 8am on Monday, 6<sup>th</sup> January.*



### CRIB COLLECTION AID TO THE CHURCH IN NEED

Our crib collection this year will be, once more, for Aid to the Church in Need who serve some of the most needy Christians in some of the worst trouble spots of the world. Please give as generously as you can. More details available soon. Thank you.

**PARISH MAGAZINE** deadline is Sunday, 29<sup>th</sup> December. Copy to Tilly, please, at [matilda79r@gmail.com](mailto:matilda79r@gmail.com)

### PLEASE PRAY FOR

**Sick List** Prayers are asked for Jim Convey, Larry Crowley, Paul Cummings, Alan Cutbush, Ciro Dellabella, Evelyn Flach, Halina Gajewska, Olga Harant, Linda Mitchell, Stephen Patten, Rosemary Pease, Brian Price, Judith Rogers, and Leighton Scott.

**Of your charity** Please pray for the repose of the souls of Kathleen James and Timothy Hunt who died recently, and for all those whose anniversaries occur at this time: Mary Reynolds, Rev. Laurence Nicholson, Beth Walmsley, James Barry, Percy Fox, Agnes Dooley, Ann Johnson, Bernard Hurley, Denis Kindred, Paul Stoles, Mary Bills, Julian de Bono, Laura Manley, Robert Sanders, Michael Reilly, Marylyn Timms, Ellen Ebe-lowicz, Eleanor Scott, Maria Aylward, Henry Devaux, Eva Marshall, Caroline Dallastone, Robert Price, Amos Collins, Anne Whitney, Horace Nicholls, Zena McCann, Daniel Dennehy, John Cummings, Jean Tyler, Margaret Norden, and Anna Pinelli. 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 44 HOLY ORDER – CHRIST: PRIEST & VICTIM PART I

To understand what a Catholic priest is, and what he does, we must first understand the nature of Christ's sacrifice, and Christ's role as both Priest and Victim.

The mystery at the heart of the Catholic Faith is the act of atonement by which the Incarnate Son of God ransomed, healed, restored, and bestowed forgiveness upon a wayward human race that had alienated itself from its Creator through sin, and rendered that fallen race at-one with God. By laying down His own life through an act of the will (Jn 10:18) Our Lord gave to God the Father, on behalf of a fallen race, the gifts that we as a race and as individuals owed to God but which we had signally failed to give Him. On the Cross, Christ offered up four gifts.

First, He offered a perfect *latreutic* sacrifice, giving to God the perfect act of homage, adoration, and worship. Second, Christ made a perfect *eucharistic* sacrifice, that is, a perfect act of thanks. Third, Christ made a perfect offering in *propitiation* and *expiation* for our sins. (By *propitiation* we mean that Christ appeased the wrath of God. This does not mean that God was angry with us in the way that we get angry with each other but that the scales of divine justice – of what is owed to God by His creatures – was imbalanced by sin. By propitiating God's anger, Christ was re-setting the scales of divine justice and was giving to the Father what we, as creatures, should have given to the Father but had failed to give Him through our sins of pride and disobedience. By *expiation* we mean that Christ's gift makes up for – makes amends for – our sinful failure to give to the Father what we should have given to Him.) And fourth, Christ makes *supplication* on our behalf for all the needs of a fallen race, buying back, as it were, the gifts forfeited by Adam in the Garden of Eden at the Fall.

Christ's offering to the Father was effective because, as Man, he was able to offer up our fallen human nature on our behalf. At the same time, as God, His offering carried an infinite – an eternal – value. As a result, His offering more than made up for our transgressions. But at the heart of His offering lay the fact that He was the Priest who did the offering *and* He was the Victim who was offered.

This willingness to make of Himself the sacrifice that would atone for the sins of an entire race was especially pleasing to God the Father. If love may be defined as giving (to love means to give) then the Only Begotten Son did what only the Incarnate Son of God could do – what no one else could do – namely, He gave Himself to the Father as an eternal offering on behalf of a fallen race to which He had also given Himself at the moment of the Incarnation.

*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/)

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*Our series on the Sacraments will take a break over Christmas and will resume in the New Year.*



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)