

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

September is dedicated to
Our Lady of Sorrows

Sunday 5th September 2021

23rd Sunday of the Year

09:30 — Pro populo

11:00 — David & Joyce Fahey RIP

FR JOSEPH IS AWAY THIS WEEK

Monday 6th September

No Mass

Tuesday 7th September

No Mass

Wednesday 8th September

No Mass

Thursday 9th September

No Mass

Friday 10th September

No Mass

Saturday 11th September

Morning — No Mass

FR JOSEPH WILL RETURN IN TIME FOR...

Evening

Vigil of the 24th Sunday of the Year

6pm — Private int.

*FR JOSEPH IS AWAY THIS WEEK
SO THERE WILL BE NO CONFESSIONS
OR ROSARY OR ADORATION.*

However, the usual times are...

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.)

Fr Joseph...

...is taking a break at last! He will be away from this afternoon (Sunday 5th) until the afternoon of Saturday 11th September, and will have no access to e-mails whilst he is away.

The church will remain open every day as usual but please see the details



(to the left) of changes to the normal schedule of services.



The usual routine of services will resume with the 6pm Mass on Saturday evening, 11th September.

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.

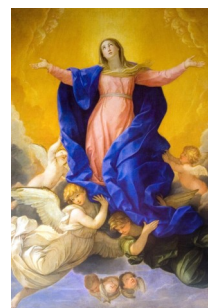
'IN THE COOL OF THE DAY'

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 allow 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.

Coffee is now being served after both the 9:30 and the 11am Masses on Sunday mornings. Do please support this attempt to build up once more the social life of the parish. We are still looking for more volunteers to make the coffee so that the same two people do not have to do it every week. Married couples especially (but not exclusively) are encouraged to sign up. Thank you.

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. Essays, stories, poems, jokes, reports, items of general interest to a Catholic readership all welcome. 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 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: Gertrude Wallace, Charles Prime, Olive Denny, James Pyer, Mary Doig, Elizabeth Smith, Beatrice Forsdyke, Stephen Miller, Ivy Williams, Maria Swann, John Barnham, Julia Quantrill, Iris Sharpe, John Hynes, Dennis Stocker, Mario Sansiviero, Canon William Burrows, Merle Brooks, John Gaughan, Ronald Byrne, Helen McCall, Tommy Reid, Timothy Gilbert, Andrew Gilbert, Joseph Barbrook, Sabina Wright, and Anthony Blackett. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: The Mass-Pt XIII 'If therefore thou offer thy gift at the altar, and there thou remember that thy brother hath any thing against thee; Leave there thy offering before the altar, and go first to be reconciled to thy brother: and then coming thou shalt offer thy gift' (Mt 5:23-24). We cannot offer a worthy gift at the altar of God if we are at odds with our brother or sister. Therefore, at the beginning of every Mass we say sorry for our sins both to Almighty God and to our neighbour.

In an age of entitlements and rights we run the risk of forgetting the purpose of our religion. We, as individuals and as a race, do *not* stand righteous before the face of God. As a result of Adam's original sin (which left human nature itself damaged) and of our own actual sins, as well as our continuing tendency towards sin (which we call *concupiscence*), the human race was alienated from its Creator. The sanctifying grace in Adam's soul and his state of *original justification* were forfeited by him at the Fall. Having once held these gifts from God on behalf of the whole human race, Adam forfeited these gifts for the whole human race. Consequently, we are all born into a state of alienation from God, tainted as we are by the stain of Adam's original sin. (All of us, that is, except for the Blessed Virgin Mary of course who was conceived immaculate.) We can only be redeemed from this state of alienation by the grace of God in the Sacrament of Baptism.

Sadly, because we continue to sin throughout our lives, we need to renew the grace of Baptism in our souls again and again by repeatedly saying sorry to Almighty God and by going to Him on bended knee and with penitent hearts. Chiefly, we do this in the Sacrament of Confession, but we should also make an Act of Contrition at the end of every day as part of our night prayers. In addition, we begin each Mass by confessing our sins to Almighty God, to Our Blessed Lady, all the angels and saints, and to our neighbour. Remember, even the most hidden sin which does not appear to have any effect on anyone else still has an impact on the whole Mystical Body of Christ, the whole Communion of Saints. Each act of virtue helps to build up Christ's Mystical Body but each sin impacts upon it negatively. Therefore, before we present our gifts to God at His altar during Mass we must say sorry.

In the *Confiteor* (the 'I Confess') we confess our guilt and far from trying to hide our culpability we absolutely insist on it, three times in fact: *mea culpa, mea culpa, mea maxima culpa*. 'Through my fault, through my fault, through my most grievous fault.' Like the humble publican who stood afar off and beat his breast (Lk 18:13) we, too, strike our breast at this point, the three strikes representing, first, the three sources of our sins (our hearts, our wills, and our passions), second, that our hearts are crushed by repentance (from the Latin verb, *conterere*, to crush or grind down which is also the origin of our word 'contrition'), and third, that we accept in a spirit of reparation the blows from divine justice as penalties for our sin. (In other words, we accept the tribulations that come our way in daily life and offer them to God as penances for our sins.)

Then we plead with Our Blessed Lady and all the angels and saints to pray for us that we might receive God's mercy.

Finally, we say the *Kyrie eleison* (the 'Lord have mercy'). The three-fold *Kyrie eleison, Christe eleison, Kyrie eleison* in Greek was originally part of a much longer litany calling for God's mercy upon His people and dating back to at least the fourth century in the east. It was introduced into the Roman Rite by Pope Gelasius at the end of the fifth century.

The first *Kyrie* (Lord) is addressed to God the Father, the *Christe* is addressed to God the Son, and the last *Kyrie* to the Holy Spirit who is also 'Lord.' God the Son is 'Lord' as well, of course, but *Christe* is used here because of the relation of this word to the Incarnation.

Traditionally, there were always three *Kyries*, three *Christes*, and three *Kyries*, which reminded us of our union with the nine choirs of angels who sing the glory of God in heaven. This union, then, prepares us to join the angels in their great hymn, the *Gloria*, which, in many Masses, follows on immediately.