

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 Administrator:
Fr Joseph Welch

Sundays: Yr B
Weekdays: Yr 1

August is dedicated to
the Immaculate Heart of Mary

Sunday 29th August 2021

22nd Sunday of the Year

09:30 — First Communion children

11:00 — First Communion children

Monday 30th August

*Ss Margaret Clitherow, Anne Line,
& Margaret Ward*

10am — Mrs Harriette Chow RIP

Tuesday 31st August

S. Aidan

8am (EF) — Anne Abbott's int.

Wednesday 1st September

Feria

6pm — for the election of a bishop

Thursday 2nd September

Feria

12:15pm — Holy Souls

Friday 3rd September

S. Pius X

8am (EF) — Special int. (6/9)

S. Gregory the Great

10am — Holy Souls

Saturday 4th September

S. Cuthbert

10am — In thanksgiving (Kurian Mathew)

Vigil of the 23rd Sunday of the Year

6pm — John Delaney RIP

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: 12th Sept.)

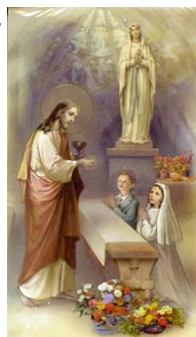
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*Extraordinary Form (EF) Masses are
said in Latin according to the traditional
Missal used before Vatican II, and are
sometimes called Tridentine Masses.*

First Holy Communions

Congratulations to our two
First Holy Communicants who have
received Our Blessed Lord in the
Holy Eucharist for the first time
today, Kwesi at the 9:30 Mass and
Maya at the 11am Mass. Please keep
them in your prayers.

*Lord Jesus Christ,
You have come to us,
You are one with us,
Mary's Son.
Cleansing our
souls from
all their sin;
Pouring your
love and
goodness in;
Jesus, our love
for you we sing:
Living Lord.*



CONFIRMATION & FIRST HOLY COMMUNION 2021—2022

Classes for children who regularly
attend Mass at St Pancras
will start on

**Friday 1st &
Saturday 2nd October.**

**Confirmation
5pm — 6pm on Fridays**
*Confirmation candidates must be 13+
by the time of the ceremony*

**First Holy Communion
4pm — 4:45pm on Saturdays**
*Children must be 7+ by the time of
their First Holy Communion*

Please complete a form from the back
of church and return it to Fr Joseph.

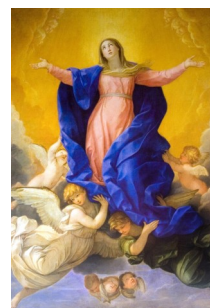
'IN THE COOL OF THE DAY'

Every doctrine of the Church is
planted in seed form in the first three
chapters of the Book of Genesis.

These talks will take you on a stroll
through the Garden of Eden and al-
low you to explore those seeds as
well as the fruits they ripened into.

Wednesday at 7pm in the parish hall
beginning 22nd September.

All welcome.



'LET ALL
GOD'S GLORY
THROUGH'

**A Day of
Recollection**

based on the poem
*'The Blessed Virgin Compared to
the Air We Breathe'*

by Gerard Manley Hopkins

Saturday 25th September
in the parish hall

Starts with Mass at 10am
Ends with Benediction at 3pm

Bring your own lunch

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

Our Lady of Grace The Annual Pilgrimage Walk to the Shrine of Our Lady of Grace will take place on Sunday 12th September, starting at 3pm at St Peter's Church on the Quay (IP4 1BF) and ending at the new shrine in St Mary Elms Church in town. All welcome. Please see the poster in the porch for details.



Stella Maris Bishop Alan will be making a pastoral visit to, and celebrating Mass at, the Seafarers' Centre, Felixstowe Port, on Monday 13th September. All welcome, but please call Julian Wong first on 07758 356372.

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MARCH FOR LIFE UK EQUAL FROM DAY ONE

Saturday, 4th September 2021

Starts at 1pm at Tufton St, Westminster, SW1P 3DW.
preceded by...

Lifest 20 from 10:30 — 1pm at the Emmanuel Centre, Marsham St, SW1P 3DW. Speakers, prayer room, live music, and much more. See posters in the porch.

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Ride 'N' Stride will be taking place again this year on Saturday 11th September. 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/>

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 19th September. Please submit contributions to sdonag9@gmail.com or leave them with Fr Joseph. Thank you.

Sunday lift? A parishioner in Claydon is looking for a regular lift to Mass on Saturday evening or Sunday morning. Please contact Fr Joseph if you can help.

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

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: Margaret Simmons, Leo O'Connor, Ethelynde Gammage, George Stocks, Lionel Clutterham, Walter Stuhler, Monica Wright, David Cumming, Rupert Parchment, Maud Shaw, Daniel Baxter, Jeanette Moore Winifride Adamson, Wilfred Gidson, Frances Morris, John Redmond David Fahey, Douglas Barber, Mary Connolly, Rose Marklew, and Gregory Cushman. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: The Mass-Pt XII Traditionally, the *Aspérge*s is sung at the beginning of the Solemn Mass on a Sunday. The priest sprinkles the altar with holy water, then himself and the servers, and then all of the people, as the choir sings verses from Psalm 50:

*Aspérge*s me. Dómine, hyssópo, et mundábor: lavábis me, et super nivem dealbábor. (Thou shalt sprinkle me, O Lord, with hyssop, and I shall be cleansed; Thou shalt wash me, and I shall become whiter than snow.)

Miserére mei, Deus, secúndum magnam misericórdiam tuam. (Have mercy on me, O God, according to Thy great mercy.)

Gloría Patri, et Filio, et Spiritui Sancto. Sicut erat in princípío, et nunc, et semper, et in sæcula sæculórum. Amen. (Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now, and ever shall be, world without end. Amen.)

The then choir repeats, 'Aspérge me...' and the priest concludes with a Collect or short prayer.

The ceremony dates from at least the 8th century and is, in essence, a shortened version of the blessing of the people with Holy Water at the Easter Vigil which, in turn, is a liturgical extension of the cleansing of the soul from sin in Baptism. Because the ceremony couldn't be repeated at every weekday Mass, the practice eventually grew up of having holy water stoops at the entrance to churches so that people could bless themselves with holy water every time they entered and left the church. At St Pancras, the choir sings the *Aspérge*s on alternate Sunday. (During Eastertide, the *Aspérge*s is replaced with the *Vidi Aquam*.)

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At the start of every Mass, on Sundays and weekdays, at high Masses and low Masses, we have the *Introit* or *Entrance Antiphon*. It is taken from a verse of one of the psalms, or from some other passage of Scripture, or just occasionally is a line composed by the Church and suited to the feast of the day. Originally, the whole psalm was sung by the choir as the priest processed to the altar, with the *Gloria Patri* being sung as he arrived, and any remaining verses of the psalm being omitted. By the early Middle Ages it had become common to sing just one verse rather than the whole psalm.

If the Mass were a play, the *Introit* or *Entrance Antiphon* would be its prologue. Given that, properly speaking, it should be sung, then a better comparison might be to compare the Mass to an opera and the *Introit* to its overture. It opens to us the main theme of the Mass, unfolding before our eyes the great mystery that is just about to be presented to us as well as stealing into the heart and arousing fitting sentiments there also, as one writer puts it. In other words, it appeals to both the intellect and the emotions.

The *Introit* heralds the opening of the Mass, and is as much an acclamation of the Mass as the *Alleluia!* verse is of the Gospel. For this reason, and because the *Entrance Antiphon* is an integral part of the Mass, it should not really be replaced with a hymn, although where there is no choir to sing the *Introit* to its proper musical setting a hymn is often sung instead.

Given that the Mass is primarily something Christ does, and not something that we do, try to imagine Our Lord saying (or, better still, singing) the words of the *Entrance Antiphon* on our behalf! When thought of in this way, the *Introit* becomes a proclamation in praise of the Almighty and Undivided Trinity sung by Our Lord on behalf of a fallen race. The Son of God Incarnate gives to the Father, through the power of the Holy Spirit, fitting praise; He raises His voice in a level of adoration which we sinners cannot properly give.

The *Introit* is often overlooked but it invariably repays close attention as well as meditative and prayerful reflection.