

# 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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Parish Priest:  
Fr Joseph Welch

Sundays: Yr C  
Weekdays: Yr 1

July is dedicated to  
the Precious Blood of Jesus



## Sunday 20<sup>th</sup> July 2025

*16<sup>th</sup> Sunday of the Year*

09:30 — Carmargo Nogueira

11:00 — Pro Populo

## Monday 21<sup>st</sup> July

*St Laurence of Brindisi*

10am — Holy Souls

## Tuesday 22<sup>nd</sup> July

*St Mary Magdalen*

8am (TLM) — Maria de Lourdes

## Wednesday 23<sup>rd</sup> July

*St Bridget*

6pm — Charlotte & Amedeo

*Charlotte will be baptized at this Mass,  
and she and her fiancé will be confirmed.*

## Thursday 24<sup>th</sup> July

*St Sharbel Makhlúf*

12:15pm — Andrew Kemp RIP

## Friday 25<sup>th</sup> July

*St James*

10am — Holy Souls

## Saturday 26<sup>th</sup> July

*Ss Joachim & Anne*

10am — Gregory Cody RIP

*Vigil of 17<sup>th</sup> Sunday of the Year*

6pm — Holy Souls

## Sunday 27<sup>th</sup> July

*17<sup>th</sup> Sunday of the Year*

09:30 — Pro Populo

11:00 — Andrew Moor RIP

### 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:** Suspended during July.

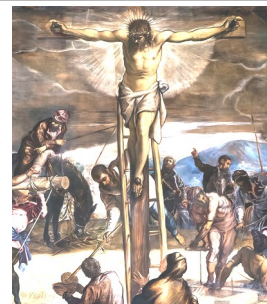
**TLM Masses:** 2<sup>nd</sup> Sunday of the month at  
8am. (Next 2<sup>nd</sup> Sunday Mass: 10<sup>th</sup> Aug.)

## 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)*



### FEAST OF

### ST MARY MAGDALEN, *PENITENT*

22<sup>nd</sup> July

The only saint to be named simply as  
‘Penitent’ in the list of saints, Mary Magdalen  
is, for us, a sign of hope and confidence in  
God’s mercy, and a promise that the path from  
sin to salvation is open to us all: holiness is  
possible!

*Mary Magdalen in Penitence*  
by El Greco



### Hot weather!



Even in hot weather, we are reminded that this is  
God’s house and a house of prayer. Please make sure  
that shoulders, arms, legs, and midriffs are covered in  
church, and please refrain from drinking in church,  
even water! Thank you.

*Wherever you go, enjoy your summer holidays...*

but don’t forget to go to Mass on Sundays  
and the feast of the Assumption, 15<sup>th</sup> August!

### Holiday reading!



If you’re in search of some good holiday reading why  
not try our Book Club choice for September, *The Tem-  
plars and the Shroud of Christ* by Barbara Frale? Or one  
of the many from our list of suggested reading titles given,  
week by week, on the back of the newsletter, back copies  
of which may be found on our parish website? Look for authors whose  
names begin with the letter S: St Augustine, St Bernard, St Bonaventure,  
St Catherine, St Thérèse of Lisieux, and so forth!



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

*What Catholics Believe*

by Joseph Pieper & Heinz Raskop  
(published by Cluny Media)

#### From the Saints

‘We must let it be known how the Blood of Christ  
cleanses the souls and sanctifies them,  
particularly by means of the sacraments.’

*St. Gaspar del Bufalo*

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

Write a letter to your favourite saint!

### TWO YOUTH SUMMER CONFERENCES

*See posters at the back of church*

**ANOIDING FIRE CATHOLIC MINISTRIES UK YOUTH  
CONFERENCE** 21<sup>st</sup>—24<sup>th</sup> August at the University of  
Essex, Colchester, CO4 3SQ. [www.afcmuk.org](http://www.afcmuk.org)

**YOUTH 2000 SUMMER FESTIVAL** 22<sup>nd</sup>—25<sup>th</sup> August  
at Ampleforth Abbey, York, YO62 4ER.  
[www.youth2000.org](http://www.youth2000.org)

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**CATHOLIC MOTHERS’ GROUP** will meet for the last  
time before our summer break at 11am tomorrow,  
Monday, 21<sup>st</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 to dis-  
cuss *The Templars and the Shroud of Christ* by Bar-  
bara Frale.

**Help needed**, please, with: Brass cleaning, church  
cleaning, counting the collection, singing in our choir  
at 11am Masses, washing & ironing our small altar  
linens, selling objects of devotion from our reposi-  
tory, serving tea & coffee after Sunday Masses, clean-  
ing our parish hall, helping in the sacristy. Please  
speak to Fr Joseph if you can help. Thank you.

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**Sick List** Prayers are asked for Peter Arms, Jim  
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** Please pray for the repose of the  
souls of those who have died recently, and for all  
whose anniversaries occur at this time: Lorraine  
Baynton, Arthur Leason, Jacobus Bird, Catherine  
O’Flaherty, Terence Cooke, Giuseppina Melnyk,  
Rose Keenan, Bernadette Bower, David Barham,  
Frank Louis, Colman Stanton, Andrew Kemp, Stani-  
slaw Crzedzielski, Evelyn Davies, Teresa Kerby,  
Bridget Williams, Peter Zwozdiak, Arthur McHugh,  
Lilian Barnes, Dominic Curran, Brandon Gilardi, and  
Robert Hunt. Eternal rest grant unto them, O Lord,  
and let perpetual light shine upon them.

**Fr Joseph writes:** This week we continue our brief series  
on The Most Precious Blood of Our Lord to which the  
month of July is dedicated.

### The Precious Blood of Our Lord Jesus Christ pt II

The first blood shed in the Bible is that of Abel. In the first  
story of the Bible following the Creation and the Fall of  
Mankind (Genesis 1-3) we have the tale of Cain and his  
brother Abel (Genesis 4). Cain is the older of the two  
brothers and is an arable farmer, growing crops, whilst  
Abel is a shepherd. The contrast is important because a  
crop farmer is tied to the land whereas a shepherd may be  
called by God to gather his belongings and rise, and follow  
God to another land, as Abraham was called to rise up and  
follow God’s call just a few chapters later (Gen 12). Note  
that many of the leaders of the People of Israel are shep-  
herds: Abraham, Jacob, Joseph, Moses, King David, and  
Amos, to name but a few. This becomes even more im-  
portant when we recall that Our Lord is the Good Shep-  
herd who lays down His life, and sheds His blood, for His  
sheep (Jn 10:11,17-18). Our Lord calls St Peter to become  
the chief shepherd of His flock when He says to him three  
times, ‘Feed my sheep,’ and then warns him that he, too,  
will shed his blood (Jn 21:15-19). And it is worth noting  
that the first to worship the Christ Child in the stable in  
Bethlehem are shepherds who were unfettered enough to  
be able to rise up and follow the call of God (Lk 2:15).

It is because Abel had kept his heart unfettered, and  
because he offered to God ‘the firstlings of his flock,’ that  
is, the best (Gen 4:4), whilst Cain merely offered ‘of the  
fruits of the earth,’ keeping the best for himself (v.3), that  
God ‘had respect to Abel, and to his offerings. But to Cain  
and his offerings He had no respect’ (vv.4-5). God exhorts  
Cain not to be angry but to offer a purer gift next time: ‘If  
thou do well, shalt thou not receive?’ (v.7). But Cain’s an-  
gry jealousy got the better of him, and he slew his brother  
(v.8).

God goes looking for Abel, just as God had searched  
for Adam and Eve in the Garden of Eden after they had  
sinned (Gen 3:8-9). God asks Cain where his brother is,  
and Cain famously retorts, ‘Am I my brother’s keeper?’  
(Gen 4:9), but Abel’s blood has been poured out and  
now ‘cries [to God] from the earth’ (v.10) and he who spilt  
that blood is cursed by God and his labours shall be in  
vain, and he shall be a fugitive upon the earth (vv.11-12).

This curse represents the punishment that is properly  
owing to all of us for our sinful offences against God. Cain  
recognizes the justice of the curse (v.13) but cries out for  
mercy, fearing that, as a vagabond and an outlaw, anyone  
may kill him with impunity (v.14). God responds to this  
cry for mercy, assures him that no one has the right to kill  
him, and marks Cain to show that he is under God’s pro-  
tection henceforth (v.15).

God’s merciful response to Cain’s plea follows on from  
the blood of Abel that cries out from the earth. God is a  
just God, not a vengeful God. Justice must follow in the  
wake of Cain’s sin, but mercy is also to be had. There is  
punishment for Cain, but not everlasting damnation.

Next week we shall see how this relates to the shedding  
of Christ’s blood as we look at the Letter to the Hebrews.