

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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Tel: 01473 252596
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Parish Priest:
Fr Joseph Welch

Sundays: Yr A
Weekdays: Yr 2

February is dedicated to
the Holy Family



Sunday 22nd February 2026

First Sunday of Lent

09:30 — Theresa Cleary's int.

11:00 — Lee Carl Porter RIP

Monday 23rd February

Lent feria

10am — Pat & Áine Merlehan

Tuesday 24th February

St Matthias

8am (TLM) — Halina Gajewska's family

Wednesday 25th February

Lent feria

6pm — Eileen Gaffney

**EMBER
DAY**

Thursday 26th February

Lent feria

12:15pm — Claire & Jim Convery

Friday 27th February

Lent feria

10am — Aracey Estacio RIP

**EMBER
DAY**

Saturday 28th February

Lent feria

10am — Holy Souls

**EMBER
DAY**

Vigil of the Second Sunday of Lent

6pm — Holy Souls

Sunday 1st March

Second Sunday of Lent

09:30 — Shirley Mitchell RIP

11:00 — Pro Populo

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

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)

SATURDAYS IN LENT

A Holy Hour of

Adoration of the Blessed Sacrament

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

CONFESSIONS 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



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.

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. Although no longer popularly observed, the Roman Missal still makes provision for their observance, and some people like to incorporate them into their private devotions. Ember Days fall on Wednesday, Friday, and Saturday this week.

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.

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 **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 Patrick Peters and Collette Larsen who died recently, and for all whose anniversaries occur at this time: Mervyn Anderson-Hurst, John Maloney, Daniel McCarthy, Francis Ayton, Rebecca Cassidy, Anthony Hegarty, John Haworth, Robert Teather, John Curran, Michael Mucha, Kiera Constance, Teresa Osborne, Elizabeth Cronin, Rita Cook, Jessie Turner, Violet Brazier, Dora Bretherton, Annie Samson, George Siegwart, Agnes Simmonds, Ton Langley, Mary Langley, Robert Schlee, Ernest Moly neux, Brian Jordan, John Pitt, Joyce Griggs, Frances Walter, John Coppie, Mary Bantoft, Alan Markhadds, Alan Hobbs, Mary Duff, Maud Simmonds, John Green, William Rainford, Joyce Mitchell, and Fernando Ebhrum. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: Today we begin a brand new series of columns on The Atonement, the action by which a fallen race is reconciled to Almighty God.

THE ATONEMENT PT I – AND LIFESTYLE CHOICES

The word 'atonement' is almost the only theological term which has its origins in the English language. (Most theological words come from Latin or Greek.) The word comes from the Mediæval English 'at one' meaning 'to reconcile' or to make 'at one.' It refers to the action by which God and the human race are reconciled to each other which, in turn, necessarily implies that there has been a falling out and that they need to be reconciled. This seems a good place to start thinking about what the Catholic Faith is all about.

For many people today, the whole idea of whether or not they follow a religion comes down to a question of a lifestyle choice: what patterns of behaviour should I follow, and what long-term or day-to-day decisions should I make with regard to health and diet, career, family, finances, and so forth, to help me lead a happy and fulfilled life? To many people, choosing whether to include religion amongst such decisions seems entirely reasonable. Is the practice of religion something that will add to my sense of well-being and lead to my personal contentment and satisfaction? And if so, which religious practices will best serve as a guide to how I should live my life and as a support in good times and bad? In other words, religious practice – even for many who already follow a particular religion devoutly (including for many Catholics these days) – is a matter of individual choice, and of personal taste or preference.

However, the Catholic Faith is not a lifestyle choice, and this is because the Catholic Faith is not *about* us. Everything in the Catholic Faith is *for* us, but it is not *about* us. It is *about* God.

As St Augustine (AD 354–430) tells us, the word 'religion' comes from the Latin verb *religare* which means 'to bind again.' St Thomas Aquinas (c.1225–1274) develops this idea and explains that we were created in God but that sin broke our bond with God. The practice of religion, then, is what re-unites, or re-binds, us to our Creator. Just as 'unto the place from whence the rivers come, they return to flow again' (Eccles. 1:7) so religion 'reunites us to the one Almighty God.'

'Justice' is defined as giving to others what we owe them. If we practise the virtue of justice it means we are in the habit of giving to others what we owe them.

'Religion' is a subset of justice. Religion is the virtue by which we give to God what we owe Him. If we practise the virtue of religion then it means that we are in the habit of giving to God what we owe Him, and that we are in the habit of re-binding ourselves to Him through what we give Him. In other words, religion is the virtue by which we are made 'at one' with God again.

For this reason, a Catholic can never be – as some people these days claim to be – spiritual but not religious. To a Catholic, this phrase makes no sense whatever.

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