

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

March is dedicated
to St Joseph

Sunday 15th March 2026

Lætare Sunday

09:30 — Daniel Crowley RIP

11:00 — Mgr Peter Leeming RIP

Monday 16th March

Lent feria

10am — Regina Hulewicz RIP

Tuesday 17th March

Lent feria. Commem. of St Patrick

8am (TLM) — Benedicto Pinheiro
Nogueira

Wednesday 18th March

Lent feria

6pm — Holy Souls

Thursday 19th March

St Joseph

12:15pm — Shirley Mitchell RIP

Friday 20th March

Requiem

10am — Russell Metcalfe RIP

Saturday 21th March

Lent feria

10am — Richard Ware RIP

Vigil of the 1st Sunday of Passiontide

6pm — Holy Souls

Sunday 22nd March

First Sunday of Passiontide

09:30 — Rowland Batley 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

*There will be extra times for Confession
during Holy Week. Watch this space.*

STATIONS OF THE CROSS

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

THE FEAST OF ST JOSEPH

Thursday, 19th March

Mass (with hymns) at 12:15pm — Confessions before and rosary after.

HOLY WEEK

These days are holidays because they are holy days. Please give to God what is His on these days and come to the chief ceremonies:

Maundy Thursday—Mass of the Lord's Supper at 8pm followed by watching before the Altar of Repose until midnight

Good Friday—Liturgy of the Passion at 3pm

Holy Saturday—the Easter Vigil at 9pm

Easter Sunday—Masses at 8 (TLM), 9:30 & 11am.

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

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

MARY'S MEALS

There will be a special second collection next weekend at all Masses in support of our Lenten charity, Mary's Meals, who now feed up to two million children around the world every day. Please give generously.

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 in accordance with the ancient biblical custom.

DRINKING IN CHURCH Please refrain from drinking (even water) whilst in church. Thank you.



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.

DIOCESAN JUBILEE 1976—2026

IPSWICH DEANERY EUCHARISTIC CONGRESS 6th—13th September 2026

A week-long series of events including Adoration of the Blessed Sacrament, a Eucharistic procession through the town, keynote speakers, and Mass with the Bishop of East Anglia at 11am on Sunday 13th September at the Corn Exchange.

Put the dates in your diary now!

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DIOCESAN PILGRIMAGE TO ROME 27th—31st October 2026

For details please go to:

www.rcdea.org.uk/diocese-to-celebrate-golden-jubilee-with-pilgrimage/

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.

RUSSELL METCALFE RIP Many of you will have seen Russell pottering around our church filling up the votive candle stands and clearing away litter from the car park. He spent many hours watching our church, too, sometimes handling troublemakers. Sadly, he died on Tuesday, 3rd March. We have no news yet of his funeral but we will offer a requiem Mass for him on Friday, 20th March at 10am.

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

MGR PETER LEEMING RIP

Thursday 19th March at 5pm Vigil Mass
at St Edmund's Church, Bury St Edmunds.

Friday 20th March at 10am Funeral requiem Mass
at the Cathedral in Norwich.

Please also pray for the repose of the souls of Oliver Merlehan and Russell Metcalfe who died recently, and for all whose anniversaries occur at this time: Horace Inman, Helen Brunias, Sarah Barnes, Dmytro Kowal, Lena Minter, Patrick Boland, James Keegan, Yvonne Field, Witold Lodzinbri, Christopher Newman, Thomas Brosnan, Patricia Harrison, Mabel Parker, Penelope Butters, Ruby Tuffs, Brian Miller, Thomas Hanley, Anton Malo, Teresa Hughes, Graham Wilding, Elizabeth Downey, Richard Ware, Eileen Banyard, Cecilia Lewis, Matthew Dee, Antony Sefi, Charles Fox, and Marguerite Morgan. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

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

THE ATONEMENT PT IV — THE SECOND ADAM

St Paul teaches us¹ that Christ is the Second Adam who came down to earth to set right what the first Adam got wrong. In his pride, Adam thought he knew better than God and could choose for himself what constituted good and evil. In his disobedience, Adam followed the dictates of his own whims and inclinations rather than obeying the command of his Creator. Through his fall from grace Adam opened up an unbridgeable gap between himself and the whole human race on the one hand and his Creator on the other. Pride and disobedience opened up a rift so great that Adam could not heal this separation through his own efforts: he could not reach across this space; he could not leap from earth to heaven.

Adam's Original Sin did not destroy his human nature but it did damage and weaken it. As a result of the Fall our human nature suffered four wounds so that our intellect became darkened and we could less easily know the truth and we became prone to error; we could no longer benefit from a natural inclination of the will towards good, and we became inclined to evil instead; we could no longer enjoy the strength of soul that would enable us to face trials and temptations with courage and perseverance so that the withstanding of trials became difficult; and we were no longer able to control our passions and desires, which became disordered and excessive.²

As a result of the Fall, the gifts that were entrusted to Adam on behalf of the whole human race by God at the outset were now forfeited back into the keeping of God. If these gifts were to be bought back from God, if the four wounds were to be healed, if our union with God was to be restored, and if our sins were to be forgiven, then Someone would need to be sent who could bridge the gap and reconcile God and Man. That Someone is Christ, the Son of God. Our Blessed Lord, and He alone, could ransom, heal, restore, and forgive.

This atonement would be made possible because only One who was both God and Man could bridge the gap between God and Man. Only One who was both divine and human could reconcile heaven and earth. Only One who was possessed of both natures – divine and human – could bring about once more a union between Creator and creatures. And Christ, the Son of God, would do this by *being* and *doing* what Adam failed to be and do. Where Adam was proud, Christ was humble; where Adam disobeyed, Christ obeyed; where Adam brought death into the world, Christ brought life.

'[For Christ] being in the form of God, thought it not robbery to be equal with God: But emptied himself, taking the form of a servant, being made in the likeness of men, and in habit found as a man. He humbled himself, becoming obedient unto death, even to the death of the cross. For which cause God also hath exalted him' (Phil 2:5-9).

¹ eg. Romans 5:12-21 and 1 Corinthians 15:21-22, 45-47.

² These four wounds are, respectively: *ignorance*, *malice*, *weakness*, and *concupiscence*, and may be counter-acted by the four cardinal virtues of *prudence*, *justice*, *fortitude*, and *temperance*.