

# 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

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parishpriest@stpancraschurch.org.uk  
www.stpancraschurch.org.uk



Parish Administrator:  
Fr Joseph Welch

Sundays: Yr B  
Weekdays: Yr 1

August is dedicated to  
the Immaculate Heart of Mary

## Sunday 15<sup>th</sup> August 2021

*The Assumption of the BVM*

8am (EF) — Fr George Bonin RIP

09:30 — Patrick Murphy RIP

11:00 — Pro populo

## Monday 16<sup>th</sup> August

*S. Stephen of Hungary*

10am — Claire Higgins RIP

## Tuesday 17<sup>th</sup> August

*S. Hyacinth*

8am (EF) — Ann Passi RIP & family

## Wednesday 18<sup>th</sup> August

*For the election of a bishop*

6pm — For the election of a bishop

## Thursday 19<sup>th</sup> August

*S. John Eudes*

12:15pm — Holy Souls

## Friday 20<sup>th</sup> August

*S. Bernard*

10am — Holy Souls

## Saturday 21<sup>st</sup> August

*S. Pius X*

10am — Holy Souls

*Vigil of the 21<sup>st</sup> Sunday of the Year*

6pm — Pro populo

### 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:** 2<sup>nd</sup> Sunday of the month at  
8am. (Next 2<sup>nd</sup> Sunday Mass: 12<sup>th</sup> Sept.)

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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.*

# Assumpta est Maria



*The Assumption & Coronation of the Blessed Virgin*  
Woodcut by Albrecht Dürer  
(1510)

'By the authority of our Lord Jesus Christ,  
of the Blessed Apostles Peter and Paul, and by our own authority,  
we pronounce, declare, and define it to be a divinely revealed dogma:  
that the Immaculate Mother of God, the ever Virgin Mary,  
having completed the course of her earthly life,  
was assumed body and soul into heavenly glory.'

*Munificentissimus Deus*  
Ven. Pius XII  
(1950)

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

BANK: Barclays ACCOUNT NAME: St Pancras Catholic Church SORT CODE: 20-44-51 ACCOUNT NUMBER: 00775843  
St Pancras Catholic Church is part of the East Anglia Roman Catholic Diocesan Trust: registered charity no. 278742

**Ride 'N' Stride** will be taking place again this year on Saturday 11<sup>th</sup> September. A volunteer on the day to set up a table with various pieces of vital information for the Riders 'n' Striders would be appreciated. Thank you. It's not too late to register if you would like to Ride or Stride to raise money for the Suffolk Historic Churches Trust as well as for St Pancras:

go to: <https://shct.org.uk/ride-and-stride/>

**New Office** Thanks to the gargantuan efforts of three stalwart parishioners the new parish office is now up and running, and fully connected to the internet!

**First Communion & Confirmation Classes** *for children who regularly attend Mass at St Pancras* will begin again in late September or early October. Please watch this space for details.

**FIND** Our 'Families In Need' food bin is in place once more at the back of the church. Please donate tinned and dry foodstuffs to be distributed to those in need locally. Thank you.

**Parish Magazine** The deadline for copy for the next edition is Sunday 19<sup>th</sup> September.

**'From mine own library'** Suggested reading... Two historical novels set in Ancient Rome at the time of the early Church. *The Robe* by Lloyd C. Douglas follows the fortune of the Roman military tribune who commanded the unit that crucified Christ. (The 1953 film starred Richard Burton and Jean Simmons.) *Quo Vadis* by Henryk Sienkiewicz tells the story of a Roman soldier who falls in love with a Christian woman during Emperor Nero's persecution of the Church. (The 1951 film starred Robert Taylor and Deborah Kerr.)

**Shhh!** Please maintain a prayerful silence in church at all times. Thank you.

**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 4<sup>th</sup> September. Go to: [www.GoodCounselNetwork.com](http://www.GoodCounselNetwork.com)

**Parish Day of Recollection** Saturday 25<sup>th</sup> September. All welcome. Details to follow.

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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 as well for all whose anniversaries occur at this time: Joseph Capocci, Lilian Bazire, Bridget Haile, Mary Sweeney, John Lewis, Patrick Cuddon, Natalie Kozak, Helen Sullivan, Lilian Ward, Margaret Reeve, Horace Fox, Maurice Deenihan, and George Nevill. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

**Fr Joseph writes: The Mass-Pt X** Once the priest has arrived at the altar, and venerated the relics in the altar stone, he will, at a solemn Mass, incense the altar.

Incense has been used since the earliest times, indeed long before the foundations of Christianity. Sometimes it was used simply to disguise the smell of slaughtered and sacrificed livestock. In the Bible, in both the Old and the New Testaments, there are more references to the use of incense than it would be easy to count. But in the Catholic Church it has, like so many other things, several layers of meaning. First, it symbolizes our prayers going up to heaven, as it says in the Psalm, 'Let my prayer rise before you like incense' (140:2). Second, the sweet fragrance symbolizes the sweetness of Christian virtues. Third, the smoke reinforces the idea of the transcendence, the supernatural or other-world quality, of God and of heaven. (Have you ever walked into a church after a Mass when incense has been used and seen the haze generated by the sunshine pouring through the windows and through the incense smoke?) And, fourth, incense is used to purify and sanctify objects and people, and symbolizes not just our prayers rising upwards, but God's blessings coming down upon us. For example, altars and the Offertory Gifts are incensed at Mass, as is the priest and as are the people. In addition, statues and other objects of devotion may be incensed when they are blessed.

As the incense (grains of resin from balsam trees) is placed on the burning charcoal, the priest blesses it saying, *Ab illo benedicaris, in cuius honore cremaberis. Amen* ('May you be blessed by him in whose honour you will be burned. Amen').

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At the beginning of every Mass we find the Sign of the Cross. We often think of the Sign of the Cross as a sort of spiritual punctuation mark, at the beginning and again at the ending of other prayers. But it is much more than just a set of speech marks! The Sign of the Cross is a fulsome and beautiful prayer in its own right, an act of adoration of the Blessed Trinity, Father, Son, and Holy Spirit. It should never be undertaken hastily. But when we do make the Sign of the Cross before and after other prayers, we are saying that we are about to offer our devotions to the Triune God or that we have offered them to the Triune God.

In addition, every time we cross ourselves with the Sign of the Cross we are asking God to bless us, indeed we are calling down his blessing upon us, to sanctify us according to His will or to protect us from all harm, or both. If we are suffering a temptation of any sort, the most powerful prayer is to make a slow and reverent Sign of the Cross. If we are afraid of anything more sinister, we should make a slow and reverent Sign of the Cross. Whenever we pass a Catholic Church we should make a Sign of the Cross (whether other people can see us or not!) and whisper a prayer in praise of the Blessed Sacrament present in the tabernacle, for example, 'Blessed be Jesus in the Most Holy Sacrament of the Altar.'

In the Middle Ages it was common for the church to be the tallest building in any village or town, and on the top of the church was always a cross. Very often it could be seen from miles away, and people would work in the fields in the shadow of the Cross, as it were. So we, too, should aim to live beneath the Sign of the Cross, and allow the Cross to shape our every thought, word, and deed. By making the Sign of the Cross several times throughout the day, we can sanctify our day and offer everything to the Holy and Undivided Trinity, Father, Son, and Holy Spirit, to the praise and glory of His holy Name. Indeed, this is our first duty as Christians, namely, to praise and adore the living God simply because He is God, even before we thank Him for what He has given us. And what better way than by making the Sign of the Cross!