

# St Pancras

September 2025



**Free (one per household)**



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## **Editor's note:**

Thank you to all our contributors for this edition, and also to our proofreaders who carefully check each page before it goes to print.

One thing is missing this time, however: Alex and Jessie's article and quiz. Jessie was very much part of our parish family and will be missed – both in church and in these pages. Hopefully we will see Alex's interesting quizzes and articles again in the near future.

Please remember to submit your articles for the next issue by Sunday 30th November to [matilda79r@gmail.com](mailto:matilda79r@gmail.com)

*Yours,  
Tilly Rampley*



Cover image: Virgin of the Seven Sorrows by Master of the Half Lengths  
Antwerp 1530-1560 Renaissance Baroque 16th Century Flemish Belgium

**St. Pancras Roman Catholic Church is part of The East Anglia Catholic Diocesan Trust.**  
**Registered Charity no: 278742**  
**1 Orwell Place, Ipswich, IP4 1BD**  
**01473- 252595**

## Not Blemishes By Father Joseph

[illegible]

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[illegible]





## Memory Lane,

## By Theresa Cleary



Mr & Mrs Cleary, 9th July 1941 with 8 months old Theresa, back garden of 12 Oxford Road, Ipswich.



## Getting to know Laura Isaacs

## Interview by Jo Shevlin

**Tell us one thing about yourself that might surprise your fellow parishioners (this could be an achievement, a talent, an experience):**



u u s s u s u s u s u s

### What do you do as a job?

S SS S u s u

u u u

u su u s

**How long have you been a parishioner of St Pancras, and do you have any special memories you'd like to share with us?**

[illegible]

**Tell us one thing about yourself that might surprise your fellow parishioners (this could be an achievement, a talent, an experience)**

[illegible]

**What are your hobbies/interests?**

s s u  
u s  
us s u s s s u u

### What is your proudest achievement?

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s  
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u

**Tell us about your favourite holiday destination:**

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S S u S s u S S  
S S S SS u u S S  
S S S S

**Tell us about the last book you read?**

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 s u u ss u ss

### Who is your favourite Saint and why?

S S S u  
S S S S u S

### What is your favourite prayer?

us su u u s

u s

ss ss u s

u s s s

s s su

# Angels

## By Father Joseph

[illegible]

## By corrado giaquinto, 17th Century

s s u s u s s u  
 s s s s s ss s s  
 u u s u sus s s  
 s s s ss s s s u  
 s s u u s s s  
 s s u u s s s

## Carmelite Priory

## By Bernie Kavanagh



**Credit:** <https://www.carmelite.uk.net/oxford-priory/>

### Editor's note:

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## Monday book club

by Brian Price

[illegible][illegible][illegible]

# Q&A

## Your questions of the Catholic faith answered by Father Joseph

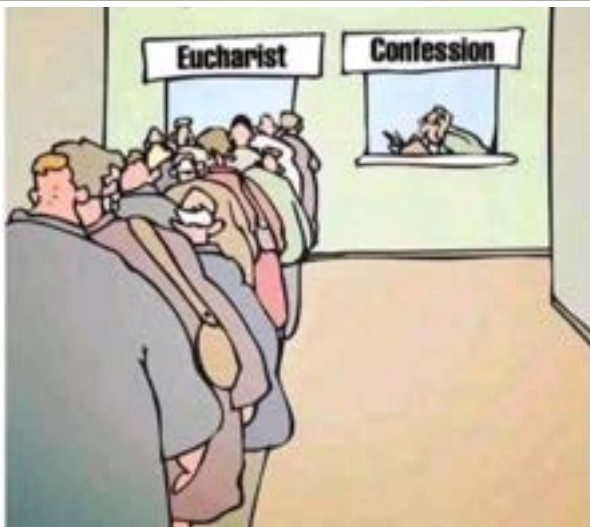
**Q: Why does the Church declare a belief as a dogma? Is it based on the Traditions, if not what forms their basis? I am asking because I can't see how they are explicitly written in Sacred Scriptures**

**A:** The Church declares a belief as a dogma because it is a truth that is revealed by God and is necessary for the salvation of souls. The Church's authority is based on the Tradition, which is the living transmission of the faith from the Apostles to the present day. The Tradition is not separate from the Sacred Scriptures, but they are both part of the same deposit of faith. The Church's role is to guard and teach this deposit of faith, and to declare as dogmas those truths that are essential for the faith.

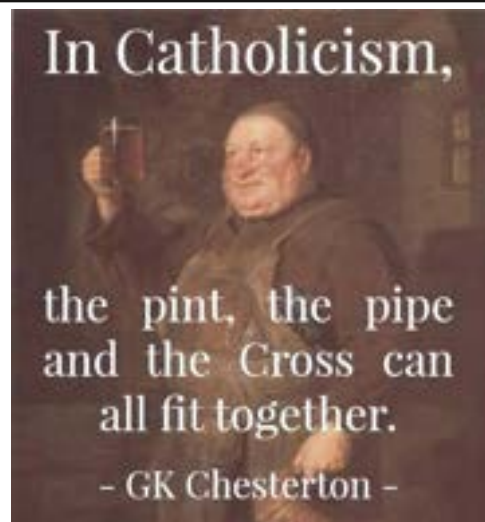
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**Q: When we say we venerate Our Blessed Lady - what does that actually mean? What is the difference between praying the Rosary and Venerating The Blessed Mary Virgin?**

**A:** Veneration of the Blessed Mary Virgin is a form of honor that is distinct from the worship reserved for God alone. It is based on her unique role in the Incarnation of the Son of God. Praying the Rosary is a form of devotion that involves meditating on the mysteries of the life of Christ and the Virgin Mary. Veneration of the Blessed Mary Virgin is a form of honor that is distinct from the worship reserved for God alone. It is based on her unique role in the Incarnation of the Son of God.



Credit: Catholic memes



**By Peggy Ayers**



11

## Jo Shevlin writes about Peggy, Our inspirational gardener!



u s s s us s us s  
s s s s u s u s s  
s s s u s s s s s s  
s s s s s s s s s s



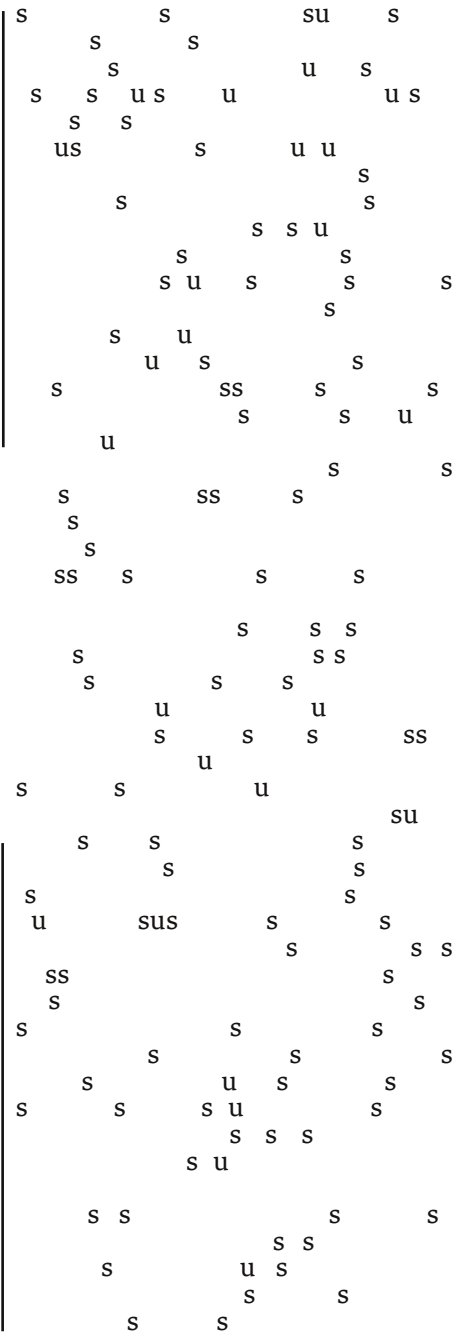
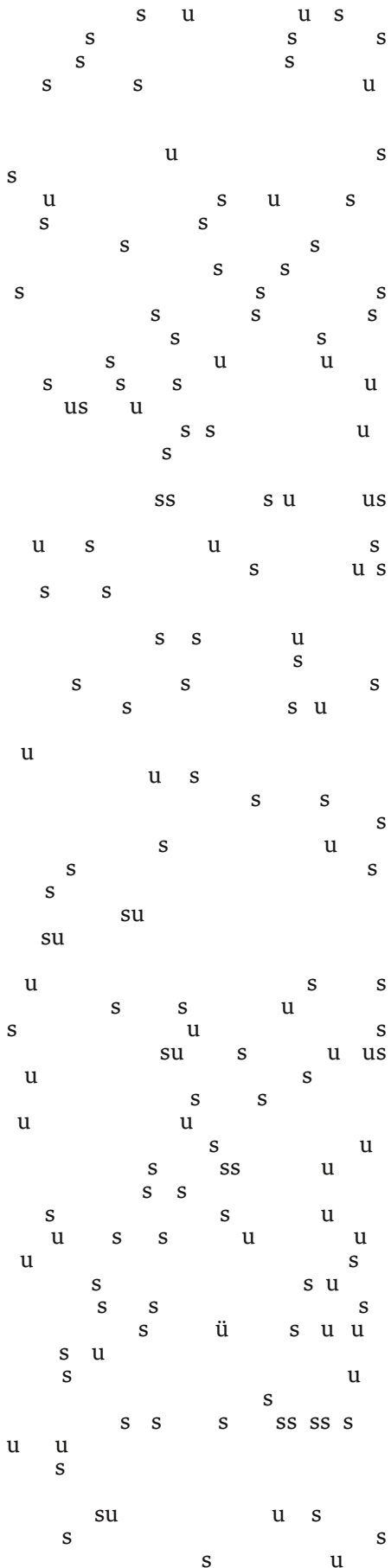
## From the archive



*Sister Michael of the Blessed Trinity  
Entered Carmel Woodbridge July 25<sup>th</sup> 1925  
Clothed 23<sup>rd</sup> January 1926 Canon Peacock officiating*

Text above reads: Sister Michael of the Blessed Trinity entered Carmel Woodbridge July 25 1925, clothed 23rd January 1926 Canon Peacock officiating.

## By Paul Shilling

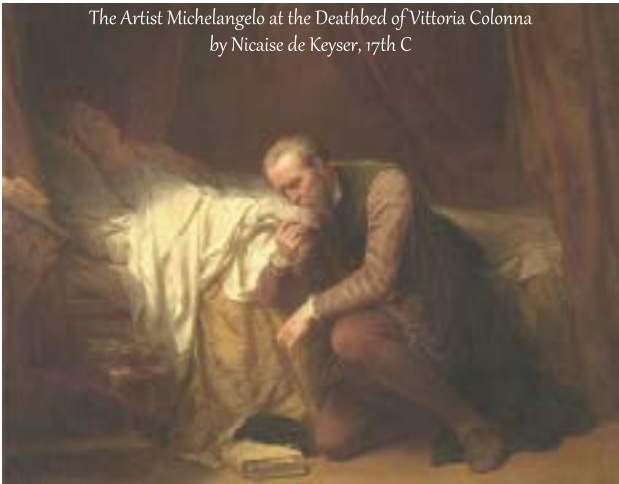






# The miracle of death

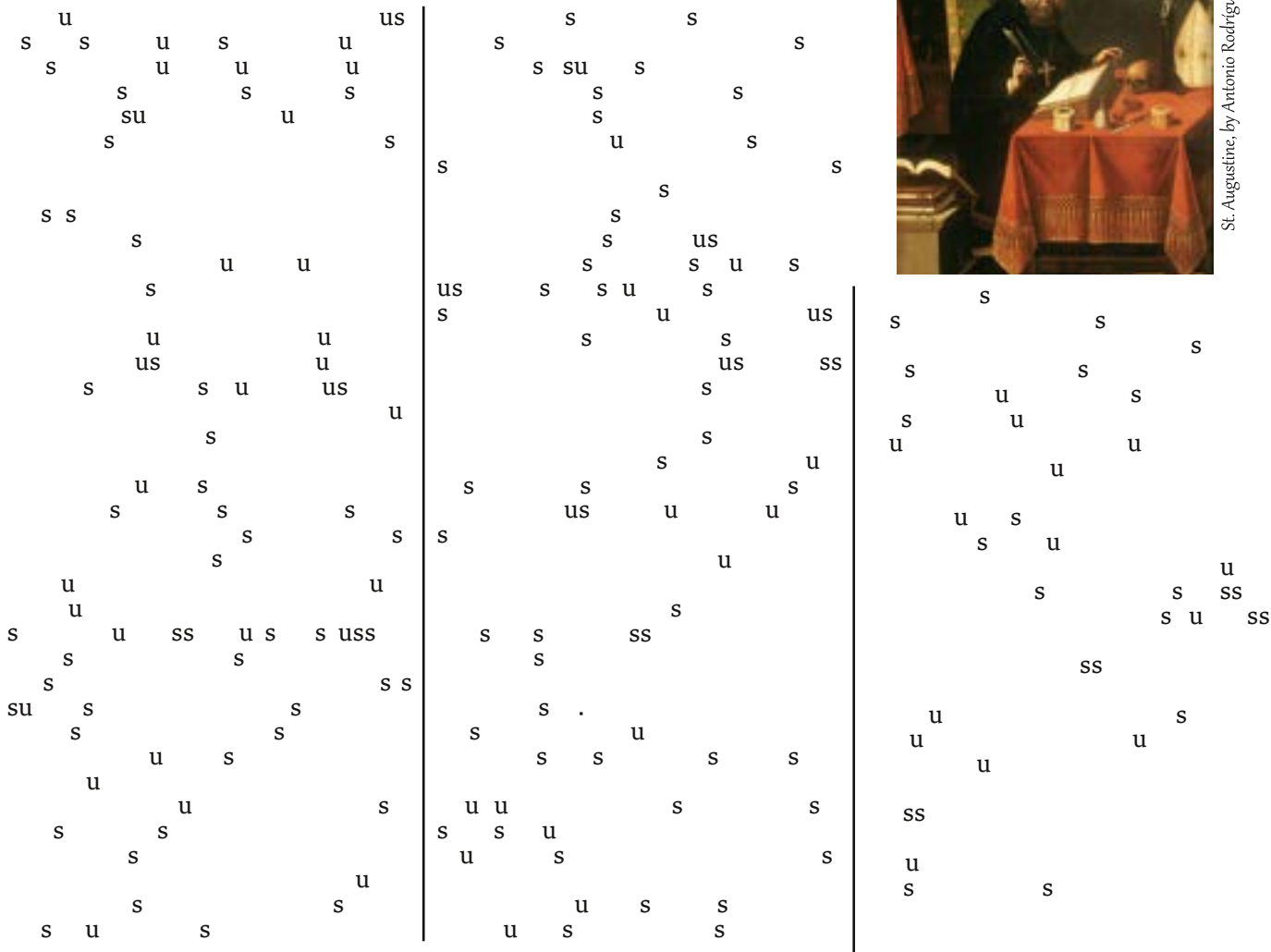
by Dr. Pamela Barcella



# A journey into the Catholic faith

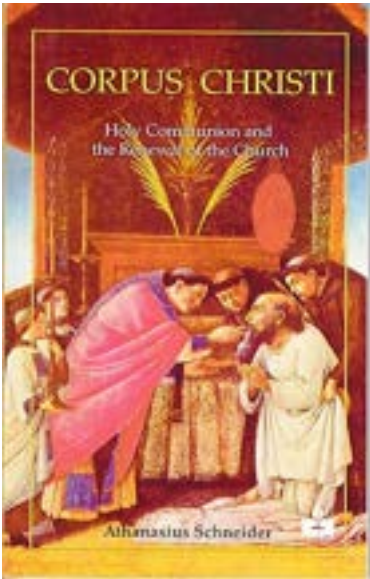
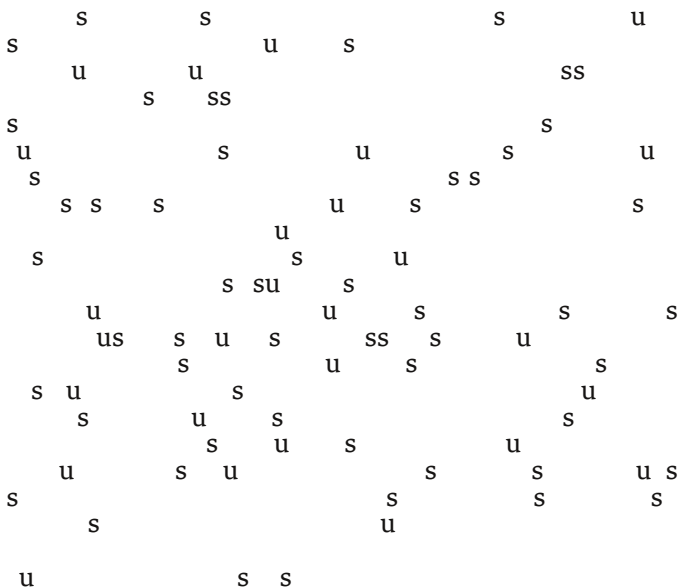


St. Augustine, by Antonio Rodríguez, 16th C



**Book recommendation: 'Corpus Christi: Holy Communion and the renewal of the Church' by Bishop Athanasius Schneider.**

**by Tilly Rampley**



u s s u s  
ss  
u

# Response to Music, Finlandia (Opus 26) by Jean Sibelius By Mim MacMahon



## On the meaning of dress in worship

**By William Rampley (aged 15)**



A complex visual puzzle featuring a grid of letters 'S' and 'u' arranged to form a silhouette of a person in a red dress. The letters are scattered across the page, with some forming the outline and others filling the interior. A vertical line divides the puzzle into two main sections. In the top right corner, there is a photograph of a person in a red dress, which is the subject of the puzzle. The puzzle is designed to be solved by identifying the letters that form the shape of the person in the photo.

## Great Catholic minds

## By Tilly Rampley





Guglielmo Marconi  
1874 - 1937



# Summer term mothers' group

## By Rosa Patten

u u s u u  
sus u us u  
u s s  
s s ss  
u us  
s s s u us  
s ss u u s  
us u  
u u s  
u u  
u su  
u u s s  
s s s s s s  
s su  
s u



## Why do Catholic women wear a veil

## By Toni Wasag

## Exploring the Biblical and Spiritual roots of a sacred tradition:

[illegible]

### Rooted in the Church tradition:

' (Canon 1262 §2).

u  
s u

**Symbol of the Church as the bride:**  
(cf. <sup>u</sup> *Ephesians* <sup>s</sup> 5:25-27)

u s s s  
u s s su ss ss

### A Personal Devotion:

S S S SS S  
u u u s u  
S S u S  
S S SS  
S S S S  
SS S S  
S SS S S  
S u



By Pierre Mignard, 16th C

### Conclusion:

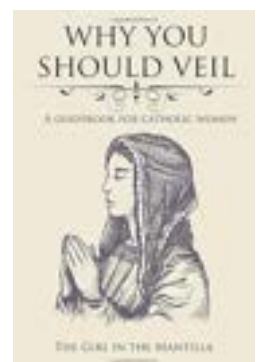
s s s s s u  
 s s s u  
 s s s s s ss  
 s s u u  
 u (Luke 1:38).



## Editor's note:

[illegible]

s u s u u u  
 u s s s s s u  
 s s s s u u s u





## More from the archive

St. Pancras' school, 1926



1st. Line: J.Marcantonio, L.Daley, K.Dwyer, J.Thaine,  
J.Malloy, M.Dines.  
2nd. Line: S.Daley, V.Armes, W.Dwyer, L.Doyle, E.Rowe,  
A.Malloy, R.Daley.  
3rd. Line: M.Marcantonio. E.Petch, F.Grey, P.Grey,  
E.Reeds, M.Dines, J.Alexander, R.Coleman,  
W.Martin.  
4th. Line: F.Stowe, J.Cappocci, D.Daley.

### Standing Orders:

**Please consider making your donations as a standing order instead of cash**

**Account name: St Pancras Catholic Church, Barclays Bank.**

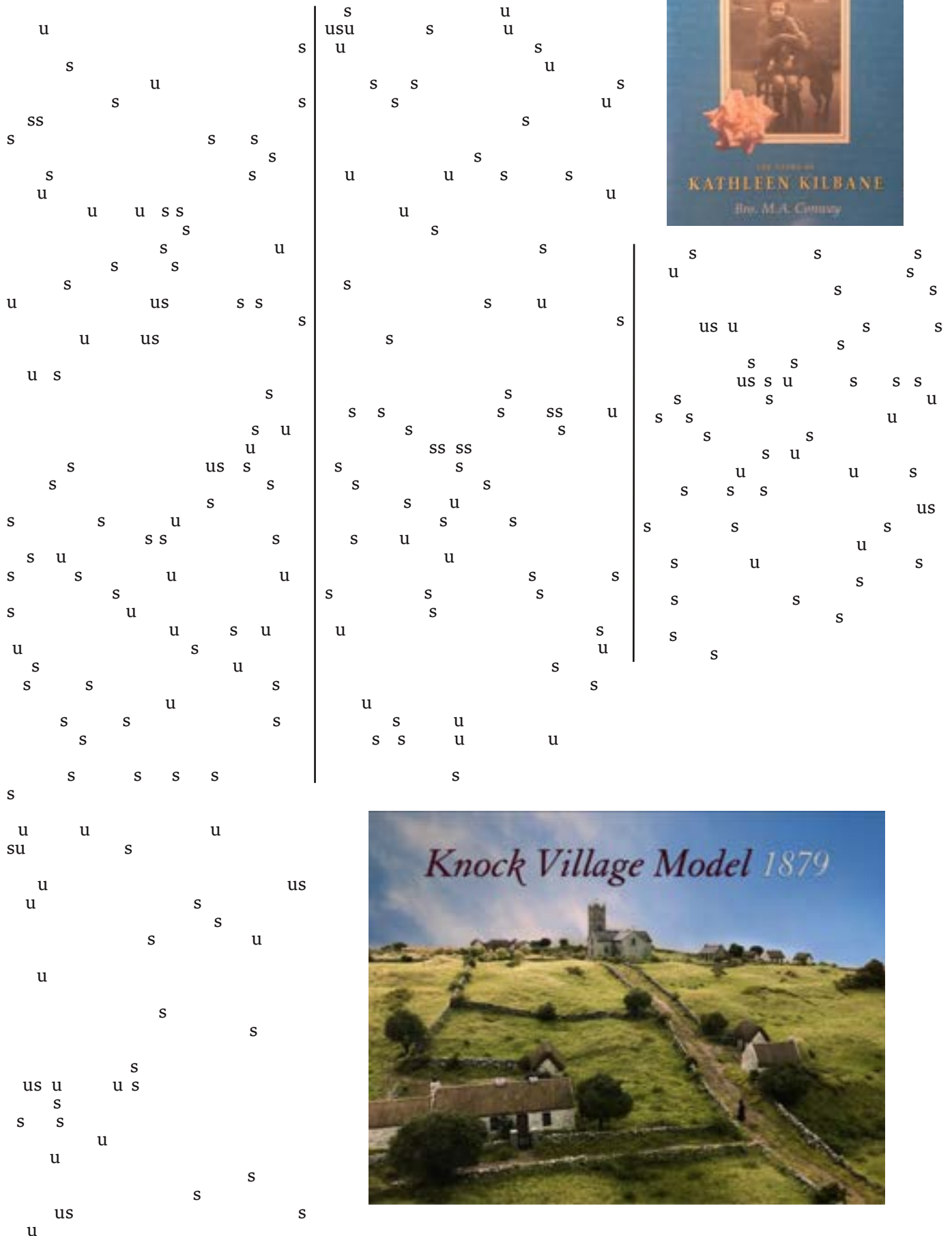
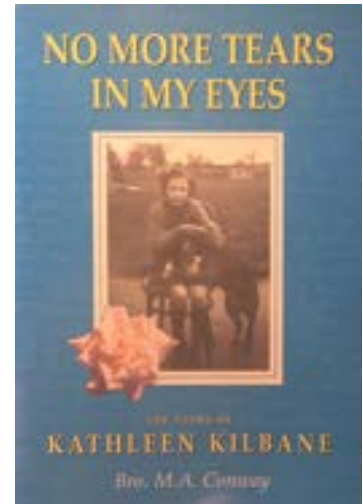
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# 140th Anniversary of Knock Shrine

## by Colin Patten

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Photographs by Colin Patten

## Jessie in memorium

**by Alex Smith**

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 s s s s s s s  
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 ss u s u s  
 us s s





# Poetry by Father Joseph

## Sunday afternoon

Breezes blow through the open spaces tickling the garden with sounds above in the trees and with leaves that scurry across the paving stones, the remains of a winter flurry long since forgot in the summer's sun. And all that hardens the heart has melted in the sweetened scent of a lawn now mowed and yielding up an elated joy that spins the heart and mind to the dizzying heights of the cirrus clouds that chart the aspirations and the hopes of a soul now upward borne.

Distant bells begin to sing the songs of early evening psalms, and although the passing feet no longer make their way to the pews where countless folk of old once sought the balm for troubled thoughts and knitted brows, still are minds conveyed to a loftier place where may be found an untouched calm that breathes a sigh contented in the hue of heaven's array.

## Chants d'Auvergne

The rising heights of mountains now green cloaked, the ancient sun dressed villages that give the lie to the timeless volvic streets that have evoked for me the balm of heavy summer days in late July.

Why settles on my brow this sombre wreath, why does my soul expire this heavy sigh, when shepherd's love is all that rises from beneath the sensual chords to soar above with heart's reply?

## Evening meditation

The sound of cars and bikes and laughter muffled, a distance placed between the inner soul and life's unruly whirl that lends the busied mind unruffled calm, a longed-for manumission from the strife.

A veil descending with the vespersed supplications, whispered from a heart's unease, allays diurnal fears and miseries, and sets in place foundations for an inner core to reach, and touch, the sempiternal.

