

THE CATHOLIC PARISH OF ST PANCRAS, IPSWICH

Deum diligere et quæ sunt Dei

'To love God and the things of God'

The Presbytery
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Parish Priest:
Fr Joseph Welch

Sundays: Yr A
Weekdays: Yr 2

March is dedicated
to St Joseph



Sunday 1st March 2026

Second Sunday of Lent
09:30 — Shirley Mitchell RIP
11:00 — Pro Populo

Monday 2nd March

Funeral requiem
10am — Collette Larsen RIP

Tuesday 3rd March

Lent feria
8am (TLM) — Deceased Clergy of
the Parish

Wednesday 4th March

Lent feria
6pm — Benefactors of the Parish

Thursday 5th March

Lent feria
12:15pm — for Vocations

Friday 6th March

Lent feria
10am — Guild of St Pancras

Saturday 7th March

Lent feria
10am — Holy Souls

Vigil of the Third Sunday of Lent
6pm — Holy Souls

Sunday 8th March

Third Sunday of Lent
8am (TLM) — Halina Gajewska
09:30 — Pro Populo
11:00 — Margaret Dane RIP

DURING LENT

CONFESSIONS

Monday — Friday

30 minutes before each weekday Mass

Saturday

During the Holy Hour: 10:30am—11:30am
& 5pm—5:45pm

First Friday of the Month

Friday, 6th March 6pm—7pm

STATIONS OF THE CROSS

Friday following the 10am Mass
Sunday at 4:30pm followed by
Benediction

LENTEN STATION MASS

with Bishop Peter Collins

Thursday, 5th March

St Mary's, Woodbridge Rd

Adoration & Confessions – 6pm

Mass – 7pm & Light refreshments – 8pm

Station Masses began in the early church in Rome. The Bishop of Rome would travel around his diocese as on pilgrimage visiting his parishes throughout Lent. On the occasion of his visit, each parish would mark a day of fasting and prayer. Today, bishops travel around their dioceses during Lent, visiting each deanery. Our Bishop will visit Ipswich for the Lenten Station Mass this Thursday. Please join us if you can.

LENT AT ST PANCRAS

SUNDAYS IN LENT

Stations of the Cross and Benediction – 4:30pm

THURSDAYS IN LENT

Lent Lunches in the parish hall – 1pm

beginning 26th March

Raising funds for Mary's Meals

FRIDAYS IN LENT

Stations of the Cross

after the 10am Mass (instead of the rosary)

SATURDAYS IN LENT

A Holy Hour of

Adoration of the Blessed Sacrament

from the end of the 10am Mass until 11:30am

STATIONS OF THE CROSS

As in previous years, we would like to make sure that the Stations of the Cross are said in our church every single day of Lent by at least one person. Please sign the list at the back of church.

PARISH MAGAZINE The deadline for copy is Friday, 13th March. Please let Tilly have contributions via: st.pancras.magazine@outlook.com (*Three dots!*) Even if you have never submitted anything before, now is the time!



Please consider making a **STANDING ORDER** instead of a weekly cash contribution to the parish. Barclays Bank account name and no. St Pancras Catholic Church 00775843. Sort code: 20-44-51. Our parish is part of the East Anglia Roman Catholic Diocesan Trust: registered charity no. 278742.

DATES FOR YOUR DIARY

Palm Sunday:	29 th March
Maundy Thursday:	2 nd April
Good Friday:	3 rd April
Easter Sunday:	5 th April

Remember, Holy Week and the Easter weekend are holidays because they are holy days. They are not family time but God's time.

Can you play the organ or a keyboard? If you can help with the hymns at the 9:30 Mass on Sunday mornings, either occasionally or regularly, please speak to Fr Joseph. Thank you.

CATHOLIC MOTHERS' GROUP: will meet next on Monday, 9th March at 11am following the 10am Mass & rosary.

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

ST CARLO ACUTIS GROUP (14-18 year olds) will meet on Thursday 12th March at 7pm.

AFTER HOLY COMMUNION please continue to kneel in honour of the Blessed Sacrament until the tabernacle door has been closed again.

MEN & BOYS are asked to uncover their heads and not to wear hats of any kind in church please. This is an ancient custom going back to Bible times.



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, Linda Mitchell, Stephen Patten, Rosemary Pease, Brian Price, Judith Rogers, and Leighton Scott.

Of your charity

Please pray for the repose of the soul of **Fr Peter Leeming**, of this diocese, who died on Monday, 16th February aged 72. May he rest in peace.

Please also pray for the repose of the souls of Collette Larsen and Oliver Merlehan both of whom died recently, and for all whose anniversaries occur at this time: Arthur Wells, Reginald Smith, Florence Porter, Evelyn Kelly, Bridie McCallion, Bernard Fox, Paul Bower, Adriana Turner, John Cox, Elsie Young, Grace Armstrong, Florence Blackett, Idwal Humphrey, Bridget Joy, Beatrix Richards, Ernest Layton, Hugh Cutting, Eddy Ware, Darah Barnes, John Loftus, Margaret Lewis, Kathleen Keogh, Ellenore Marquand, Joseph Sciortino, Peter Curran, Marie Brock, Geoffrey Mutimer, Mary Barrack, David McWeeny, Philomena Maile. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: We continue our new series of columns on The Atonement, the action by which a fallen race is reconciled to Almighty God.

THE ATONEMENT PT II — WHY WE NEED IT

If our religion involves 'atonement' – about being made 'at one' with God – then that suggests we have become separated from God and need to be re-united to Him once more. But what has separated us from Him?

We can see that when God created Adam in the Garden of Eden, everything God created was 'good' and that Adam was 'very good' (Gen 1:31). What God creates is always good because only good can come from a good God. Yet God also gave Adam free will. This was not so that Adam could choose between good and evil. God gave Adam free will so that Adam could choose the best good available to him at any particular moment in time from a range of goods on offer.

We have to make many decisions every single day and, like Adam, we have the gift of free will so that we can choose which of the many goods available to us at any one time is the best good at that moment. For example, it is good to get to Mass on weekdays but if we have to go to work then we may not be able to get to Mass. What should we do? Well, we have to earn a living and we must, therefore, go to work. So, on weekdays, going to work is the best good available to us (especially if we have responsibility for feeding and housing a family). This is one of the reasons why we are only obliged to go to Mass on Sundays and not on weekdays (unless there is a special holy day of obligation).

In other words, we must make use of the gift of prudence (the practical virtue by which we can see which is the best course of action to take in any given situation) to help us always to choose the best good that is available to us from all the goods on offer, in this case Mass or work.

Yet pride is the sin by which we put ourselves first, ahead of God. It is through pride that we place our whims and inclinations, our personal tastes and preferences, ahead of our duty to God. In other words, the sin of pride is always at play whenever we choose to prioritize ourselves over and above God. What we owe to the God, who created us, should always come ahead of what we give to ourselves.

Satan tempted Adam and Eve to choose self over and above God. Likewise, Cain chose self over and above God when he gave to God only 'of the fruits of the earth,' keeping the best for himself, whereas his brother, Abel, offered to God 'the *firstlings* of his flock' (Gen 4:3-4).

In choosing self before God, Adam committed the Original Sin which led to him becoming unbound, or separated, from his Creator. He was no longer 'at one' with God. Whereas there had been harmony between Creator and creature, now there was a yawning gap, a great abyss, between the two.