

# 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 C  
Weekdays: Yr 1

June is dedicated  
to the Sacred Heart of Jesus

## Sunday 22<sup>nd</sup> June 2025

*Transferred feast of Corpus Christi*  
09:30 — Pro Populo  
11:00 — Mark Abbott

## Monday 23<sup>rd</sup> June

*St Etheldreda*  
10am — Maria de Lourdes &  
Carmargo Nogueira

## Tuesday 24<sup>th</sup> June

*Nativity of St John the Baptist*  
8am (TLM) — Maria de Lourdes

## Wednesday 25<sup>th</sup> June

*Feria*  
6pm — Dorothy Cruickshank RIP

## Thursday 26<sup>th</sup> June

*Dedication of the Cathedral*  
12:15pm — Benefactors of the Parish

## Friday 27<sup>th</sup> June

*The Most Sacred Heart of Jesus*  
10am — In thanksgiving

## Saturday 28<sup>th</sup> June

*The Immaculate Heart of Mary*  
10am — Alberto de Pasquale RIP

*Vigil of Ss Peter & Paul*  
6pm — Holy Souls

## Sunday 29<sup>th</sup> June

*Feast of Ss Peter & Paul*  
09:30 — First Communion children  
11:30 — Pro Populo

*Please note: the 11am Mass starts at  
11:30 on this day*

### CONFESSIONS:

**Mon — Sat:** 30 minutes before each Mass  
& **Sat:** 5pm — 5:45pm  
**1<sup>st</sup> Friday:** 6pm — 7pm

**ADORATION:** Sat: 5pm — 5:45pm

**ROSARY:** Mon — Fri: after Mass

**DEVOTIONS TO O.L. OF IPSWICH &  
S. PANCRAS:** Sat after 10am Mass

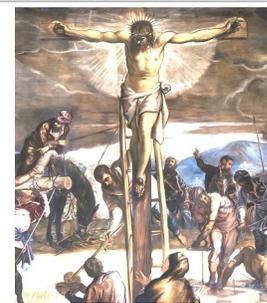
**TLM Masses:** 2<sup>nd</sup> Sunday of the month at  
8am. (Next 2<sup>nd</sup> Sunday Mass: 13<sup>th</sup> July.)

## HOLY YEAR 2025

### SPES NON CONFUNDIT

*'And hope confounds not, because the charity of  
God is poured forth in our hearts by the Holy Spirit  
who is given to us.'* (Rom 5:5)

Christ Crucified Radiates Hope to a Fallen World  
*The Crucifixion by Tintoretto (1565)*



## CORPUS CHRISTI

### TRANSFERRED FEAST OF CORPUS CHRISTI

*Hail, true Body,  
born of the Virgin Mary,  
having truly suffered,  
sacrificed on the cross for mankind,  
from whose pierced side water and blood flowed:  
be for us a sweet foretaste in the trial of death!*

*O sweet Jesus, O holy Jesus,  
O Jesus, son of Mary,  
have mercy on me. Amen.*

*(Please note that, unfortunately, this year's  
Corpus Christi procession will not now take place.)*

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*Fr Joseph thanks you for your kind messages and prayers. Until his health is  
fully restored there may continue to be interruptions to the schedule of services  
and events. Please watch the newsletter and the homepage of the parish website.*  
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## PARISH FIRST COMMUNIONS

**next Sunday on the feast of Ss Peter & Paul at the 9:30am Mass**  
(Please note: the 11am Mass will begin at 11:30am on this day.)

*O Jesus, who hast loved us with such exceeding great love as to give us the  
ineffable gift of the Holy Eucharist, inflame us with a burning zeal to  
promote Thy glory by preparing worthily the little children who are to  
approach Thy holy altar for the first time. Protect, O Sacred Heart of Jesus,  
these young souls from the assaults of evil, strengthen their faith,  
increase their love, and endow them with all the virtues  
that will make them worthy to receive Thee. Amen.*

*St John the Baptist, forerunner of the  
Messiah, prepare the way for Jesus  
in the hearts of these children.*

*St Tarcisius and St Pancras, keep safe  
the children who are making their  
first Holy Communion.*



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.

## HOLY YEAR 2025

**Suggestion for Spiritual Reading**  
*On the Most Holy Sacrifice of the Mass*  
by St Robert Bellarmine

### From the Saints

“Jesus Christ said over the consecrated elements,  
‘This is my body.’ You say, ‘No, it is not his  
body!’ Who then am I to believe?  
I prefer to believe Jesus Christ.”  
*Blessed Dominic Barberi*  
(said to a Protestant minister)

### Top tips for making an ordinary home into a Catholic home!

As we approach the feast of Ss Peter & Paul, make sure you have a picture of our Holy Father the Pope in your home, and remember to pray for him often.

**BLESSED CARLO ACUTIS GROUP** for 14-17 year olds will meet (for the last time before our summer break) for our summer social. Details being finalized. Watch this space.

**CATHOLIC MOTHERS’ GROUP** will meet for the last time before our summer break at 11am on Monday, 14<sup>th</sup> July for our summer picnic in the park. Meet at the play area in Christchurch Park.

**BOOK CLUB** Monday, 8<sup>th</sup> September at 7pm: book to be decided.

**THURSDAY LUNCH** next Thursday Lunch: 10<sup>th</sup> July.

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### Sick List

Prayers are asked for Peter Arms, Jim Convey, 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

Please pray for the repose of the souls of those who have died recently, and for all whose anniversaries occur at this time: Fr Joseph Sweeney, Thomas McCarthy, Frank Flemming, Anthony Sabbatella, Elizabeth Matthews, Thomas Dooley, Lilian Welham, Jan Solowiej, Mrs Farrelly, Mary Cork, Iris Church, William McNally, John Acott, Patrick Curran, Ailen Zlotex, Margaret Toppole, Francesco Tucciapone, John Kennedy, Alice Steel, Margaret Corbett, Brian Monaghan, Danzil Blake, Margaret Gleeson, Maria Petrovic, and Lucille Hambling. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

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**Fr Joseph writes:** We continue our short series on:

### The Holy Spirit pt V: The Twelve Fruits of the Holy Spirit

‘You will know them by their fruits,’ (Mt 7:20). Like the good and faithful servants in the Parable of the Talents, we must put our gifts to use so that they will grow so that they will become a worthy gift for God on the Last Day, and we shall hear those beautiful words, ‘Well done, good and faithful servant... enter into the joy of your Master’ (Mt 25:14-30).

By making good use of the Gifts, we shall begin to exhibit the Fruits of the Holy Spirit, traditionally twelve in number: ‘But the fruit of the Spirit is, charity, joy, peace, patience, benignity, goodness, longanimity, mildness, faith, modesty, continency, chastity’ (Gal 5:22-23).

*Charity*, or love, means giving. To love means to give. As we have seen elsewhere, love can be given and received, but not taken. Moreover, we must learn to give generously, and to receive graciously, and never to take either from God or from others (1 Cor 13).

To be possessed of the fruit of *joy* means to rejoice, and to be seen to rejoice, in the manifold gifts and blessings of Almighty God, even in the face of adversity (Phil 4:4-5).

*Peace* means much more than the absence of violence or anger. Peace is the presence of God in our hearts, a presence inhaled like a fragrance. This peace can never be found amongst the shallow novelties and distractions of the world and the flesh (Jn 14:27).

We exhibit the fruit of *patience* when we remain at peace when we do not get our own way. Patience often involves accepting that we may not be right, but even when we know ourselves to be right, still we can display patience if we are at peace with Our Lord (Ps 37[36]:7).

*Benignity* may be translated as kindness, and perhaps kindness can speak for itself, after all, everyone knows what it is like to receive a kindness (Prov 16:24).

*Goodness* is a quality rather than an action, the quality of being morally good or virtuous. God is good, of course, but it is more accurate to say that God is goodness itself. When we are good it is because we are participating in God’s goodness (Mk 10:18; Mt 7:11).

*Longanimity* means more than to be long-suffering; it means to be generous in that long-suffering, accompanying our endurance with an authentic, interior God-given cheerfulness rather than complaint (2 Cor 9:7).

*Mildness* means to be meek, to be at peace in the face of provocation or even aggression (Mt 5:39).

*Faith*, in this context, means not so much the theological virtue of faith (alongside hope and charity) as fidelity, a faithfulness to God and the things of God (1 Cor 4:2).

*Modesty* is not a reference to a particular dress code but a disposition, an inclination towards, the virtue of humility (1 Pet 5:5-6).

Meanwhile, *continency* means, in this context, to be in control of one’s passions, and strong feelings and desires, for example anger (2 Tim 1:7).

And, finally, *chastity* means not making a god of our pleasures and desires but seeking happiness only in God and the things of God (Titus 2:11-14).