

# 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

Tel: 01473 252596  
parishpriest@stpancraschurch.org.uk  
www.stpancraschurch.org.uk



Parish Priest:  
Fr Joseph Welch

Sundays: Yr C  
Weekdays: Yr 1

April is dedicated to  
the Blessed Sacrament

## Sunday 30<sup>th</sup> March 2025

*Lætare Sunday*

09:30 — Daniel Crowley RIP

11:00 — Pro Populo

## Monday 31<sup>st</sup> March

*Lent feria*

10am — Steven Abbott

*Funeral requiem*

1:45pm — Mary O'Rourke RIP

## Tuesday 1<sup>st</sup> April

*Lent feria*

8am (TLM) — Fr Dominic Jacob

## Wednesday 2<sup>nd</sup> April

*Lent feria*

6pm — for the *Domus* of the Parish

## Thursday 3<sup>rd</sup> April

*Lent feria*

12:15pm — Phillip & Rita Peters RIP

## Friday 4<sup>th</sup> April

*Lent feria*

10am — Holy Souls

## Saturday 5<sup>th</sup> April

*Lent feria*

10am — Winifrede Hunter RIP (F)

*Vigil of the first Sunday of Passiontide*

6pm — Pro Populo

## Sunday 6<sup>th</sup> April

*First Sunday of Passiontide*

09:30 — Fr Leeder RIP

11:00 — Joanna England's int.

### 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)*



### LÆTARE SUNDAY

#### *Second collection & a cake sale to raise funds for Mary's Meals*

So called because of the opening words of the Introit for today's Mass in Latin, *Lætare Ierusalem: et conventum facite omnes qui diligitis eam*, 'Rejoice, O Jerusalem: and be glad for her, all you that love her,' Lætare Sunday is more or less halfway through Lent. With the words of rejoicing, the solemnity of the season is lifted slightly, and purple vestments are lightened to a rose colour. Flowers and additional music are allowed today too. We look forward with an ever lighter heart to the glory of Easter.

Rose Sunday was also the day when Popes blessed the Golden Rose, traditionally conferred as a token of affection on churches and shrines, on sovereigns and heads of state. The custom may date back, it is thought, to pre-Charlemagne times, and recent recipients have included the Marian shrines of Guadalupe (2013), Częstochowa (2016), Fatima and Aparecida (2017), and Csíksomlyó (2019).

Today is also Mothering Sunday when, historically, those who were preparing for Baptism at the Easter Vigil would gather together at the Mother Church of the diocese, the Cathedral, for their final stage of preparation. In Victorian times, live-in servants were allowed time off to visit their families, especially their mothers.

### STATIONS OF THE CROSS & BENEDICTION

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

**STATIONS OF THE CROSS** Please sign the list at the back of church if you can help make sure that the Stations are said in our church each day throughout Lent.

### 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

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## 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)

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## CATHOLIC MOTHERS’ GROUP

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

## BLESSED CARLO ACUTIS GROUP

(14-17 year olds)

3<sup>rd</sup> April – 7pm

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## 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

## CHILDREN’S STATIONS OF THE CROSS

Good Friday at 11am

‘THE  
THINGS THAT HAVE  
BEEN ACCOMPLISHED’  
*Luke 1:1*

*You are invited to join us  
for the two remaining  
Wednesday evening Lenten  
meditations on St Luke’s  
account of the Passion  
narrative*



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

## 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 WEEK SERVICES 2025

### PALM SUNDAY – 13<sup>TH</sup> APRIL

Masses: 8am (TLM), 9:30 & 11am  
Stations of the Cross & Benediction: 4:30pm

### MONDAY, TUESDAY, WEDNESDAY

Mass: 10am *followed by*  
Stations of the Cross

### MAUNDY THURSDAY – 17<sup>TH</sup> APRIL

Mass of the Lord’s Supper: 8pm  
Watching at the Altar of Repose till midnight  
Compline: 11:45pm

### GOOD FRIDAY – 18<sup>TH</sup> APRIL

Children’s Stations of the Cross: 11am  
Liturgy of the Passion: 3pm  
Stations of the Cross: 7pm

### HOLY SATURDAY – 19<sup>TH</sup> APRIL

Polish Blessing of Food (*in English*): 11am  
Easter Vigil: 9pm

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## HOLY WEEK CONFESSIONS

**Monday, Tuesday, Wednesday**  
30 minutes before Mass &  
6pm — 7pm

**Maundy Thursday, Good Friday  
& Holy Saturday**  
10am — 11am  
5pm — 6pm

**Suggestion for Spiritual Reading**

*The Cries of Jesus from the Cross* by Fulton Sheen

**From the Saints**

‘Whenever anything disagreeable or displeasing happens to you, remember Christ crucified and be silent.’ *St John of the Cross*

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

Let your home reflect the seasons of the Church. In Lent let there be solemnity and sobriety, and on Easter day fill your home with colour and fresh flowers!

**SECOND COLLECTION 29<sup>TH</sup>/30<sup>TH</sup> MARCH** In support of our own parish Lent project, Mary’s Meals.

**CHRISM MASS** at the cathedral in Norwich on Tuesday of Holy Week. A coach will be going from St Mary’s, Woodbridge Road, departing at 8am. Please contact: secretary@st-mary.org.uk

**GREEN ENVELOPES** Green envelopes for the next financial year are now available at the back of the church in named boxes. If you take a box without a name on it, please write your name and the box number on the sheet of paper provided otherwise we cannot claim Gift Aid. Thank you.

**ADULT CONFIRMATION CLASSES CONTINUE** Thursdays at 6:30pm on 8<sup>th</sup> and 22<sup>nd</sup> May.

**BOOK CLUB** Monday 9<sup>th</sup> June at 7pm to discuss *A Song for Nagasaki: The Story of Takashi Nagai, a Scientist, Convert, and Survivor of the Atomic Bomb* by Paul Glynn.

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**SISTER JOANNA** Some of you will have seen Sr Joanna amongst the congregation at weekday Masses recently. She belongs to The Servants of the Most Sacred Heart of Jesus in Krakow, Poland, and was visiting her siblings here in Ipswich. Two of her brothers, Maciek and Wojtek Wasag, will be known to some of you. It is wonderful to have a nun in our midst, even if only for a few days. Please keep her in your prayers, as she has promised to keep our parish in hers.

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**Sick List** Prayers are asked for Jim Convey, Sue Copens-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 those who have died recently, and for all whose anniversaries occur at this time: Ernest Fell, Kathleen Comer, Thomas Halley, Hubert McHugh, Catherine Fowler, Lena Judge, Kathleen Clarke, Frank Dooley, May Groundwater, Freda Stoneman, Julius Meyer, John Kelly, Josephine Piggott, Don Maile, Lissy Robinson, Clifford Mallen, William Garrard, Nasta Kanayalal, Michael Sheehan, Graham Green, Jean Wright, Gil Ronquillio, Philip Bingham, Renata De Lacroix, Ethel Garnham, Peter Corrigan, Winifred Deenihan, Guiseppe Inga, and Thomas Byrne. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

**Fr Joseph writes:** We conclude our short series with the

**Fourth Song of the Suffering Servant**

**Is 52: 13-15 and 53:1-12**

*He shall grow up as a tender plant before him, and as a root out of a thirsty ground: there is no beauty in him, nor comeliness: and we have seen him, and there was no sightliness, that we should be desirous of him: Despised, and the most abject of men, a man of sorrows, and acquainted with infirmity: and his look was as it were hidden and despised, whereupon we esteemed him not. Surely he hath borne our infirmities and carried our sorrows: and we have thought him as it were a leper, and as one struck by God and afflicted. But he was wounded for our iniquities, he was bruised for our sins: the chastisement of our peace was upon him, and by his bruises we are healed. All we like sheep have gone astray, every one hath turned aside into his own way: and the Lord hath laid on him the iniquity of us all. He was offered because it was his own will, and he opened not his mouth: he shall be led as a sheep to the slaughter, and shall be dumb as a lamb before his shearer, and he shall not open his mouth. He was taken away from distress, and from judgment: who shall declare his generation? because he is cut off out of the land of the living: for the wickedness of my people have I struck him. And he shall give the ungodly for his burial, and the rich for his death: because he hath done no iniquity, neither was there deceit in his mouth. And the Lord was pleased to bruise him in infirmity: if he shall lay down his life for sin, he shall see a long-lived seed, and the will of the Lord shall be prosperous in his hand.*

The *Fourth Song* begins near the end of Isaiah ch. 52 and includes all of ch. 53 but we shall look at just a few of the most well known verses (53:2-10 given above).

We see elsewhere in Isaiah that ‘there shall come forth a rod out of the root of Jesse, and a flower shall rise up out of his root’ (Is 11:1). Now we see that flower as a ‘tender plant’ that stands ‘before him’ (that is, before God) yet silent before His accusers, head bowed through physical exhaustion and pain.

At His Incarnation, when the Son of God assumed human nature and came down to earth to dwell among us as Emmanuel, the Word ‘being in the form of God, thought it not robbery to be equal with God, but emptied Himself, taking the form of a servant, being made in the likeness of men’ (Phil 2:6-7). In other words, He stripped Himself, as it were, of all the divine splendour which was rightfully His.

Now, in His Passion, it is as if He is being stripped even of His likeness to men, for ‘there is no beauty in him, nor comeliness: and we have seen him, and there was no sightliness, that we should be desirous of him: Despised, and the most abject of men, a man of sorrows, and acquainted with infirmity.’

Having come down to earth, the Son of God now scrapes the bottom of the barrel, we might say, and takes upon Himself the very worst sufferings that a fallen race can inflict upon Him. He is become, as it says elsewhere, ‘a worm, and no man’ (Ps 21:7).

St Peter in his grief at having betrayed his Lord three times writes with humility and passion of this prophecy, and longs that we might see what we sinners—himself included—have done to that ‘tender plant.’ (1 Pt 2:21-25). St Peter, ‘being once converted,’ was instructed by the Lamb that was led to the slaughter to ‘confirm [his] brethren’ in their faith and to feed the Good Shepherd’s flock, made up as it is of sheep who go astray (Lk 22:32; Jn 21:15-17).

But in the end—by His resurrection—He who ‘hath done no iniquity’ shall triumph over the judgment of this world, ‘and the will of the Lord shall be prosperous in his hand.’

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)