

# 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  
IP4 1BD

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Parish Priest:  
Fr Joseph Welch

Sundays: Yr C  
Weekdays: Yr 1

March is dedicated to  
St Joseph

## Sunday 16<sup>th</sup> March 2025

*2<sup>nd</sup> Sunday of Lent*

09:30 — Patricia Al-Salih RIP

11:00 — Pro Populo

## Monday 17<sup>th</sup> March

*St Patrick*

10am — Benefactors of the Parish

## Tuesday 18<sup>th</sup> March

*Lent feria*

8am (TLM) — Benedicto Pinheiro Nogueira

## Wednesday 19<sup>th</sup> March

*St Joseph*

6pm — James Lenard (F)

## Thursday 20<sup>th</sup> March

*Lent feria*

12:15pm — Holy Souls

## Friday 21<sup>st</sup> March

*Lent feria*

10am — Rowland Batley RIP

## Saturday 22<sup>nd</sup> March

*Lent feria*

10am — Sinéad Diver

*Vigil of the 3<sup>rd</sup> Sunday of Lent*

6pm — Holy Souls

## Sunday 23<sup>th</sup> March

*3<sup>rd</sup> Sunday of Lent*

09:30 — Pro Populo

11:00 — Pauline Collingwood RIP

### DURING LENT

#### CONFESSIONS:

**Mon — Sat:** 30 minutes before each Mass

**& Sat:** 10:30am—11am &

5pm — 5:30pm

**1<sup>st</sup> Friday:** 6pm — 7pm

**ADORATION:** Sat: 10:30am — 5:30pm

**ROSARY:** Mon — Thurs: after Mass

**STATIONS OF THE CROSS:** Sun — 4:30pm

Fri — after Mass

**TLM Masses:** 2<sup>nd</sup> Sunday of the month at  
8am. (Next 2<sup>nd</sup> Sunday Mass: 13<sup>th</sup> April.)

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## HOLY YEAR 2025

### SPES NON CONFUNDIT

*'And hope confounds not, because the charity of God is poured forth in our hearts by the Holy Spirit who is given to us.'* (Rom 5:5)

Christ Crucified Radiates Hope  
to a Fallen World

*The Crucifixion by Tintoretto (1565)*



### Feast of

## ST JOSEPH

**PATRON & GUARDIAN  
OF THE UNIVERSAL CHURCH**

**Wednesday, 19<sup>th</sup> March**

*'Some Saints are privileged to extend to us their patronage with particular efficacy in certain needs, but not in others; but our holy patron St. Joseph has the power to assist us in all cases, in every necessity, in every undertaking.'*

*St Thomas Aquinas*



### STATIONS OF THE CROSS & BENEDICTION

Every Sunday in Lent at **4:30pm** beginning today.

Ponder these traditional fourteen moments in the journey of Our Lord from the judgement seat of Pontius Pilate to the hill of Calvary, to the moment of His death and burial in the tomb. Why not make these Sunday afternoon devotions part of your Holy Year Lenten observance and enter into the Passion of Our Lord?

**STATIONS OF THE CROSS** As in previous years, we would like to make sure that the Stations of the Cross are said in our church every single day of Lent by at least one person. Please sign the list at the back of church.

### ADORATION OF THE BLESSED SACRAMENT

Every Saturday in Lent from the end of the 10am Mass until 5:30pm. Please sign the watching list at the back of church to make sure we have at least two people in church at any one time.



# LENT AT ST PANCRAS

## SUNDAYS IN LENT

Stations of the Cross and Benediction – 4:30pm

## WEDNESDAYS IN LENT

‘The things that have been accomplished.’  
A series of five meditations — 7pm

## THURSDAYS IN LENT

Lent Lunches in the parish hall – 1pm  
beginning 13<sup>th</sup> March  
*Raising funds for Mary’s Meals*

## FRIDAYS IN LENT

Stations of the Cross  
after the 10am Mass (instead of the rosary)

## SATURDAYS IN LENT

Adoration of the Blessed Sacrament  
from the end of the 10am Mass till 5:30pm

Confessions:

9:30–10am & 10:30–11am & 5pm–5:30pm

## LENT PROJECT

*Raising funds to feed some of the world’s  
poorest children*

[marysmeals.org.uk](http://marysmeals.org.uk)

Parish collection box  
Special second collection (29<sup>th</sup>/30<sup>th</sup> March)  
Thursday Lent Lunches  
Cake Sale on Mothering Sunday (30<sup>th</sup> March)

## LENTEN STATION MASS

with Bishop Peter Collins

Tuesday, 25<sup>th</sup> March, St Mary’s, Woodbridge Rd  
Adoration & Confessions – 6pm  
Mass – 7pm & Light refreshments – 8pm

## CATHOLIC MOTHERS’ GROUP

All mothers & toddlers welcome for the 5 Cs:  
coffee, cake, conversation, catechism, and chaos  
Mondays at 11am  
10<sup>th</sup> March & 14<sup>th</sup> April (during Holy Week)

## BLESSED CARLO ACUTIS GROUP

(14-17 year olds)

Thursdays 13<sup>th</sup> March & 3<sup>rd</sup> April – 7pm

## RECOLLECTIONS

Tuesday, 18<sup>th</sup> March.

**For Women:** 2pm–4pm. **For Men:** 7pm–9pm.

## CONFESSIONS THROUGHOUT LENT

**Mon – Fri:** 30 minutes before each weekday Mass

**Sat:** 9:30–10am & 5pm–5:30pm

**First Friday Confessions:** 6pm – 7pm  
Friday, 7<sup>th</sup> March & Friday, 4<sup>th</sup> April

## ‘THE THINGS THAT HAVE BEEN ACCOMPLISHED’

*Luke 1:1*

*You are invited to join us for a series of five Lenten  
meditations on St Luke’s account of  
the Passion narrative.*

*Each week we shall ponder on a different aspect of  
Our Lord’s Passion and enter more deeply into  
the mystery of our redemption.*

*Using slightly unexpected starting points, we shall  
follow Our Lord from the Upper Room, across the  
Cedron Valley, and into the Garden of Gethsemane  
where He was arrested, into the chambers of the vari-  
ous trials, and along the path to Calvary and death.*

*The meditations will conclude with  
devotions in church.*

*All welcome.*



## A SERIES OF FIVE WEDNESDAY EVENING MEDITATIONS ON ST LUKE’S ACCOUNT OF OUR LORD’S PASSION

*following the 6pm Mass & Rosary,  
with tea & coffee available.*

**WEDNESDAY 12<sup>TH</sup> MARCH AT 7PM**  
‘And cut off his right ear’

**WEDNESDAY 19<sup>TH</sup> MARCH AT 7PM**  
‘They mocked Him’

**WEDNESDAY 26<sup>TH</sup> MARCH AT 7PM**  
‘Some sign wrought by Him’

**WEDNESDAY 2<sup>ND</sup> APRIL AT 7PM**  
‘For if in the green wood they do these things’

**WEDNESDAY 9<sup>TH</sup> APRIL AT 7PM**  
‘And the sun was darkened’

*Concluding in church with the  
Litany of the Passion*

## HOLY YEAR 2025

### Suggestion for Spiritual Reading

*The Temptations of Christ*

(originally published under the title, *Stones or Bread?*)

by Gerald Vann

### From the Saints

‘The Almighty has concentrated in St. Joseph, as in a Sun of unrivalled lustre, the combined light and splendour of all the other saints’

*St Gregory Nazianzen*

### Top tips for making an ordinary home into a Catholic home!

Pray to St Joseph, patron of Catholic homes and households, each day in March. (Begin today, even if you haven’t prayed to him so far this month!)

### ADULT CONFIRMATION CLASSES CONTINUE

Thursdays at 6:30pm on 27<sup>th</sup> March, 8<sup>th</sup> and 22<sup>nd</sup> May.

### TWO SECOND COLLECTIONS DURING LENT

**22<sup>nd</sup>/23<sup>rd</sup> March** — A collection being taken across the country in support of the National Shrine of Our Lady at Walsingham.

**29<sup>th</sup>/30<sup>th</sup> MARCH** — A collection in support of our own parish Lent project, Mary’s Meals.

## HOLY YEAR PILGRIMAGE 2025

We are planning a Holy Year parish pilgrimage to Nettuno to include a day trip to Rome, in October this year. Please see the provisional details on the poster at the back of the church and contact Jo Shevlin to register interest no later than 28<sup>th</sup> March. Thank you.

### Sick List

Prayers are asked for Jim Convey, Sue Coppens-Browne, 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.

### Lately dead

Mr John Gilbert RIP, who died at the beginning of March, was known to many at St Pancras before moving to Aldeburgh. May he rest in peace. Please keep his widow, Mary, in your prayers also.

### Of your charity

Please pray for the repose of the soul of John Gilbert who died recently, and for all whose anniversaries occur at this time: Witold Lodzinbri, Christopher Newman, Thomas Brosnan, Patricia Harrison, Mabel Parker, Penelope Butters, Ruby Tuffs, Brian Miller, Thomas Hanley, Anton Malo, Teresa Hughes, Graham Wilding, Elizabeth Downey, Richard Ware, Eileen Banyard, Cecilia Lewis, Matthew Dee, Antony Sefi, Charles Fox, Marguerite Morgan, Elizabeth Black, Pauline Forster, Janet Morris, Rowland Batley, Edward Norfolk, and Sean Goonan. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

**Fr Joseph writes:** We continue our short series of brief meditations on the **Four Songs of the Suffering Servant** found in the Book of Isaiah.

### The Second Song of the Suffering Servant — Is 49:1-7

*Give ear, ye islands, and hearken, ye people from afar. The Lord hath called me from the womb, from the bowels of my mother he hath been mindful of my name. And he hath made my mouth like a sharp sword: in the shadow of his hand he hath protected me, and hath made me as a chosen arrow: in his quiver he hath hidden me. And he said to me: Thou art my servant Israel, for in thee will I glory. And I said: I have laboured in vain, I have spent my strength without cause and in vain: therefore my judgment is with the Lord, and my work with my God. And now saith the Lord, that formed me from the womb to be his servant, that I may bring back Jacob unto him, and Israel will not be gathered together: and I am glorified in the eyes of the Lord, and my God is made my strength. And he said: It is a small thing that thou shouldst be my servant to raise up the tribes of Jacob, and to convert the dregs of Israel. Behold, I have given thee to be the light of the Gentiles, that thou mayst be my salvation even to the farthest part of the earth. Thus saith the Lord the redeemer of Israel, his Holy One, to the soul that is despised, to the nation that is abhorred, to the servant of rulers: Kings shall see, and princes shall rise up, and adore for the Lord's sake, because he is faithful, and for the Holy One of Israel, who hath chosen thee.*

The *Second Song* lays out the mission of the Suffering Servant. Having seen in the *First Song* that He will sound a note of warning against complacency and against those who trust in their own judgment, how He will admonish those guilty of pride, self-satisfaction, and self-sufficiency, we now see more clearly to whom the Suffering Servant has been sent: He is to bring back Jacob.

Yet Israel (another name for Jacob and for the whole of God’s chosen people) ‘will not be gathered together.’ Stubborn in their ways, they wander from the right path and set themselves up as judges of their own inheritance. Even so, the Servant knows that He is the true Judge for He has been ‘called from the womb’ by the Lord God, and is ‘glorified in the eyes of the Lord,’ as we learn also in the Gospels when, both at His baptism and at His transfiguration, the Father’s voice is heard to say, ‘This is my beloved Son in whom I am well pleased.’

In part because Israel will not listen, and in part because He is to be the Redeemer of the whole of mankind, the Servant is sent by God ‘to be the light of the Gentiles’ (a line we hear repeated in Simeon’s song, the *Nunc Dimittis*, at the moment of Our Lord’s Presentation in the Temple forty days after His birth: Lk 2:32). To this end He is sent to be the salvation, the Saviour, of all peoples, ‘even to the farthest part of the earth.’

The reference to the despised is two-fold. First, it refers to the downtrodden of society who have been trampled upon (see Is 61:1 quoted by Our Lord in the synagogue in Lk 4:18-19). Second, and more significantly in the context of the Song of the Suffering Servant, it refers to the Servant Himself, the Holy One of Israel, who will be despised and rejected by His own people in His Passion and death on the Cross (‘He came unto His own, and His own received Him not,’ Jn 1:11). Yet following His resurrection ‘kings shall see, and princes shall rise up’ and see Him ‘glorified in the eyes of the Lord.’

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)

Or contact the **DIOCESAN SAFEGUARDING CO-ORDINATOR**, Liam Sainsbury: 07931 952626  
[liam.sainsbury@rcdea.org.uk](mailto:liam.sainsbury@rcdea.org.uk)