

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
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Parish Administrator:
Fr Joseph Welch

Sundays: Yr C
Weekdays: Yr 2

March is dedicated to
St Joseph

Sunday 6th March 2022

1st Sunday of Lent

09:30 — Pro Populo

11:00 — Fr Leeder RIP

Monday 7th March

Lent feria

10am — David McWeeny RIP

Tuesday 8th March

S. Felix

8am (TLM) — Fr Leeder RIP

Wednesday 9th March

Lent feria **EMBER DAY**

6pm — Richard & Helen Longman

Thursday 10th March

Lent feria

12:15pm — Fr Leeder RIP

Friday 11th March

Lent feria **EMBER DAY**

10am — Sean Mooney RIP

Saturday 12th March

Lent feria **EMBER DAY**

10am — Paul Francis Clappison RIP

Vigil of the 2nd Sunday of Lent

6pm — Holy Souls

CONFESSIONS:

Mon — Fri: 20 minutes before each Mass

Sat: 9:30 — 10:00 & 5pm — 5:30pm

ADORATION: Sat: 12 noon — 5:30pm

ROSARY: Mon — Thur: after Mass

STATIONS: Sun: 4:30pm (in Lent)
Fri: after Mass (in Lent)

DEVOTIONS TO O.L. OF IPSWICH &

S. PANCRAS: Sat after 10am Mass

TLM Masses: 2nd Sunday of the month
at 8am. (Next 2nd Sunday Mass: 13th Mar)

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LENT AT ST PANCRAS

There are three disciplines of Lent: fasting, praying and almsgiving. In the Gospel passage on Ash Wednesday we heard Our Lord command us to observe all three but to do so discreetly so that we do not parade our good works before others. Fasting and almsgiving are separate disciplines. We do not fast *in order* to give the money we save to the poor: we fast in order to deny ourselves some of the 'goods' of the world, to say 'No' to ourselves, and to bring our desires and passions under control. We give alms to assist those who are in need (whether or not we have saved money through fasting). When we give alms, it ought, really, to be from our needed resources rather than from our abundance. And we pray, as we must always pray, to purify our minds and our hearts, to conform our will to the will of God, and to become more like to Christ.



PRAYER



FASTING



ALMSGIVING

EMBER DAYS The Roman Missal still makes provision for the observance of the quarterly Ember Days as days of fasting and abstinence, and some people like to incorporate them into their private devotions. They fall this week on Wednesday, Friday, and Saturday.

SUNDAYS IN LENT

Stations of the Cross & Benediction
4:30pm

THURSDAYS IN LENT

Thursday Lent Lunches — 1pm
to raise money for our Lent fundraising project, *Mary's Meals*.

FRIDAYS IN LENT

Stations of the Cross after
the 10am Mass

SATURDAYS IN LENT

Coffee in the parish hall after the
10am Mass *followed by*

a Lenten meditation,
'*Ecce Lignum Crucis*,'
The Wood of the Cross
followed by

Adoration of the Blessed Sacrament
from about 12 noon till 5:30pm
Please sign the watching list at the
back of church

*Please take a leaflet from the back of church giving full details of our
Lent & Holy Week services*

FR LEEDER RIP

Monday 14th March

5:30pm — Reception of the Body
6pm — Mass celebrated by Bishop Alan

Tuesday 15th March

11:30am — Funeral Requiem Mass
followed by burial

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

MARY'S MEALS

'Mary's Meals provides life-changing meals to some of the world's poorest children every day they attend school.'

Our parish Lent project is to raise money to help feed some of the world's poorest children. We raised £170 at the Pancake Party on Shrove Tuesday. We also plan to have a special second collection at Mass one Sunday, a standing collection box (as we did for the Crib Collection), funds from the Thursday lunches, and a cake sale on Mothering Sunday (27th March). So get your aprons on! See details in our Lent leaflet.

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A 'Domus' is a house of prayer. A Catholic household may be consecrated to the Sacred Heart of Jesus and become a Domus. The members of the household then come together every day to pray so that their homes become fruitful houses of prayer in the midst of a world that is so often spiritually sterile. If you would like to make your household a more prayerful place please continue to watch this space.

*Domus mea domus orationis vocabitur,
'My house shall be called a house of prayer'
(Is 56:7; Mt 21:13).*

Parish Magazine Please submit articles for the next edition to Stephen Donaghy at sdonag9@gmail.com, or post them to 62 Weyland Road, Witnesham, Ipswich IP6 9ET, or leave them with Fr Joseph. Deadline: 6th March. Many more articles needed. Don't be shy!

Lenten Station Masses The Ipswich deanery Station Mass is on **TUESDAY 29th MARCH** at St Mary's, Woodbridge Road.

5pm—Adoration of the Bd Sacrament & Confession
6pm—Mass with Bishop Alan
7pm—light refreshments

(See the poster in the porch for other Station Masses.)

Accommodation wanted: a one bedroom flat for rent, preferably near the Ranelagh Rd area of Ipswich, from end of February/beginning of March. Please contact Wojtek: wojtekwasagpt@outlook.com

Sick List Prayers are asked for Rosemary Pease, Jim Convey, Simon Marriage, Mary Driscoll, Leighton Scott, and Philomena Maile.

Of your charity

Please pray for the repose of the soul of Fr Sam Leeder who died recently, as well for all whose anniversaries occur at this time: Margaret Lewis, Kathleen Keogh, Ellenore Marquand, Joseph Sciortino, Peter Curran, Marie Brock, Geoffrey Mutimer, Mary Barrack, David McWeeny, Daniel Arbon, Rosemary Williams, Vera Lee, Eileen Curran, Anthony Reading, Audrey Smith, Florence James, Ada Michell, Ann Gabbitass, Leopoldine Brown, Bertha Woodard, John O'Dwyer, Mario Merenda, Mary Hegarty, Enid Smyth, Robert Hutchinson, James McCabe, Margaret Pearson, Stephen Wall, Bridie McCallion, Nellie Otto, Eileen Halley, James White, Rose Green, and Matthew McGaughin. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes:

CONFESSION pt I: It seems appropriate during Lent to take a look at the Sacrament of Confession. What is Confession? First, it is called the *Sacrament of Confession* because we confess (we name and speak out loud) our sins, and we confess (in the sense of proclaim) our need of God's mercy. Second, it is called the *Sacrament of Reconciliation* because in this Sacrament we are reconciled to the love of God if we have parted from it through mortal sin. Third, the title *Sacrament of Penance* denotes an interior repentance, the nurturing of a hatred of sin, and a turning away from sin coupled with a desire and resolution to change our life. But with so much emphasis on sin, we might well pause and ask, what is sin?

Sin is defined as an offence against God. Anything which offends God's majesty, which contradicts His will, is a sin. Perhaps we are quick to dismiss some sins as being less important than others, and sometimes even to assume that God doesn't mind about certain sins. But we must be very careful about presuming to know what is in God's mind, and which sins matter and which do not. It is always best to stick to what we know through Divine Revelation and the Teachings of the Church.

All sins offend God, and all sins harm our relationship with Him and with others. Even sins of thought — even thoughts unknown to other people — harm our relationship with others because of the supernatural bond between those who have been baptized, and because of the natural bond of our shared humanity.

Moreover, apart from Our Lord Himself, the Blessed Virgin Mary is the only person who has never sinned (although there is a beautiful tradition in the Church which says neither St John the Baptist nor St Joseph ever committed any actual sins in their life-times even though, unlike Our Lady, they both needed to be cleansed from the stain of original sin). In other words, all of the rest of us commit sins, and all of us stand in need of the cleansing power of the Sacrament of Confession, as St John the Evangelist says: 'If we say that we have no sin, we deceive ourselves, and the truth is not in us' (1 Jn 1:8).

In the same Letter, St John also draws a distinction between sins that are 'not to death' and those that are 'unto death' (1 Jn 5:16-17). A *mortal sin* cuts us off from the charity, the love, of God, so that God's life (that is, sanctifying grace) is no longer within us. Once we are in a state of mortal sin, and our soul is dead to the life of grace, we must go to Confession before we may receive Holy Communion once more. A *venial sin* disrupts our friendship with God but does not cut us off from His love. Even so, we do well to confess all venial sins of which we are conscious when we next go to Confession. We will say more about venial and mortal sins later in Lent.

We should regard going to the Sacrament of Confession a little bit like taking a shower. We cleanse our body frequently and regularly. Similarly, we should seek cleansing for our soul frequently and regularly. A good practice is to go to Confession once a month. Some people go every week! If you have not been to Confession in a while, then this Lent might be a good time to return to such a beautiful and grace-filled Sacrament.

Confession times at St Pancras

Mon — Fri: 20 minutes before every Mass.
Sat: 9:30am — 10am & 5pm — 5:30pm.

*Attende, Domine, et miserere, quia peccavimus tibi.
'Attend, O Lord, and have mercy on us,
for we have sinned against you.'*