

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
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Parish Priest:
Fr Joseph Welch

Sundays: Yr C
Weekdays: Yr 1

October is dedicated to
Our Lady of the Rosary



Sunday 26th October 2025

30th Sunday of the Year

09:30 — Frances Crilly RIP

11:00 — Pro Populo

Monday 27th October

Feria

10am — Joby & Asha Thomas

Tuesday 28th October

Ss Simon & Jude

8am (TLM) — Oliver Merlehan

Wednesday 29th October

Feria

6pm — Benefactors of the Parish

Thursday 30th October

Feria

12:15pm — Arthur Hambling RIP (F)

Friday 31st October

Feria

10am — Holy Souls

Saturday 1st November

* Traditional feast of All Saints

8am (TLM) — Pro Populo

* Our Lady on Saturday

10am — Christopher Merlehan RIP

Vigil of transferred feast of All Saints

6pm — Souls in Purgatory 1/2

Sunday 2nd November

Transferred feast of All Saints

09:30 — Mary Smith

11:00 — Pro Populo

CONFESSIONS:

Mon — Sat: 30 minutes before each Mass

& Sat: 5pm — 5:45pm

1st 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: 2nd Sunday of the month at
8am. (Next 2nd Sunday Mass: 9th Nov.)

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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)



This afternoon, the last of our

OCTOBER DEVOTIONS

4:30pm

The Litany of Loreto,
a short meditation based on the litany,
the rosary,
and concluding with
Benediction of the Blessed Sacrament.

Next weekend

THE SOLEMNITY OF ALL SAINTS

The transferred feast of All Saints will be celebrated
next Sunday, 2nd November

Masses at 6pm on Saturday evening and 9:30am & 11am on Sunday
(with a Traditional Latin Mass at 8am on Saturday, 1st November)

THE COMMEMORATION OF ALL THE FAITHFUL DEPARTED

(All Souls Day)

will be transferred this year to Monday, 3rd November
with requiem Masses at 8am (TLM), 12:15pm, 7pm.

NOVEMBER DEAD LIST ENVELOPES

Place the names of all those who have died, and for whom you wish to pray, inside one of the November Dead List envelopes, along with your offering, and hand it to Fr Joseph. A requiem Mass will be said at least once each week during November for those included in this list, and Holy Souls Masses will continue to be offered throughout the next twelve months.

*Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.*



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

Bible in a Year: Your Daily Encounter with God
(set out on a day-by-day basis for easy access)
by Augustine Institute

From the Saints

‘The word of God is a tree of life that offers us
blessed fruit from each of its branches.’

St. Ephrem

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

Have a Catholic Bible in your home,
for example the Douay-Rheims translation.

THE DEANERY ANNUAL REQUIEM for Deceased Clergy will take place here at St Pancras on Thursday, 6th November at 12:15pm.

THE CARLO ACUTIS GROUP (14-17 year olds) will next meet on Thursday, 6th November at 7pm in church. New members welcome.

CATHOLIC MOTHERS’ GROUP will meet next on Monday, 10th November at 11am for the usual 5 Cs: coffee, cake, chatter, catechism, and chaos.

THE BOOK CLUB will meet next on 8th December at 7pm to discuss *The Creed in Slow Motion: An Exploration of Faith, Phrase by Phrase, Word By Word* by Martin Kochanski. (Fr Joseph still has one spare copy. Price: £11.43.)

STATUES AVAILABLE We now have statues of Our Lady of Ipswich and of St Pancras for sale in our repository at the back of the church.

WE LIKE TO MOVE IT SUFFOLK

info@weliketomoveitsuffolk.co.uk

Removals and storage service operated by one of our parishioners: ‘We’re more than just a removals company — we’re a hardworking, local team that takes pride in making your move smooth from start to finish.’ Tel: 07300636996

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, Oliver Merlehan, Linda Mitchell, Stephen Patten, Rosemary Pease, Brian Price, Judith Rogers, and Leighton Scott.

Of your charity

Please pray for the repose of those who have died recently, and for all whose anniversaries occur at this time: Edith Glanville, Maureen Dalzell, Wilfrid Deheney, William Hargreaves, Amelia Catchpole, Bridget Corrigan, John Starzak, Lilian Studholme, James Fitzpatrick, Evelyn Squire, William Thompson, Susan Hunt, Ceslaus Sulewski, Teofil Pozyczka, Bernard Shaw, Margaret Dye, Thelma Mason, Teresa Martyn, David O’Neill, Margaret Abernethy, and Antonino Catalanotto. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: We continue our series on The Church.

The Church pt VII —

The Holy Spirit as the Soul of the Church

The Catholic Church is the Mystical Body of Christ, the continuation in time of the personal presence of Christ on earth. This helps us to understand that the Church is not a merely human institution and that we cannot have Christ without His Church. The Church is, in the first place, a supernatural reality, and what makes it supernatural is that it is endowed with the life of the Holy Spirit Himself.

We have seen that the Holy Spirit was first poured out upon Our Lady and the Apostles at the birth of the Church at Pentecost (Acts 2). With this breathing forth of the Holy Spirit, the Church was created, as we say, *in the order of grace*, just as the Holy Spirit, hovering over the waters at the first moment of creation, brought into being the material universe *in the order of nature*.

In other words, the Church is, as it were, a living organism that depends for its life not on oxygen and biological nutrients (as human bodies do) but on the life-giving properties of God’s grace. This grace is given in several different ways in order to accomplish several different purposes, but it is always the same grace and the same Holy Spirit.

Continuing with the idea that the Church is the Mystical Body of Christ, we can say that the Holy Spirit, breathed into this Body, is the soul of the Church: ‘If Christ is the Head of the Church, the Holy Spirit is her soul,’ as Pope Leo XIII said in his Encyclical *Divinum illud munus*. In this, the Pope was developing an idea from St Augustine who said that, ‘What our spirit, or soul, is for our members, the Holy Spirit is for Christ’s members, for the Body of Christ which is the Church’ (*Serm.* 267, 4).

In a similar way, St Irenaeus—changing the imagery from breath to water—says, ‘Just as flour cannot become one loaf without water, so we who are many cannot become one in Christ Jesus without the water that comes from heaven’ (*Adv. Haer.*, III, 17, 1).

All of these images, in turn, build on Christ’s own image when He says that He is the vine and we are the branches (Jn 15:5). In this image, the grace that is poured into the Church is like the sap running through the trunk and the branches and the leaves and the fruit of the vine, just as blood carries oxygen and nutrients to every part of our bodies.

It is the Holy Spirit, then, that animates—that gives life to—the body of the Church just as our souls animate our bodies. (The theological definition of death is when the soul departs from the body.) In this sense, the Holy Spirit really is the soul of the Church because it is the Holy Spirit that gives life to the Mystical Body of Christ and that sustains the life—and the life-giving properties—of the Church.

Yet the Holy Spirit is poured into our own souls individually too, through the Sacraments, and in this sense the Holy Spirit may be said to be the soul of our souls also. As Cardinal Mercier’s prayer to the Holy Spirit says,

O Holy Spirit, soul of my soul, I adore you. Enlighten, guide, strengthen, and console me. Tell me what I ought to do, and command me to do it. I promise to accept all that you permit to happen to me. Only show me what is Thy will.

The parish **SAFEGUARDING REPRESENTATIVE** is Mim McMahon who may be contacted by anyone of any age, at any time, with any safeguarding concerns: 07813199275 or mim@trianglemusic.info or mim.macmahon@gmail.com

For the diocesan safeguarding co-ordinator, contact Liam Sainsbury at 07931 952626 or liam.sainsbury@rcdea.org.uk