

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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Parish Administrator:
Fr Joseph Welch

Sundays: Yr C
Weekdays: Yr 2

April is dedicated to
the Blessed Sacrament

Sunday 10th April 2022

Palm Sunday

8am (TLM) — Maria Stallwood's int.

09:30 — Holy Souls

11:00 — Pro Populo

Monday 11th April

Monday of Holy Week

10am — Aidan Maguire RIP

Tuesday 12th April

Tuesday of Holy Week

10am — Holy Souls

Wednesday 13th April

Wednesday of Holy Week

6pm — Susan McShea

Maundy Thursday 14th April

Mass of the Lord's Supper

8pm — Pro Populo

Good Friday 15th April

Holy Saturday 16th April

Easter Vigil

8:30pm — Pro Populo

HOLY WEEK

PALM SUNDAY

Masses

8am (TLM) + 9:30am with blessing of palms

11am with blessing of palms and procession (starting outdoors)

Stations & Benediction

4:30pm

MONDAY, TUESDAY & WEDNESDAY

Mass at 10am followed by Stations of the Cross

MAUNDY THURSDAY

Mass of the Lord's Supper: 8pm

Watching at the Altar of Repose until midnight

Compline: 11:45pm

GOOD FRIDAY

Children's Stations of the Cross: 11am

Liturgy of the Passion: 3pm

Stations of the Cross: 7pm

HOLY SATURDAY

Polish Blessing of Food (*in English!*): 11am

Easter Vigil: 8:30pm

CONFESSIONS

Monday, Tuesday
&
Wednesday

9:30 — 10am

&

6pm — 7pm



The Crucifixion by Guido Reni (1575-1642)

CONFESSIONS

Thursday, Friday
&
Saturday

10am — 11am

&

5pm — 6pm

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

EASTER VIGIL CAR PARKING

Car parking space will be limited on Saturday evening in preparation for the Easter Vigil fire and procession.

MARY'S MEALS COLLECTION

There is a retiring collection today for our Lent project, Mary's Meals. Please give as generously as you can. (Our final Thursday Lent Lunch raised £102. Well done and thank you to everyone involved.)

CHRISM MASS

Tuesday 12th April

The Chrism Mass will take place at the Cathedral in Norwich at 12 noon. All welcome.

IGNITE CATHOLIC YOUTH FESTIVAL

30th April — 1st May 2022

A weekend for those in Yr 8+ at the Sacred Heart School, Swaffham. Go to www.ignitefestival.co.uk

DIOCESAN PILGRIMAGE TO WALSINGHAM

Tuesday 31st May

Beginning with Mass at 12 noon and ending around 4pm with Benediction in the Priory grounds.

DIOCESAN PILGRIMAGE TO LOURDES

19th — 26th August 2022

See the pilgrimage website — <https://www.tangney-tours.com/pilgrimages/lourdes/catholic-association#>

THE RELICS OF S. BERNADETTE OF LOURDES

Will be visiting our diocese as part of a nationwide tour. They will visit the Cathedral 13th—15th October 2022 and OLEM in Cambridge 15th—16th October.

FR SAM LEEDER RIP

Items for the Fr Leeder scrapbook should be sent to Mim McMahon mim@trianglemusic.info or to the parish e-mail address, or hard copy may be left with Fr Joseph.

ABORTION RESISTANCE

The newly founded charity would like to thank everyone who helped them to raise £1,100 by sponsoring their 30 mile walk, and getting the work of the charity off to a good start.

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Sick List

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

Of your charity

Please pray for the repose of the soul Philomena 'Pat' Maile who died recently, as well for all whose anniversaries occur at this time: Peter Oram, Beti Moore, Orazio Sabatini, Leo Doyle, Gratiene Moulin, Vera McCallion, Kim Clarke, Joseph Howard, Molly Dooley, Timothy Curran, Constance Johnson, Gillian Firth, Mark Bence-Jones, Cyril Snowling, Frederic Parker, Mary Bartolo, William Eyton, Jayaraj, Rose Silburn, Krylo Kostruba, Hugh McCallion, Eric Cudden, Robert Brown, Stephen Guerin, Monica Nichols, Michael Mitchell, Patrick O'Brien, Gladys Woodard, and Annamarie Ramsay. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes:

Holy Week, or the 'Great Week' as it is sometimes known, is of course the most important week of the Church's cycle of prayer. Year after year we recall the momentous events of our redemption. But the Church's seasons, feast days, and the days of the Sacred Triduum in particular, are much more than merely occasions for remembering. Just as in the Mass we are made sacramentally present at the suffering, death, and resurrection of Our Lord, so on each of the Church's feast days we are made present at the mystery which the liturgy recalls, and more than that, we enter into those mysteries through the portal of the divinely instituted Sacraments and rituals. The Liturgy, being a gift from God given to us through His Church, brings God down to us and, at the same time, draws us back up to Him.

During the Sacred Triduum, more than at any other time of the year, we are reminded that the Church's Liturgy is something Christ does, not something we do. On Maundy Thursday Christ washes the feet of His Apostles, institutes the Mass and the Priesthood, sweats blood in the Garden of Gethsemane as He absorbs, as it were, the full weight of the world's sins, and suffers betrayal.

On Good Friday, He is tried, ridiculed, scourged, crowned with thorns, and led to the place of execution. He hangs on the Cross for three long hours, offers up prayer and supplication to the Father on our behalf, forgives sins, and accomplishes our Redemption through His death.

On Holy Saturday (please note, Easter Saturday is the Saturday *after* Easter Sunday) even in death He does not rest but carries out the Harrowing of Hell, thrusting the dæmons aside and taking the hand of Adam, who takes the hand of Eve, and so forth, until all the righteous from the days before the Incarnation of the Word are released from their long sojourn in the Limbo of the Fathers, and are led to their salvation.

In the Church's Liturgy, we are drawn into a participation of these mysteries, made present to us in ritual and ceremony. Through the very words and actions of the priest, who stands *in persona Christi* ('in the person of Christ') by virtue of his ordination, we are, here and now, made present to the supernatural realities of our Faith both historically, two thousand years ago, and eternally, before the throne of God in Heaven.

'Holy is God. Holy and strong.
Holy immortal One, have mercy on us'
from the Good Friday Reproaches

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GOOD FRIDAY

DAY OF FASTING AND ABSTINENCE

All must **FAST** who have reached the age of 18, until their 60th birthday. (Others, especially children, are encouraged to fast.) To fast means eating less than you would normally, and in any case no more than one meal and two small snacks. The sick, the frail, expectant and nursing mothers are exempt from fasting. **ABSTINENCE** means avoiding eating meat and fowl, and foodstuffs made from them, as a reminder of the Word-Made-Flesh who died for us. The laws of abstinence apply to all who have reached their 14th birthday.

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Holy Week Altar Servers' Practice

Wednesday 13th April at 11am (straight after Stations of the Cross) to prepare for Maundy Thursday and Good Friday, and another on **Holy Saturday, 16th April, at 11am** to prepare for the Easter Vigil. Please contact Fr Joseph. Thank you.