

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 Administrator:
Fr Joseph Welch

Sundays: Yr B
Weekdays: Yr 1

August is dedicated to
the Immaculate Heart of Mary

Sunday 1st August 2021

18th Sunday of the Year

09:30 — Holy Souls

11:00 — Holy Souls

Monday 2nd August

S. Peter Julian Eymard

10am — Holy Souls

Tuesday 3rd August

Feria

8am (EF) — Rose Ellen Lowe RIP

Wednesday 4th August

S. John Vianney, the Curé d'Ars

6pm — Holy Souls

Thursday 5th August

Our Lady of the Snows

12:15pm — Pat King RIP

2pm — Requiem: Mary Mummery RIP

Friday 6th August

The Transfiguration

10am — Holy Souls

Saturday 7th August

S. Cajetan

10am — Holy Souls

Vigil of 19th Sunday of the Year

6pm — Holy Souls

CONFESSIONS:

Mon — Fri: 20 minutes before each Mass

Sat: 9:30 — 10:00 & 5pm — 5:45pm

ADORATION: Sat: 5pm — 5:45pm

ROSARY: Mon — Fri: after Mass

DEVOTIONS TO O.L. OF IPSWICH &

S. PANCRAS: Sat after 10am Mass

EF Masses: 2nd Sunday of the month at
8am. (Next 2nd Sunday Mass: 8th August)

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*Extraordinary Form (EF) Masses are
said in Latin according to the traditional
Missal used before Vatican II, and are
sometimes called Tridentine Masses.*

PANDEMIC

*Please take a copy of the list of revised restrictions from the back of church.
Face masks and the use of sanitiser is strongly encouraged. Please continue to
use the track-and-trace system. Thank you.*

MAGNIFICAT & BENEDICTUS MAGAZINES

Some of you will be familiar with the excellent monthly magazine, *Magnificat*, which provides all the readings and prayers for daily and Sunday Masses as well as morning and evening prayers, meditations, and other devotions besides. Well worth taking out a subscription (but make sure you get the UK edition and not the USA one). Go to uk.magnificat.net

Now, there is also an old rite version of the *Magnificat* called *Benedictus*. With many of the same features, *Benedictus* caters for those attached to the traditional Mass. Published by the Sophia Institute Press, you can subscribe to the international edition by going to praybenedictus.com

Sunday Coffee We do not yet have enough names to set up a rota for coffee after the Sunday 9:30am or 11am Masses. Please contact Fr Joseph if you'd like to help.

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DATES FOR YOUR DIARY

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A Parish Day of Recollection on **Saturday, 25th September**. Beginning with Mass at 10am, and including spiritual conferences, prayer, opportunity for Confession, silence, and ending with Benediction of the Blessed Sacrament.

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Locus iste a Deo factus est — 'This place is made by God.'

(from the Mass of Consecration)

12th October 2021 will mark the 60th anniversary of the consecration of our church in 1961. We plan to mark the occasion with a Solemn Mass on Sunday **10th October at 11am**, followed by a bring-&-share lunch in the parish hall, which will also serve as the 'official re-opening,' as it were, of our parish following the pandemic. Please put the date in your diary now!

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Looking ahead...

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'*In the Cool of the Day*,' a series of adult catechetical talks on the Book of Genesis beginning in September at 7pm on Wednesdays.

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October Devotions: Rosary & Benediction on Sunday afternoons in October.

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Advent Day of Recollection Saturday 27th November, the day before the first Sunday of Advent.

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Carol Service 19th December, the fourth Sunday of Advent.

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We are also hoping to get up and running: a Mother & Toddler Group, a monthly Home Schooling Group, and an Over 60s weekly coffee morning.

Please consider making a **STANDING ORDER** instead of a weekly cash contribution to the parish. Thank you.

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unherd.com You may not agree with every point expressed in *UnHerd*, a new secular on-line daily journal, but it does at least have the merit of putting a different and counter-cultural point of view which is often sympathetic to Catholic sensibilities.

Ember Days were mentioned in last week's sermon, but what are they? From a corruption of the words, *Quatuor Tempora*, (four times or four seasons), Ember Days certainly date back to the fifth century, almost certainly to the third, and possibly even to before then. They were days of fasting and abstinence at the beginning of each of the seasons when prayers were offered for a good harvest and in thanksgiving for the many gifts of nature. 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 fall on the *Wednesday, Friday, and Saturday*:

- a) after the feast of St Lucy, 13th December,
- b) after the first Sunday of Lent,
- c) during the Octave of Pentecost, and
- d) after the feast of the Exaltation of the Cross.

So the next Ember Days are 22nd/24th/25th September.

'From mine own library': *Desist, Detrans, & Detox: Getting Your Child Out of the Gender Cult* by Maria Keffler. A must-read for parents worried about their children's upbringing.

Catholic East Anglia The latest edition of the diocesan newspaper is available free from the back of church.

The Good Counsel Network Offers support for women facing the loss of a child through abortion. Their **40 Days for Life** begins in September, and the **March for Life UK** is on Saturday 4th September. Go to: www.GoodCounselNetwork.com

Tuesdays are Fr Joseph's day off. If Fr Joseph is away there will be no Mass on Tuesday morning. Please keep an eye on the newsletter.

Standing orders Please consider making a standing order to the parish rather than donating cash week-by-week. The parish bank details may be found at the bottom of the front page of this newsletter.

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Sick List Prayers are asked for Judy Fell, Lee Porter, Jim Convey, Simon Marriage, Mary Driscoll, and Leighton Scott.

Of your charity

Please pray for the repose of the souls of those who have died recently, especially Mary Mummery, as well for all whose anniversaries occur at this time: Fr Patrick McHugh, Francesco Cannone, William Simpson, Honora Herridge, William Brennan, Annie McMahon Marjorem, Hugh McCallion, Laura Parker, Bernard Fox, Barry D'Arcy, Kenneth Valentine, Anne Billam, Calogero Severino, Susan Henderson, Jennifer Bower, John Sullivan, Nigel Curtis, Phoebe Farebrother, James Corrigan, Marie Bradley, and John Winthrop. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: The Mass-Pt VIII In the traditional Mass, before the priest ascended the steps to the altar, he would say a set of prayers the chief of which (along with the Confiteor) was Ps 42 which includes the line: '*Judge me, O God, and distinguish my cause from the nation that is not holy*' as well as '*And I will go in to the altar of God: to God who gives joy to my youth.*' In other words, the priest prayed that as he went up to the altar of God the Holy Sacrifice that he was about to offer should be separated from, and made holy compared to, the godlessness of the world in which he lived. These words remind us of Our Lord's words that His disciples should be in the world but not of the world (Jn 17:14-19). Although the prayer is absent from the Mass today, nonetheless its sentiments lay at the heart of the priest's intentions at this point of the Mass.

Arriving at the altar, the priest kisses it. Or, more properly, he kisses the altar stone in which the relics are housed. By way of explanation, let us pause here and consider the three chief layers of symbolism of the altar itself.

First, the altar is the stone on which a sacrifice is offered. Noah set up a stone on which to offer a sacrifice (Gen 8:20), as did Abraham (e.g. Gen 12:7), and Isaac (eg Gen 26:25), and Jacob (eg Gen 33:20), and Moses (eg Ex 24:24). Again and again altars were set up which were not tables on which a meal was set and eaten, but stones upon which animals were offered and over which the blood of sacrifice was poured.

Second, the altar in a Catholic church represents the tomb in which Our Lord is laid after His body is taken down from the Cross, which is part of the reason for its shape: it represents a sarcophagus, a word that comes from the Greek σάρξ *sarx* meaning 'flesh,' and φαγεῖν *phagein* meaning 'to eat.' It was almost as if a sarcophagus consumed the flesh. Our altars do not, of course, consume Christ's flesh, but there is an echo here of what we, as Catholics, do at Holy Communion: 'He that eats my flesh, and drinks my blood, abides in me, and I in him' (Jn 6:57).

This idea of the altar representing a tomb also dates back to the times when Christians attended Masses in the catacombs under the streets of Rome. Mass was said on the tombs of those who had already been buried there, and especially those who had died as martyrs. This is also the origin of having relics from the saints (at least one of which has to be from a martyr) entombed in the altar itself. When an altar is consecrated by a bishop, a square stone containing the relics is inset into the top of the altar and it is this, in fact, that the priest kisses at Mass. Therefore, he is not so much kissing the altar as venerating the relics. As he does so, he says the prayer: *Oramus te, Domine, per merita Sanctorum tuorum, quorum reliquiae hic sunt, et omnium Sanctorum: ut indulgere digneris omnia peccata mea.* 'We beseech Thee, O Lord, by the merits of Thy Saints whose relics lie here, and of all the Saints: that Thou wouldst vouchsafe to pardon me all my sins. Amen.'

Third, the altar symbolizes the body of Christ that has been crucified and now lies in the tomb. Our Lord's body in the tomb was wrapped in three cloths, one of which was specifically wrapped around His head. If you remember, when the impetuous Peter rushed into the empty tomb on the first Easter Sunday morning he saw these cloths for himself (Jn 20:6-7). As a result, our altars always have three white altar cloths, a small one that covers the *mensa* (or flat table-top of the altar), and two larger ones that are usually long enough to cover the top surface and hang down the sides also. The *mensa* is inscribed with three crosses, one in the middle and one at each corner. These represent the Five Wounds on Our Lord's body.

'That night the Lord said to him... thou shalt build an altar to the Lord thy God' (Judges 6:25-26)