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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Ipswich
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Parish Priest:
Fr Joseph Welch

Sundays: Yr A
Weekdays: Yr 2

November is dedicated to
the Holy Souls in Purgatory

Sunday 22nd November 2026
Christ the King
09:30 – Pro Populo
11:00 – Carmen's int.

Monday 23rd November
St Clement
10am – Holy Souls

Tuesday 24th November
St John of the Cross
8am (TLM) – Mary Antony's int.

Wednesday 25th November
Requiem
6pm – November Dead List

Thursday 26th November
Feria
12:15pm – Lee Carl Porter RIP

Friday 27th November
Feria
10am – Peggy Ayers RIP

Saturday 28th November
Our Lady on Saturday *(with the blessing of Advent wreaths)*
10am – Ashley Bale RIP

Vigil of the First Sunday of Advent
6pm – Holy Souls

Sunday 29th November 2026
First Sunday of Advent
09:30 – Pro Populo
11:00 – Private int.

CONFESSIONS:
Mon-Sat: 30 minutes before each Mass
& Sat: 5pm – 5:45pm
1st Friday: 6pm – 7pm

ADORATION: Sat: 5pm – 5:45pm &
1st Thursday: 11:15am
ROSARY: Mon – Fri after Mass
DEVOTIONS TO O.L. OF IPSWICH & ST PANCRAS: Sat. after 10am Mass

TLM MASS: 2nd Sunday of the month at 8am.
(Next 2nd Sunday Mass: 13th December.)

Adoration of the Blessed Sacrament

this afternoon (12:15pm – 5pm) on the feast of

CHRIST THE KING

Come and adore our King, present before us in the Holy Eucharist.
Adoration of the Blessed Sacrament will conclude with

BENEDICTION AT 5 PM.

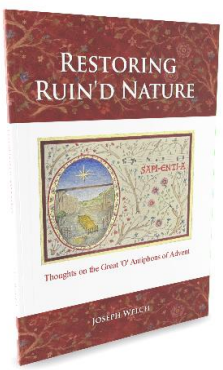
ADVENT

One of the richest and most multi-layered of the Church's seasons, Advent begins next Sunday. Try not to allow this beautiful season to be suffocated by the frenetic busyness of the world's preparations for Yuletide. Instead, make some time for prayer and reflection, and focus on Christ's Incarnation and Nativity, and what it means for us. Advent is a penitential season, albeit without the full rigour of Lent. So, perhaps you could make Lent-style resolutions regarding prayer, fasting, and almsgiving, especially on the three Ember Days (16th, 18th and 19th December).

* * *Please note – two events for the start of Advent!* * *

If you have bought or made an **ADVENT WREATH** to use at home, bring it to Mass on Saturday morning to be blessed at the 10am Mass.

We have an **ADVENT EVENING OF RECOLLECTION** on Monday, 30th November from 6pm – 8pm. Come and meditate on the words of the Advent antiphon, *Rorate Cæli*, 'Drop down dew, ye heavens, from above, and let the clouds rain down the Just One.'



RESTORING RUIN'D NATURE

Copies of Fr Joseph's new book of Advent reflections are now available at the back of church just in time for the start of the Church's new year. *Restoring Ruin'd Nature: Thoughts on the Great 'O' Antiphons of Advent* traces the great story of salvation – creation and the fall, prophecy and promise, the Incarnation, redemption and the restoration of our fallen nature in Christ.

Please consider making a **STANDING ORDER** instead of a weekly cash donation to the parish. Bank: Barclays. Account name & 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.

NOVEMBER DEAD LIST ENVELOPES may be returned to Fr Joseph throughout this month.

CATHOLIC MOTHERS' COFFEE MORNING every Monday following the 10am Mass and rosary.

ADULT CATECHISM CLASSES continue every Wednesday at 7pm for all who would like to learn more about our Catholic Faith.

50 YEARS OF MEMORIES 1976-2026 An exhibition, in our parish hall, drawn from the parish archives. Take a trip down memory lane.

RORATE MASS by candlelight. The Advent Mass in honour of Our Blessed Lady. Saturday, 12th December at 7am.

THE BOOK CLUB will meet on Monday, 14th December at 7pm to discuss *Seven Bells to Bethlehem: The 'O' Antiphons* by Oliver Teanor. (Fr Joseph has a spare copy if anyone would like it.)

CAROLS BY CANDLELIGHT & BLESSING OF CRIBS Sunday, 20th December at 4pm.

CHRISTMAS AFTERNOON BENEDICTION at 5pm.

UK TAXPAYERS Please re-enter your details onto our Dona machines (if you have not done so since our new machines were installed a few of weeks ago) so that the parish may benefit from the government's Gift Aid scheme at no cost to yourself. Thank you.

EUCHARISTIC LEAGUE Please take a leaflet from the back of church to find out more.

Sick List Prayers are asked for Jim Convey, Vincent Convey, Larry Crowley, Alan Cutbush, Ciro Dellabella, Pat Dunnett, Evelyn Flach, Halina Gajewska, Fr Adrian Gates, Katherine Humpries, Linda Mitchell, Stephen Patten, Rosemary Pease, Brian Price, Judith Rogers, and Leighton Scott.

Of your charity Please pray for the repose of the souls of those who have died recently, and for all whose anniversaries occur at this time: Mary Dallastone, Patrick Morley, William Everitt, Thomas Ainsworth, Alan Gorham, James Riordan, George Kelly, John Shevlin, Marie Doyle, Mary Barham, John Nealy, Joseph Dunleavy, Marie Giudicianni, Pamela Gaffney, Fr Ray Kerby, Mary Emmerson, Sheila Alcock, William Gearge Edward Golding, Andrew Foote, Winifred Cutmore, Florence Mee, Audrey Kelly, William Golding, Herbert Dallastone, Edwin Coney, Kathleen Corkery, James Smith, Annie Lynch, Claire Morris, John Leeder, Johanna Cobbold, Concepta Clyne, Stephen Cusack, Maria Pasini, Hilda Newcombe, Eileen Lennan, Angela Iacobucci, Mary Bailey, Margaret Ellis, Gertrude Teather, Helen Schaar, and Walter Balanda. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes:

This week we draw to a conclusion our series on the *Four Last Things: Death, Judgment, Hell, and Heaven*, by considering the consummation of the Divine plan.

The Four Last Things – Heaven pt II

Suppose God is like the planet Saturn. The billions of tiny particles that make up the rings represent each and every creature ever made: you, me, and a trillion other creatures besides. The rings, originally orbiting in complete harmony, were shattered in the vast explosion of Satan's cosmic rebellion and Adam's original sin. The explosion of sin wreaked havoc, disunity, disharmony, and increased isolation as each particle got farther from the planet itself and therefore from each other. Christ's work of redemption is like a gravitational pull drawing all things back into the harmony and unity that was always intended from the outset. 'And I, if I be lifted up from the earth, will draw all things to myself,' says Our Lord (Jn 12:32). Of course, through the sins of pride and disobedience, we can resist that gravitational pull. But for those who choose to co-operate with it, we can be drawn back into God's orbit: 'But as many as received Him, He gave them power to be made sons of God, to them that believe in His name' (Jn 1:12).

This is the Divine plan. This drawing back into God's orbit is the working of Divine Providence, the working out of God's original design such that all things fulfil the end for which they were originally created. And all of this is brought about through God's freely given gift of grace. As St Thérèse of Lisieux said on her deathbed, *Tout est grâce*: 'All is grace.'

Heaven is that state of completion when, in the fulness of time, all things in heaven and earth are re-established – or restored – in Christ (Eph 1:10) and the rings are once more fully in harmony with the planet Saturn, and have settled again into the Divine orbit. Well, all those particles that have surrendered their own will and collaborated with this great supernatural gravitational pull at any rate.

The twelfth century monk, Bernard of Cluny, wrote a lengthy poem, *De contemptu mundi* (On contempt of the world). Part of that poem was translated and became the hymn, Jerusalem the Golden, the verses of which sum up, quite movingly, something of the presence of heaven itself. Perhaps the words of the first verse are a fitting conclusion to our deliberations:

Jerusalem the golden!
With milk and honey blest;
Beneath your contemplation
Sink heart and voice opprest.
I know not, oh! I know not,
What joys await us there,
What radiancy of glory,
What bliss beyond compare.

The parish **SAFEGUARDING REPRESENTATIVE** is Mim McMahon who may be contacted by anyone of any age, at any time, with any safeguarding concerns: 07813 199275 *or* mim@trianglemusic.info *or* mim.mcmahon@gmail.com.
For the Diocesan Safeguarding Co-ordinator, Mr Liam Sainsbury, call 07931 952626 or email liam.sainsbury@rcdea.org.uk