

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 Priest:
Fr Joseph Welch

Sundays: Yr A
Weekdays: Yr 2

December is dedicated to
the Immaculate Conception



Sunday 14th December

Third Sunday of Advent

Gaudete Sunday

8am (TLM) — Pro Populo

09:30 — Holy Souls

11:00 — Anne Marie Dias’ int. 2/3

Monday 15th December

Feria Advent

10am — Kate Ellen Keenan RIP (F)

Tuesday 16th December

St Eusebius

8am (TLM) — Holy Souls

Wednesday 17th December

Advent feria

6pm — Holy Souls

O Sapientia

EMBER DAY

Thursday 18th December

Please note: no Mass at St Pancras today

O Adonai

Friday 19th December

Advent feria

10am — Gintas Rimkus RIP

O Radix Iesse

EMBER DAY

Saturday 20th December

Advent feria

10am — Valya Petrowska RIP

O Clavis David

EMBER DAY

Vigil of the Fourth Sunday of Advent

6pm — Pro Populo

Sunday 21st December

Fourth Sunday of Advent

09:30 — Charles Ukoh’s int. 2/2

11:00 — Anne Marie Dias’ int. 3/3

O Oriens

CONFESSIONS:

Mon — Sat: 30 minutes before each Mass

& Sat: 5pm — 5:45pm

1st Friday: 6pm — 7pm

ADORATION: Sat: 5pm — 5:45pm

ROSARY: Mon — Fri: after Mass

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: 11th Jan.)

Traditional Latin Masses (TLM) are said according to the Missal used before Vatican II.

HOLY YEAR 2025

SPES NON CONFUNDIT

‘And hope confounds not, because the charity of God is poured forth in our hearts by the Holy Spirit who is given to us.’ (Rom 5:5)

Christ Crucified Radiates Hope
to a Fallen World

The Crucifixion by Tintoretto (1565)



THE GREAT ‘O’ ANTIPHONS

17th — 23rd December

The great ‘O’ antiphons of Advent are used for the Magnificat at Vespers on the last seven days before Christmas Eve (and in the modern liturgy as the Gospel acclamation or “Alleluia” verse at Mass). They date back to the eighth century, and are almost certainly older than that. They are, perhaps, most familiar to us in the Advent carol, *O Come, O Come, Emmanuel!* See our booklet of ‘Devotions for Advent’ for more details.

EMBER DAYS From a corruption of the words *Quatuor Tempora* (four times or four seasons), Ember Days are traditional days of fasting and abstinence in supplication for God’s blessings, and in thanksgiving for blessings received. Ember Days fall on Wednesday, Friday, and Saturday this week.

THURSDAY THIS WEEK — 18TH DECEMBER

Please note: there is no Mass at St Pancras on this day!

CAROLS BY CANDLELIGHT & BLESSING OF CRIBS

Next Sunday — 4pm

followed by bring-and-share refreshments

Bring your Christmas cribs (or just the main figures if the whole thing is too large to bring) and have it blessed as part of our last Sunday before Christmas.

Rejoice! Rejoice!

Emmanuel shall come to thee, O Israel.



EXODUS 90 — for Men!

Men, if you’re tired of being held back by the comforts and distractions of our time and desire to grow closer to God, **Exodus 90** is the path you’ve been searching for. The world tells us that freedom is doing whatever you want, whenever you want, with whomever you want: to do your own will. But true freedom is to do God’s will. Freedom is for worship, sacrifice, and love.

See the poster at the back of church and e-mail Wojtek today!

Christmas at St Pancras

CAROLS BY CANDLELIGHT & BLESSING OF CRIBS

Sunday, 21st December at 4pm

Bring your Christmas cribs (or just one or two figures if the whole thing is too large to bring) and have it blessed as part of our last Sunday before Christmas. Followed by bring & share refreshments in the hall. All welcome.

CHRISTMAS CONFESSIONS

Friday, 19 th	9am—10am & 6pm—7pm
Saturday, 20 th	9am—10am & 4:45pm—5:45pm
Monday, 22 nd	9am—10am & 6pm—7pm
Tuesday, 23 rd	7:30am—8am & 6pm—7pm
Wednesday, 24 th	9am—10am & 5pm—6pm

No Confessions on Christmas Day



CHRISTMAS WEEK MASSES

Monday 22nd - 10am | Tuesday 23rd - 8am (TLM) | Wednesday 24th - 10am
*

CHRISTMAS DAY MASSES

Midnight (with carols from 11:30pm)
8am (TLM) 9:30am 11am
*

CHRISTMAS AFTERNOON

Benediction of the Blessed Sacrament — 5pm

A beautiful way to close your Christmas Day devotions. A hushed and prayerful stillness with some of your favourite carols, and a solemn blessing from Our Lord Himself. Get a breath of fresh air after lunch, come and adore the new-born Christ, and then return home to settle down for the evening.

FRIDAY, 26TH DECEMBER

Confessions: 11:45—12:15pm

Mass: 12:15pm

Rosary after Mass

SATURDAY, 27TH DECEMBER

Morning

Confessions: 9:30—10am

Mass: 10am

No Saturday morning devotions today

Evening

Confessions: 5pm—5:45pm

No Adoration today

Mass: 6pm

SUNDAY, 28TH DECEMBER

Masses: 8am (TLM) 9:30am 11am

MONDAY, 29TH DECEMBER

Mass at 10am (Confessions before & rosary after)

TUESDAY, 30TH DECEMBER

TLM at 8am (Confessions before & rosary after)

WEDNESDAY, 31ST DECEMBER

Mass at 10am (Confessions before & rosary after)

Please note the change of Wednesday Mass time.

THURSDAY, 1ST JANUARY

Confessions: 11:45pm—12:15pm

Mass: 12:15pm

Rosary: after Mass

FROM FRIDAY, 2ND JANUARY ONWARDS

Usual schedule begins again for

all Masses and Confession times

(but no Saturday morning devotions, and no Adoration on Saturday afternoons, 3rd & 10th January)

TWO BRING-AND-SHARE PARTIES TO BEGIN AND CONCLUDE OUR PARISH CELEBRATIONS

following the Carols by Candlelight on

Sunday, 21st December &

following the Epiphany Benediction on

Saturday, 10th January

SOLEMNITY OF THE EPIPHANY

Holy Day of Obligation for all Catholics

Tuesday, 6th January

EPIPHANY BENEDICTION

Saturday, 10th January at 3pm

HOLY YEAR 2025

Suggestion for Spiritual Reading *On the Incarnation* by St Athanasius

From the Saints

‘Open wide your door to the one who comes.
Open your heart and run to meet the Sun of eternal
light that illuminates all men.’

St Ambrose

Top tips for making an ordinary home into a Catholic home!

Observe the three Ember days this week by abstaining from meat and by giving something up on those days!

CHRISTMAS OFFERING The collection on Christmas Day is traditionally a personal offering to the clergy of the parish rather than to the parish.

REMEMBER... Christmas Day is the Birthday of Christ our Saviour and is a holiday because it is a holy day. Don't go to Mass on Christmas Eve and then forget all about Him on Christmas Day! Go to a Mass that starts once Christmas Day itself has begun, that is at Midnight or on Christmas morning.



CRIB COLLECTION
AID TO THE CHURCH IN NEED
acnuk.org

Our crib collection this year will be, once more, for Aid to the Church in Need who serve some of the most needy Christians in some of the worst trouble spots of the world. Please give as generously as you can through the collection box by the crib or by using our Dona machines at the back of church. Thank you.

Throughout Advent and the Christmas season, right up to Candlemas on 2nd February, ACN will—as in previous years—replace our usual parish charity of Mary's Meals.

THE BOOK CLUB will next meet on 9th March at 7pm, to discuss *The Book of Margery Kempe*.

Sick List Prayers are asked for Peter Arms, Jim Convey, Vincent Convey, Sue Coppens-Browne, Larry Crowley, Alan Cutbush, Ciro Dellabella, Evelyn Flach, Halina Gajewska, Oliver Merlehan, Linda Mitchell, Stephen Patten, Rosemary Pease, Brian Price, Judith Rogers, and Leighton Scott.

Of your charity Please pray for the repose of the souls of those who have died recently, and for all whose anniversaries occur at this time: Alfred Abram, James Barry, Robert Cross, Joseph Graham, Romano Iovi, Margaret Oliver, Michael O'Dwyer, Mary Reynolds, Fr Laurence Nicholson, Beth Walmsley, Percy Fox, Agnes Dooley, Ann Johnson, Bernard Hurley, Denis Kindred, Paul Stoles, Kathleen Bills, Julian de Bono, Laura Manley, Robert Sanders, Michael Reilly, Marylyn Timms, Ellen Ebelewicz, Eleanor Scott, Maria Aylward, Henry Devaux, Eva Marshall, Caroline Dallastone, Robert Price, Amos Collins, and Anne Whitney. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: We continue looking at the four marks of the Church. This week:

The Church pt XIV — The Church is Catholic

The word 'catholic' originally comes from two Greek words, *kata* meaning 'in respect of,' and *holos* meaning 'whole.' In other words, 'in respect of the whole.' From this we get the Greek word, *katholikos* meaning 'universal.'

One of the best summaries of what we mean when we say that the Church is Catholic is given by St Cyril of Jerusalem (d. AD 386). 'The Church is called catholic, then, because it extends over the whole world, from end to end of the earth, and because it teaches universally and infallibly each and every doctrine which must come to the knowledge of men, concerning things visible and invisible, heavenly and earthly, and because it brings every race of men into subjection to godliness, governors and governed, learned and unlearned, and because it universally treats and heals every class of sins, those committed with the soul and those with the body, and it possesses within itself every conceivable form of virtue, in deeds and in words and in the spiritual gifts of every description' (*Catechetical Lectures* no. 18).

Every Christian denomination can identify its origin and the date of its beginning, but even the enemies of the Catholic Church struggle to give Her a start date, and the reason for this is simple: She is the Church founded by Our Lord Himself, and the early Church was the Catholic Church.* The Catholic Church is universal, then, insofar as She extends throughout time and down the ages from the time of Christ to the twenty-first century, and She has spread throughout the whole world and across, and into, all nations. From small beginnings She has grown, like the mustard seed growing into the greatest of all the trees, until the shade from her branches affords shelter across the face of the whole world (Ps 79:10-12 and Mt 13:31-32).

Many Christian denominations are local in character. Many congregational churches, for example in the United States, consist of just one building and what we would call one parish. Other denominations are national, even if they have members in other countries too. For example the Greek, or Russian, or Ukrainian Orthodox churches. But the Catholic Church has obeyed the command of Christ to 'Go into the whole world, and preach the Gospel to every creature' (Mk 16:15). Within the One True Fold, as St John Henry Newman called Her on the eve of his conversion, 'there is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female' (Gal 3:28). The Church's members are drawn from every race and class, from every generation, from every economic and educational background, from across the political spectrum, from every culture, temperament, and walk of life, and without regard to physical or mental abilities or endowments.

Yet the Catholic Church—as well as being, in these ways, Catholic in respect of time and place here on earth (the Church Militant)—also includes the Holy Souls in Purgatory (the Church Suffering) and the Saints in Heaven (the Church Triumphant).

Perhaps St Ignatius of Antioch (d. AD 108) summed it up best when he said quite simply, 'Where the Catholic Church is, there is Christ.'

**This is the title of a helpful book by Joe Heschmeyer, 'The Early Church was the Catholic Church,' published by Catholic Answers Press in 2021.*

REGULAR PARISH GROUPS & EVENTS

Online calendar: please go to our online calendar to see details of all our parish groups and events: stpancraschurch.org.uk/calendar/

Tea & coffee every Sunday in the parish hall following the 9:30 and 11am Masses. All welcome

Parish coffee morning in the parish hall every Friday following the 10am Mass & rosary. All welcome.

Church cleaning group every Friday morning following the 10am Mass & rosary. New volunteers welcome.

Wednesday Evening Talks at 7pm (following the 6pm Mass & rosary) throughout the autumn and spring. (Suspended for the time being.)

Thursday Lunches are held every second Thursday of the month at 1pm. (Every week in Lent.) These are social events and everyone is welcome. The lunch is free, although we invite donations to Mary's Meals.

St Carlo Acutis Group (for 14-17 year olds) every first Thursday of the month at 7pm in the church followed by discussion and games in the parish hall until 9pm. Newcomers welcome.

Catholic Mothers' Group for mums & toddlers every second Monday of the month in the parish hall at 11am (following the 10am Mass & rosary). Newcomers welcome.

Book Club every quarter (on the second Monday of March, June, September, and December) in the parish hall at 7pm. All welcome.

Catholic Young Adults, CYA, (for 18-35 year olds). This group is enjoying an extended break for the moment. Watch this space for updates.

The Pancratius is our monthly newsletter for younger readers (5-15 years old) packed with fascinating facts about the Catholic Faith and the Church, quizzes, jokes, suggested reading, and activities. Please feel free to take a copy or two.

The Parish Choir sings at the 11am Mass on Sundays and at the 7pm Mass on Holy Days. Rehearsals are on Fridays at 8pm. If you would like to join our choir please speak to Fr Joseph.

Brass cleaning Our team has been reduced recently and we are looking for more volunteers (once a month or thereabouts). If you might be able to help, please speak to Fr Joseph.

FIND Ipswich (Families in Need) Dry foodstuffs and personal care items may be left in the barrel at the back of the church for local people in need.

The Traditional Latin Mass (TLM—1962 Missal) is said every 2nd Sunday of the month at 8am, and usually on Tuesday mornings at 8am.

STANDING NOTICES

A warm welcome to new parishioners and visitors. If you have recently moved to the area please complete one of the Contact Details postcards at the back of the church and return it to Fr Joseph. Thank you.

Masses may be said for the living and the dead. Please enter the details on one of the Mass Offering envelopes available at the back of the church, place your offering inside the envelope, and return it to Fr Joseph. A typical offering is £10 for each Mass requested. We cannot guarantee your preferred date for the Mass but we will get as close to it as possible. Thank you.

Going into hospital by appointment or in an emergency? Please let Fr Joseph know. Ipswich hospital has a lay Catholic chaplain, Mrs Rachel Tearle, a member of St Mark's parish and an experienced nurse. If you would like support from the chaplaincy team, please refer by calling 01473 704100 or by sending an e-mail to chaplaincy@esneft.nhs.uk. For urgent chaplaincy needs 24/7, please call the switchboard at 01473 712233 and ask for the on-call chaplain. When making a referral, please provide the patient's name, ward (if known), and your contact details in case further information is needed.

Call a Priest in an emergency! If someone is dying, do not wait but call a priest to administer the Last Rites. If Fr Joseph is not immediately available, call one of the other priests in a nearby parish.

Gift Aid. If you are a British taxpayer but have not yet completed a Gift Aid form please do so. You can add considerably to the income of the parish at no further cost to yourself. Gift Aid forms are available at the back of the church. Completed forms should be returned to Fr Joseph. Thank you.

Legacies can provide much needed financial support to parishes. Please consider leaving a legacy in your will for St Pancras Catholic Church, Ipswich. Thank you.

Sunday sermons may be found on our parish website.

Tuesday is Fr Joseph's day off. The phone, the doorbell, and e-mails are unlikely to be answered on Tuesdays.

Please consider making a **STANDING ORDER** instead of a weekly cash contribution to the parish. Our bank details: **BANK:** Barclays Bank. **ACCOUNT NUMBER:** 00775843. **SORT CODE:** 20-44-51 **ACCOUNT NAME:** St Pancras Catholic Church.



Our parish is part of the East Anglia Roman Catholic Diocesan Trust: registered charity no. 278742

The QR code will take you to our Dona machine donation page.

The parish **SAFEGUARDING REPRESENTATIVE** may be contacted by anyone of any age, at any time, with any safeguarding concerns:

Mim McMahon: 01394 274395 or 07813199275
mim@trianglemusic.info or mim.macmahon@gmail.com

Or contact the **DIOCESAN SAFEGUARDING CO-ORDINATOR**,
Liam Sainsbury: 07931 952626
liam.sainsbury@rcdea.org.uk