

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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Parish Priest:
Fr Joseph Welch

Sundays: Yr C
Weekdays: Yr 1

March is dedicated to
St Joseph



Sunday 23rd March 2025

3rd Sunday of Lent

09:30 — Pro Populo

11:00 — Pauline Collingwood RIP

Monday 24th March

Lent feria

10am — Holy Souls

Tuesday 25th March

Annunciation of the BVM

8am (TLM) — Benedicto Pinheiro Nogueira

Wednesday 26th March

Lent feria

6pm — Guild of St Pancras

Thursday 27th March

Lent feria

12:15pm — Edmund Ware RIP

Friday 28th March

Lent feria

10am — Bindya Premananthan's int.

Saturday 29th March

Lent feria

10am — Holy Souls

Vigil of the Lætare Sunday

6pm — Joanna England's int. (1/2)

Sunday 30th March

Lætare Sunday

09:30 — Daniel Crowley RIP

11:00 — Pro Populo

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: 13th 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)



THE ANNUNCIATION OF THE BLESSED VIRGIN MARY

TUESDAY, 25TH MARCH

Mass at 8am (TLM) with Confessions before and the rosary after.

LENT STATION MASS

at St Mary's, Woodbridge Road, with Bishop Peter Collins
Confessions & Adoration: 6pm—Mass at 7pm—refreshments at 8pm

*'The Angel of the Lord declared unto Mary
and she conceived by the Holy Spirit'*

* * *

Second Collection this weekend in support of
THE NATIONAL SHRINE OF OUR LADY, WALSHINGHAM
Please give generously



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 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 & 10:30–11am & 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 (29th/30th March)
Thursday Lent Lunches
Cake Sale on Mothering Sunday (30th March)

LENTEN STATION MASS

with Bishop Peter Collins

Tuesday, 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

CHILDREN’S STATIONS OF THE CROSS

Good Friday at 11am

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

*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 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*

HOLY YEAR 2025

Suggestion for Spiritual Reading

Joseph of Nazareth by Federico Suárez

From the Saints

‘Christ beside me, Christ before me, Christ behind me,
Christ within me, Christ beneath me, Christ above me.’

St Patrick

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

Have a collection box at home for Mary’s Meals or
some other charity and add to it throughout Lent.

ADULT CONFIRMATION CLASSES CONTINUE

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

SECOND COLLECTION DURING LENT

29TH/30TH MARCH — A collection in support of our own
parish Lent project, Mary’s Meals.

HOLY WEEK AT ST PANCRAS

Maundy Thursday Mass of the Lord’s Supper at 8pm

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Maundy Thursday Watching until midnight

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Good Friday Children’s Stations of the Cross at 11am

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Good Friday Liturgy of the Passion at 3pm

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Holy Saturday Easter Vigil at 9pm

Full details to follow.

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 28th March. Thank you.

Sick List

Prayers are asked for Jim Convey, Sue Coppens-
Browne, Larry Crowley, Paul Cummings, Alan Cut-
bush, 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 soul of John Gilbert
who died recently, and for all whose anniversaries occur
at this time: Mary Dixey, Anna Waszak, Eugenie Fin-
bow, Cyril Clarke, Mary Studd, Henry Taub-Y-Longue,
Kathleen Golston, Joan Goldswain, Michael Robinson,
Terence Garrod, Dorothy King, Mary Mongan, Annie
Burns, Isabel Thompson, Robert Shapland, Henry
Church, Helena Pearson, Ethel Rice, Thomas Fitzpat-
rick, Eileen Field, Martha Jansen, Frank Rigby, Anne
Joachim, Ethel Barham, George Reynold, Lilian Kie-
sekoms, Arnold Cachia, Patrick Coughlan, Margaret
Boxall, and Anthony Crowley. 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 Third Song of the Suffering Servant — Is 50:4-11

*The Lord hath given me a learned tongue, that I should
know how to uphold by word him that is weary: he wak-
ens in the morning, in the morning he wakens my ear,
that I may hear him as a master. The Lord God hath
opened my ear, and I do not resist: I have not gone back.
I have given my body to the strikers, and my cheeks to
them that plucked them: I have not turned away my face
from them that rebuked me, and spit upon me. The Lord
God is my helper, therefore am I not confounded: there-
fore have I set my face as a most hard rock, and I know
that I shall not be confounded. He is near that justifies
me, who will contend with me? let us stand together, who
is my adversary? let him come near to me. Behold the
Lord God is my helper: who is he that shall condemn
me? Lo, they shall all be destroyed as a garment, the
moth shall eat them up. Who is there among you that
fears the Lord, that heareth the voice of his servant, that
hath walked in darkness, and hath no light? let him hope
in the name of the Lord, and lean upon his God. Behold
all you that kindle a fire, encompassed with flames, walk
in the light of your fire, and in the flames which you have
kindled: this is done to you by my hand, you shall sleep
in sorrows.*

As with so many passages in the Old Testament, we can
understand this prophecy best if we imagine the words
being spoken by Our Lord. Picture Him during His vari-
ous trials (before Annas, before Caiaphas, before the
members of the Jewish Council, the Sanhedrin, before
Pontius Pilate, before Herod, and before Pilate again) and
imagine Our Lord speaking these words in those con-
texts. God the Father has placed me in this situation and
‘I do not resist: I have not gone back’ on my promise to
serve Him. During His trials Our Lord is struck in the
face, rebuked, and spat upon. Yet through all His suffer-
ings He knows that God the Father is His helper and
therefore He shall not be confounded, and whatever His
adversary throws at Him He will be able to stand firm if
the Father and He ‘stand together.’ St Paul echoes these
words when he says, ‘If God be for us, who is against
us?’ (Rom 8:31).

During His Passion the Roman soldiers cast lots to see
who could win Our Lord’s coat (Jn 19:24), but Isaiah’s
prophecy mocks the soldiers’ short-sightedness: what
they value are the material things of this world and they
gamble for this small treasure when, if they did but know
it, they could instead be looking up at the face of the Son
of God. That in which they have placed their earthly hap-
piness will turn to dust, eaten by the moths, as Our Lord
Himself warned would be the result of any trust placed in
worldly goods (Mt 6:20). The irony is lost on the soldiers
on Calvary but we see it clearly.

But we now see another irony. Whereas in the *First
Song* we are warned against leaning on the bruised reed
of pride and self-sufficiency now, in the *Third Song*, we
are shown who it is that we *may* reliably lean upon: ‘let
him hope in the name of the Lord, and lean upon his
God.’ Christ, in His Agony in the Garden of Gethsemane,
does exactly this. He fears what is to come and even
prays that this chalice of suffering may pass Him by.
‘Nevertheless,’ He adds, ‘not as I will but as thou wilt.’

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

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