

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

March is dedicated to
St Joseph

Sunday 2nd March 2025

8th Sunday of the Year

09:30 — Pro Populo

11:00 — Bill Boardman RIP 1/2

Monday 3rd March

Feria

10am — Foundation Masses *ad cautelam*

Tuesday 4th March

St Casimir

8am (TLM) — The *Domus* of the Parish

Wednesday 5th March

Ash Wednesday

8am (TLM) — Holy Souls

12:15pm — Dec'd members: Rambayon family

7pm (sung) — Pro Populo

Thursday 6th March

Lent feria

12:15pm — for Vocations (Ipswich Catenians)

Friday 7th March

Lent feria

10am — Jeffrey Smith RIP

Saturday 8th March

St Felix

10am — Rita McCormack RIP

Vigil of the 1st Sunday of Lent

6pm — Foundation Masses *ad cautelam*

Sunday 9th March

1st Sunday of Lent

8am (TLM) — Pro Populo

09:30 — Isabel Nogueira's int.

11:00 — Bill Boardman RIP 2/2

DURING LENT

CONFESSIONS:

Mon — Sat: 30 minutes before each Mass

& Sat: 10:30am—11am &

5pm — 5:30pm

1st 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: 2nd Sunday of the month at 8am. (Next 2nd Sunday Mass: 9th March.)

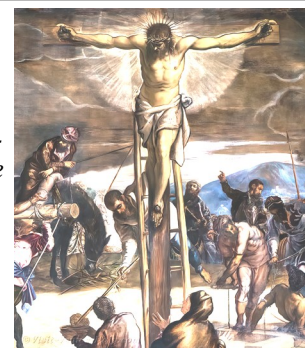
HOLY YEAR 2025

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)



SHROVETIDE PANCAKE PARTY

Tuesday, 4th March at 6pm

In the parish hall. Bring some pancake mixture, roll up your sleeves, and join in. Soft drinks provided.

ASH WEDNESDAY

5TH MARCH

Masses at: 8am (TLM) 12:15pm 7pm (sung)

Confessions before each Mass

Imposition of Ashes at each Mass

Rosary following the 12:15pm Mass

ASH WEDNESDAY IS A DAY OF FASTING AND ABSTINENCE

The Church says that all must **FAST** who have reached the age of 18, until their 60th birthday. (Others, especially children and the healthy over 60s, are encouraged to fast.) Under Canon Law, to fast means eating less than you would normally, and in any case no more than one meal and two small snacks. The sick, the frail, as well as expectant and nursing mothers, are exempt from fasting.

ABSTINENCE means avoiding eating meat and fowl, and foodstuffs made from them, as a reminder of the Word-Made-Flesh who died for us. The laws of abstinence apply to all who have reached their 14th birthday.

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

Saturday, 8th March (and 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 13th 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 & 5pm–5:30pm

LENT PROJECT

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

marysmeals.org.uk

Parish collection box
Special second collection
Thursday Lent Lunches
Cake Sale on Mothering Sunday (30th March)

LENTEN STATION MASS

with Bishop Peter Collins

Wednesday, 25th 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

10th March & 14th April (during Holy Week)

BLESSED CARLO ACUTIS GROUP

(14-17 year olds)

Thursdays 13th March & 3rd April – 7pm

BOOK CLUB

Monday, 10th March – 7pm

to discuss *The Cloud of Unknowing*

CONFESSIONS THROUGHOUT LENT

Mon – Fri: 30 minutes before each weekday Mass

Sat: 9:30–10am & 5pm–5:30pm

First Friday Confessions: 6pm – 7pm

Friday, 7th March & Friday, 4th April

‘THE THINGS THAT HAVE BEEN ACCOMPLISHED’

Luke 1:1

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 12TH MARCH AT 7PM

‘And cut off his right ear’

WEDNESDAY 19TH MARCH AT 7PM

‘They mocked Him’

WEDNESDAY 26TH MARCH AT 7PM

‘Some sign wrought by Him’

WEDNESDAY 2ND APRIL AT 7PM

‘For if in the green wood they do these things’

WEDNESDAY 9TH APRIL AT 7PM

‘And the sun was darkened’

*Concluding in church with the
Litany of the Passion*

SOME THOUGHTS ON LENT DURING THE HOLY YEAR OF 2025

Please take a copy of the leaflet from the back of the church containing some thoughts on the nature of Lent and how we might observe this most holy season with devotion during the Holy Year of Jubilee.

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.

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.

Of your charity

Please pray for the repose of the souls of those who have died recently, and for all whose anniversaries occur at this time: Bernard Fox, Paul Bower, Adriana Turner, John Cox, Elsie Young, Grace Armstrong, Florence Blackett, Idwal Humphrey, Bridget Joy, Beatrix Richards, Ernest Layton, Hugh Cutting, Eddy Ware, Darah Barnes, John Loftus, Margaret Lewis, Kathleen Keogh, Ellenore Marquand, Joseph Sciortino, Peter Curran, Marie Brock, Geoffrey Mutimer, Mary Barrack, David McWeeny, Philomena Maile, Daniel Arbon, Rosemary Williams, Vera Lee, Eileen Curran, Anthony Reading, and Audrey Smith. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

THE THREE DISCIPLINES OF LENT



Lent is a season in its own right and not just a time of preparation for Easter. It is marked by the three disciplines of **prayer**, **fasting**, and **alms-giving**, all of which are highlighted in the Gospel on Ash Wednesday. During this season Catholics are obliged to take up some form of all three disciplines. We must pray according to the season, perhaps by making the Stations of the Cross. We must fast on the appointed days. And we must give alms to the poor, perhaps

through a parish fundraising project or through some other means. These three disciplines are not optional extras for Catholics: they are the foundation stones of our spiritual life during Lent.

PRAYER involves raising the heart (the seat of our acts of the will, that is, our intentions) and our minds (our rational thoughts) to God in acts of Adoration, Thanksgiving, Supplication, and especially Contrition. We do penance for our sins, making up for what we have done wrong. Of course, only Our Lord on the Cross can truly make satisfaction for our sins, but we have to do our part, as St Paul says, '[I] rejoice in my sufferings... and in my flesh I complete what is lacking in Christ's afflictions' (Col 1:24, RSV). What could possibly be lacking in Christ's sufferings? What was missing on Calvary? We were! So, through our penances, we must now do our part.

FASTING means eating less than we would normally eat. We do not fast in order to lose weight. Nor do we fast so that we can give the money we save to the poor. (That would be to confuse two separate disciplines, fasting and almsgiving.) No! We fast in order to deny ourselves something that is good in itself and which is morally acceptable. We fast so that we can learn to say 'No' to ourselves, and 'No' to some of the good things of this life, so that in saying 'No' to self we can say 'Yes' to Our Lord. 'If any man will come after me, let him deny himself and take up his cross daily, and follow me' (Lk 9:23-26 et par). The two official days of fasting are Ash Wednesday and Good Friday, but many people fast on each Wednesday and Friday during Lent as well as on the old **Ember Days** (the Wednesday, Friday, and Saturday of the first full week of Lent).

ALMSGIVING means giving alms (from the Latin *elemosyna* meaning compassion or pity), that is, giving money to the poor, to those who are more in need than we are. To give alms means not just giving from the spare change we have, but to give what we cannot really afford. In other words, almsgiving should *cost* us something. We should end up going without something that we would otherwise have been able to afford.

Fr Joseph writes:

ASH WEDNESDAY & THE BEGINNING OF THE FORTY DAY FAST

ASH WEDNESDAY marks the first day of Lent. On that day, all Catholics go to Mass and ash is imposed on their foreheads in the sign of a cross.

Although the Gospel reading on Ash Wednesday warns us not to make a show of our prayers and fasts, nonetheless the ash on our foreheads serves as a public witness of our faith in Christ, as a mark of this holy day, and as a sign of our penitence.

The ash comes from the burned remains of the left-over palms from last year's Palm Sunday. On Palm Sunday, the crowds cheered Our Lord's entry into the city of Jerusalem but on Good Friday the same crowd of people demanded His death, 'Crucify Him! Crucify Him!' (Lk 23:21 *et par*). So, the ash on our foreheads serves not only as a sign of our penitence but as a reminder of our fickleness and the ease with which we betray Our Lord each time we sin.

Curiously, the priest says, as he imposes the ash on each person's forehead, 'Remember, man, that you are dust, and to dust you shall return.' But can he not see that at least half of the congregation is made up of women and girls? The point is that the priest is repeating the words that God Himself said to Adam after the very first sin – the original sin – at the time of the Fall in the Garden of Eden (Gen 3:19).

On Ash Wednesday we are reminded that we all share in the guilt of Adam's sin, and that, in addition, we have all committed our own actual sins. Because of this sinfulness, we will all eventually die (which was never originally part of God's plan, Wisdom 1:13) and our souls will be separated from our bodies.

The whole point of our holy religion is that these sins may be forgiven and our souls and bodies may be reunited once more at the end of time and that we may live forever in heaven with God, a privilege which was forfeited at the time of the Fall when Adam and Eve were driven from paradise by a sword-bearing angel (Gen 3:24).



HOLY YEAR 2025

Suggestion for Spiritual Reading

Newman on Lent: Meditations & Sermons
by John Henry Newman (Sophia Institute Press)

From the Saints

'To go to a church and pray. To spend my time there, is more pleasing than to take part in hunts, games, dancing, or any other amusement.' *St Casimir*

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

Make a shrine to St Joseph in your home, or at least have a statue or a picture of him, because St Joseph is the patron saint of Catholic families and households.

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