

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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www.stpancraschurch.org.uk

Parish Priest:
Fr Joseph Welch

Sundays: Yr A
Weekdays: Yr 2

February is dedicated to
the Holy Family



Sunday 15th February 2026

Sixth Sunday of the Year

09:30 — Holy Souls
11:00 — Pro Populo

Monday 16th February

Feria
10am — James Ball RIP

Tuesday 17th February

No Mass

Wednesday 18th February

Ash Wednesday
8am (TLM) — Ryan Oldfield
12:15pm — Anthony Glaccum RIP
7pm (sung) — Pro Populo

*A DAY OF
FASTING
&
ABSTINENCE*

Thursday 19th February

Lent feria
12:15pm — Anne & Oliver Merlehan

Friday 20th February

Funeral requiem
11:45am — Patrick Peters RIP

Saturday 21st February

Lent feria
10am — Ann White
Vigil of the First Sunday of Lent
6pm — Pro Populo

Sunday 22nd February

First Sunday of Lent
09:30 — Theresa Cleary's int.
11:00 — Lee Carl Porter RIP

DURING LENT

CONFESIONS

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

Lent begins on

ASH WEDNESDAY

Wednesday, 18th February

Masses at 8am (TLM), 12:15pm, 7pm (sung)

Confessions before each Mass — Rosary after the 12:15pm Mass

Lent is the Church's principal penitential season and is rich in the graces that God makes especially available at this time of year.

ASH WEDNESDAY IS A DAY OF FASTING AND ABSTINENCE



The Church says that all must FAST who have reached the age of 18, until their 60th birthday. (Others, especially children and the healthy over 60s, are encouraged to fast.) Under Canon Law, to fast means eating less than you would normally eat, and in any case no more than one meal and two small snacks. The sick, the frail, as well as 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.

We are called to observe all **three of the disciplines of Lent** by making a resolution for each one:

PRAYER—We are called to pray devoutly throughout the season, and especially to undertake traditional Lenten devotions such as the Stations of the Cross.

FASTING—There are two official days of fasting in Lent, Ash Wednesday and Good Friday, but the whole season is a time of fasting when we generally eat less than we would normally eat, especially on each of the Wednesdays and Fridays of Lent. (Note that whilst it is indeed good to deny ourselves any of our indulgences, such as watching television or spending time on social media platforms, the discipline of **fasting** specifically refers to **eating less food**.)

ALMSGIVING—Our Lenten observance must also be in the service of our neighbour by supporting others with material aid, for example by making donations to a chosen charity.

PARISH PANCAKE PARTY

Tuesday at 6pm

Bring your own mixture and be prepared to cook your own.

Soft drinks provided. Bring your own alcohol if desired.

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 February
Raising funds for Mary's Meals

FRIDAYS IN LENT

Stations of the Cross
after the 10am Mass (instead of the rosary)
except Friday 20th February

SATURDAYS IN LENT

A Holy Hour of
Adoration of the Blessed Sacrament
from the end of the 10am Mass until 11:30am

CONFESIONS DURING LENT

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

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.

LENTEN STATION MASS

with Bishop Peter Collins

Thursday, 5th March

St Mary's, Woodbridge Rd
Adoration & Confessions – 6pm
Mass – 7pm & Light refreshments – 8pm

PARISH WHATSAPP GROUP

If you would like to join the parish *WhatsApp* group for updates on services at St Pancras, and especially changes to the schedule whilst Fr Joseph is recovering from his recent illness, please contact Stephen Griggs on: 07545 340345.

Fr Joseph writes: This week, once again, we have two columns from our catechetical series on The Church so that we can complete the series before Lent begins.

PARISH MAGAZINE

Easter edition — FAQs

When is the deadline for the next edition? Please get copy in no later than Friday, 13th March.

How do I submit copy? By sending an email to Tilly, the editor, at: st.pancreas.magazine@outlook.com (*Three dots!*)

Who can submit material for the magazine? You can! Whether you have sent in material before or not, whether you are old or young, all contributions are welcome.

What type of material is welcome? Almost anything! Poems, drawings and paintings, short stories, recipes, gardening tips, or jokes (so long as they are funny!) You can tell us about your travels, about memories and recollections (especially any directly related to life in the parish), about your favourite saint, or about some aspect of the Catholic Faith that you have found informative, moving, uplifting, or puzzling. You can share news about the parish (or a group within the parish), a favourite prayer, an anecdote, or a question about the Catholic Faith.

Does everything in the magazine have to be religious? No! Tell us about your hobby or your holiday; tell us about what interests you!

Remember, by the time the new edition comes out Lent will be over so items of interest for Easter and spring will be especially welcome!

Can you play the organ or a keyboard? We are looking for someone to help with the hymns at the 9:30 Mass on Sunday mornings, either occasionally or regularly. If you would like to support our weekly liturgy please speak to Fr Joseph. Thank you.

THE BOOK CLUB will next meet on Monday, 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 soul of Patrick Peters and Collette Larsen who died recently, and for all whose anniversaries occur at this time: Czeslaw Pajak, Mark Pajak, Patrick Boland, Millicent Westerling, Dermot Fahy, and Mary Cuffe, William Felton, Vincent Duggen, Sylvia Thorne, Patrick Dooley, Ellen Golding, Anthony Fahy, William Cork, Emilio Carrino, Mary Wright, Albert Wilkins, Anthony Forster, Kathleen Shellard, Joan Green, Kenneth Rudge, Jan Winton, John Molloy, William Wilson, Ralph King, Mary Hambling, Ellen Mongan, Percy Wilson, Joseph Manley, Thomas Copping, Victoria Hilderbrand, Eileen Ledgley, and Donald Lovlace. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: We continue to look at the Church.

The Church pt XX — Ark of Salvation

As we have seen, the Catholic Church is the Church founded by Our Lord for the salvation of souls. The Church's mission is to teach, govern and sanctify souls, turning them from sin and leading them to salvation. In the Gospels we see clearly, again and again, that Our Lord says that there are certain things we must do if we are to be saved, and certain things we must not do if we are to avoid eternal damnation. The whole body of the Church's teaching, in Sacred Scripture and Sacred Tradition, gives us the contents of Divine Revelation by which we must live if we are to attain to heaven. The Church also makes available to Her members all that they need to turn from sin, to grow in the life of grace, and to reach their heavenly reward, namely the Holy Sacrifice of the Mass, the Seven Sacraments, including the forgiveness of sins in Confession, and all the graces and blessings that come through the Church's liturgical life and Her sacramentals. Along with the Church's teachings these are the means of salvation.

The Church is called the Ark of Salvation because She is like Noah's Ark. All those who were to be saved from the flood entered the Ark and were preserved from destruction. So it is with the Catholic Church. She is the Ark where we must take shelter if we are to be saved. On board the Barque of Peter we will find all that we need to get us to heaven just as the people and the animals on Noah's Ark were provided with everything they needed to bring them safely through the flood waters. What is more, just as Noah's Ark was the only means by which those with whom God made a covenant could be saved, so the Catholic Church has always been, and remains, the only means by which we may be saved.

Before we consider what might happen to those good people who are not Catholic we must first consider what is the normal – what we call the 'ordinary' – means of salvation. Only once we understand God's plan, and only once we understand the 'ordinary' means of salvation, can we make any sense of how others might also be saved.

It is an article of faith that no one can come to the Father except through Christ, who alone is 'the way' (Jn 14:6), and that the name of Jesus – a name which means Saviour – is the only name by which we may be saved (Acts 4:12). To be saved we must be conformed to the person of Christ and be in union with Him. In the end, that is what salvation means: to be in union with Christ in heaven. But to attain to heaven we must be in union with Christ in this life, and the only way to be in union with Him in this life is to be in union with – to be part of – His Mystical Body, the Church, which He established specifically for this very purpose. Speaking of those whom He sent out to harvest souls, Our Lord said, 'He that hears you, hears me' (Lk 10:16) and, more forcibly still, 'He that believes and is baptized shall be saved, but he that believes not shall be condemned' (Mk 16:16). Our Lord is emphatically clear that we need to grafted onto the Vine – which is Christ Himself – if we are to have the life of God coursing through the veins of our souls, as it were, in the form of sanctifying grace (Jn 15:1-6). Only in this way may we be at one with the Father (Jn 14:20).

Fr Joseph writes: We conclude our series on the Church.

The Church pt XXI — God wills all men to be saved

How are non-Catholics to be saved? First, we must know that it is the will of God that all might be saved (1 Tim 2:4), and that death and destruction, either of the body or the soul, was never part of God's plan for He created all things that they might be (Wis 1:13-14). Second, and at the same time, we have to be very careful to avoid thinking that we know better than Christ who has made it emphatically clear that He alone is 'the way' and that we can only come to the Father through Him (Jn 14:6), and that unless we are baptized by water and the Holy Spirit we cannot enter the kingdom of God (Jn 3:5). No follower of Christ has the authority to contradict Our Lord's own words or to deviate from His teaching.

In other words, we must know that whilst God wills all to be saved, there are still certain conditions that must be fulfilled if we are, in fact, to be saved. We cannot assume that we, or those whom we love, will automatically be saved, or that God will automatically wave us through on the nod after we die. We will have to have co-operated with God in this life if we wish to live with Him in the next. For example, it is necessary, but not sufficient, to have been a kind and considerate person in this life. Being 'nice' to others is fabulously important, and the world would be a better place if we were all nice all of the time. But getting to heaven is even more about our relationship with God than it is about our relationship with each other. Some people may have all the natural virtues of patience, and meekness, and kindness, and so forth, and yet at the same time may have spent their whole lives ignoring, or even deliberately rejecting, God.

Nor is it sufficient to believe in God but to reject Christ as His Incarnate and Divine Son and our Saviour, for 'he that despises me, despises Him that sent me' (Lk 10:16). Neither is it sufficient to believe in Christ if, at the same time, we choose to distance ourselves from His Mystical Body. Faith in Christ is necessary to get to heaven, but so also is membership of the Church He founded to get us there. For these reasons the traditional teaching of the Catholic Church has always been that other religions, and even other Christian denominations, cannot, in and of themselves, be the means of salvation. That is, others might be saved despite, rather than by virtue of, being members of them if they use the good that is in them to come to the One who is Goodness itself.

Those who suffer from invincible ignorance (those who, through no fault of their own, do not know Christ or His teachings or the Sacraments), and those who authentically seek the Truth who is Christ, yet whose seeking is impeded by circumstances beyond their control but who would embrace Him were they to hear and understand Him, may yet get to heaven through the working of God's actual grace which draws people to Himself. God may save them through extra-ordinary means rather than through His ordinary means. However, indifference – a lack of desire even to search for the Truth – can also lose someone his soul, for as God Himself says, 'Because thou art lukewarm, and neither cold nor hot, I will begin to vomit thee out of my mouth' (Apoc 3:16). In other words, we have a duty to seek the Truth and then to follow its dictates when we have come upon it. So, the practice of our holy religion is necessary to get to heaven: we must not assume that everyone will automatically get there!

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.mcmahon@gmail.com

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