

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 8th March

Third Sunday of Lent

8am (TLM) — Halina Gajewska

09:30 — Pro Populo

11:00 — Margaret Dane RIP

Monday 9th March

Lent feria

10am — for the *Domus* of the parish

Tuesday 10th March

Lent feria

8am (TLM) — Holy Souls

Wednesday 11th March

Lent feria

6pm — Holy Souls

Thursday 12th March

Lent feria

12:15pm — Guy & Annette Welton

Friday 13th March

Lent feria

10am — Fr Francis Leeder RIP

Saturday 14th March

Lent feria

10am — Oliver Merlehan RIP

Vigil of Lætare Sunday

6pm — Pro Populo

Sunday 15th March

Lætare Sunday

09:30 — Daniel Crowley RIP

11:00 — Mgr Peter Leeming 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

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! We would love to have your articles, recollections, travel diaries, poems, short stories, recipes, maths puzzles, jokes, and lots more besides!

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

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.

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 Biblical times.

DIOCESAN JUBILEE 1976—2026

Diocesan Pilgrimage to Rome 27th—31st October 2026

For details please go to:

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



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.

PLEASE MAKE TIME IN YOUR DIARY NOW FOR...

...the great days of Holy Week when we commemorate the Passion, death and resurrection of Our Lord Jesus Christ. Maundy Thursday, Good Friday, Holy Saturday, and Easter Sunday are the four holiest days of the Catholic year. They are holidays because they are holy days, and they belong to God. Please give to God what is His on these days (2nd—5th April) 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.

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, 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 soul of Oliver Merlehan who died recently, and for all whose anniversaries occur at this time: Daniel Arbon, Rosemary Williams, Vera Lee, Eileen Curran, Anthony Reading, Audrey Smith, Florence James, Ada Michell, Ann Gabbitas, Leopoldine Brown, Bertha Woodard, John O'Dwyer, Mario Merenda, Mary Hegarty, Enid Smyth, Robert Hutchinson, James McCabe, Margaret Pearson, Stephen Nall, Bridie McCallion, Nellie Otto, Eileen Halley, James White, Rose Green, Matthew McGaughin, Hilda Poulain, Edward Smith, Gladys Lewis, Josef Zlotek, Muriel Skladnik, Lawrence Brownrig, Michael Finn, Margaret Hawkes, and Pauline Collingwood. 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 III —
THE GAP BETWEEN GOD AND MAN**

The first Adam, in the Garden of Eden, committed the Original Sin. Although Eve was the first to be tempted, it was Adam (who was created first) who had been given certain gifts which he was to hold on behalf of the whole human race. When he committed the Original Sin Adam forfeited these gifts back into God's keeping. It was to buy back these gifts from the Father, on behalf of a fallen race, that the Son of God, the Second Adam, died on the Cross.

The chief of the gifts entrusted by God to the care of Adam at the moment of his creation was the supernatural gift of *original justification*. By virtue of this gift Adam stood justified, or righteous, before the face of God because he was filled with *sanctifying grace*, that is, the indwelling of the life of God in his soul.

Through the gift of *original justification* Adam the creature was bound to God the Creator, and he dwelt in union with God in a state of harmony. There was also a union within Adam himself so that his rational soul on the one hand, and his bodily desires and inclinations on the other, were in harmony with each other.

When Adam disobeyed God's command not to eat the fruit of the tree of knowledge of good and evil (Gen 2:17), he was, in effect, trying to take to himself a power and an authority which belonged to the Creator alone, namely the power and authority to decide for himself what constituted good and evil. Adam thought he knew better than God, and in his pride and disobedience, Adam fell from God's grace. We call this event The Fall.

In forfeiting this gift of *sanctifying grace* Adam separated himself from God and forfeited many of the other gifts God had previously bestowed upon him, gifts which would have preserved him from pain and suffering, sickness and even death. Now, through sin, Adam was distanced from God, and separated from the end which God had planned for him, namely eternal life in heaven, a separation symbolized for us when we see Adam and Eve driven from the Garden of Eden and an angel placed to guard the entrance (Gen 3:23-24).

In effect, an enormous gap was opened up between Creator and creature, God and Man, heaven and earth. The gap was too big, morally and spiritually, for Adam to bridge through his own efforts. As a result, Adam and his family and his descendants were doomed to wander through life with no hope of attaining to the life of blessedness in heaven after their natural life on earth was ended. Instead of going to heaven body and soul intact, they would suffer their bodies and souls to be separated at the end of their lives (this separation of body and soul is the theological definition of death), and would spend eternity separated from God. That is the definition of hell.

It was from this fate that Christ came to save us.

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