

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 9th March 2025

1st Sunday of Lent

8am (TLM) — Pro Populo

09:30 — Isabel Nogueira's int.

11:00 — Bill Boardman RIP 2/2

Monday 10th March

Lent feria

10am — Olga Harant

Tuesday 11th March

Lent feria

8am (TLM) — Holy Souls

Wednesday 12th March

Lent feria

6pm — Judy Fell RIP

Thursday 13th March

Lent feria

12:15pm — Deceased Clergy of the Parish

Friday 14th March

Lent feria

10am — Ida James RIP

Saturday 15th March

Lent feria

10am — Richard Ware RIP

Vigil of the 2nd Sunday of Lent

6pm — Holy Souls

Sunday 16th March

2nd Sunday of Lent

09:30 — Patricia Al-Salih 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)



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.

Ember Days in a Holy Year are, perhaps, an especially good way to deepen our devotion to the sufferings of Our Lord by joining Him more fully in His own forty-day fast.

Ember Days fall on Wednesday, Friday, and Saturday this week.

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.

Catholic Mothers' Group Meets this week on Monday (10th March) after the 10am Mass and rosary. We shall make the Stations of the Cross, and then enjoy a cup of coffee, a chat, and an activity for the month of St Joseph. All mothers and toddlers welcome.

Bd Carlo Acutis Group for 14—17 yr olds meets this Thursday (13th March) at 7pm. We shall make the Stations of the Cross, and then move to the hall for catechesis and games.

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

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

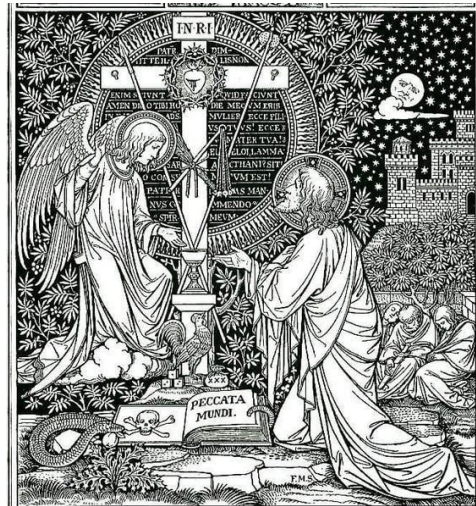
*You are invited to join us for a series of five Lenten
meditations on St Luke’s account of
the Passion narrative.*

*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
Lukewarmness: The Devil in Disguise
by Francis Carvajal

From the Saints

‘Unless there is a Good Friday in your life there can be no Easter Sunday.’
Ven. Fulton Sheen

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

Get yourself a set of Stations of the Cross beads.



RECOLLECTIONS

Tuesday, 18th March.

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

Led by Fr Paul Diaper. Newcomers most welcome. Why not make this occasion part of your Lenten devotions during this Holy Year?

TWO SECOND COLLECTIONS DURING LENT

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

29th/30th 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.

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: Florence James, Ada Michell, Ann Gabbitass, Leopoldine Brown, Bertha Woodard, John O’Dwyer, Mario Merenda, Mary Hegarty, Enid Smyth, Robert Hutchinson, James McCabe, Margaret Pearson, Stephen Nall, Bridie McCallion, Nellie Otto, Eileen Halley, James White, Rose Green, Matthew McGaughin, Hilda Poulain, Edward Smith, Gladys Lewis, Josef Zlotek, Muriel Skladnik, Lawrence Brownrig, Michael Finn, Margaret Hawkes, Pauline Collingwood, Horace Inman, Helen Brunias, Sarah Barnes, Dmytro Kowal, Lena Minter, Patrick Boland, James Keegan, and Yvonne Field. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: Today we begin a short series of brief meditations on the **Four Suffering Servant Songs** found in the Book of Isaiah.

The First Suffering Servant Song — Is 42:1-9

Behold my servant, I will uphold him: my elect, my soul delights in him: I have given my spirit upon him, he shall bring forth judgment to the Gentiles. He shall not cry, nor have respect to person, neither shall his voice be heard abroad. The bruised reed he shall not break, and smoking flax he shall not quench: he shall bring forth judgment unto truth. He shall not be sad, nor troublesome, till he set judgment in the earth: and the islands shall wait for his law. Thus saith the Lord God that created the heavens, and stretched them out: that established the earth, and the things that spring out of it: that giveth breath to the people upon it, and spirit to them that tread thereon. I the Lord have called thee in justice, and taken thee by the hand, and preserved thee. And I have given thee for a covenant of the people, for a light of the Gentiles: That thou might open the eyes of the blind, and bring forth the prisoner out of prison, and them that sit in darkness out of the prison house. I the Lord, this is my name: I will not give my glory to another, nor my praise to graven things. The things that were first, behold they are come: and new things do I declare: before they spring forth, I will make you hear them.

Almost all traditional interpretations of this passage refer to the gentleness and the compassion of the Messiah who will not cause further harm to a reed that is already bruised and who will not extinguish the final spark of hope that is struggling desperately to stay alight. Yet if we look closely we might see an altogether different and surprising interpretation.

In 4 Kings (or 2 Kgs) 18:21 we read: ‘Dost thou trust in Egypt a staff of a broken reed, upon which if a man lean, it will break and go into his hand, and pierce it? so is Pharaoh king of Egypt, to all that trust in him.’ (See also Is 36:6.) The point is that a bruised and bent reed, or staff, will end up piercing the hand that leans on it. Isaiah is saying in the *Song* that the Messiah will not break or discard such a reed. Rather, He will judge it for its real worth.

Similarly the image of burning is used in the Old Testament predominantly as a symbol of God’s wrath and judgement (for example Is 1:31; Ezek 20:47). In the *Song*, the prophet Isaiah is saying that the Messiah will not quench the fire that burns away evil and that purifies.

The clue comes in the very next line (‘*he shall bring forth judgment unto truth*’). And the clue continues throughout the whole of this *First Song of the Suffering Servant* which has, as its dominant theme, the judgment that the Messiah will ‘*bring forth to the Gentiles*’ (Is 42:1).

Rather than being a prophecy of Our Lord’s compassion, this *First Song* is quoted in Matthew’s Gospel as part of Our Lord’s clash with the Pharisees and is, therefore, part of God’s warning against complacency and trust in our own judgment (Mt chap. 12). After all, does not St John the Baptist warn that the Messiah will come to burn the chaff with unquenchable fire? (Mt 3:12; Lk 3:17)

At the beginning of Lent, then, we do well to avoid the pitfalls that Our Lord is warning the Pharisees against, namely the snares of pride and self-satisfaction, of autonomy and self-sufficiency, of complacency and lukewarmness!

Now re-read the *First Song of the Suffering Servant* and Matthew chapter 12 in the light of these thoughts.

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