

# 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

April is dedicated to  
the Blessed Sacrament

### Sunday 12<sup>th</sup> April 2026

*Low Sunday*

8am (TLM) — Pro Populo  
09:30 — Margaret Brennan RIP  
11:00 — Linda RIP

### Monday 13<sup>th</sup> April

*Easter feria*

10am — Freddie Ashlee

### Tuesday 14<sup>th</sup> April

*St Justin Martyr*

8am (TLM) — Fr Henry Whisenant

### Wednesday 15<sup>th</sup> April

*Easter feria*

6pm — Fr Iain Matthew's int.

### Thursday 16<sup>th</sup> April

*Funeral requiem*

12:15pm — Patrick Sweeney RIP

### Friday 17<sup>th</sup> April

*Easter feria*

10am — Russell Metcalf RIP

### Saturday 18<sup>th</sup> April

*Our Lady on Saturday*

10am — Holy Souls

*Vigil of 3<sup>rd</sup> Sunday of Easter*

6pm — Holy Souls

### Sunday 19<sup>th</sup> April

*3<sup>rd</sup> Sunday of Easter*

09:30 — John & Mary Smith

11:00 — Pro Populo

#### 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: 10<sup>th</sup> May.)

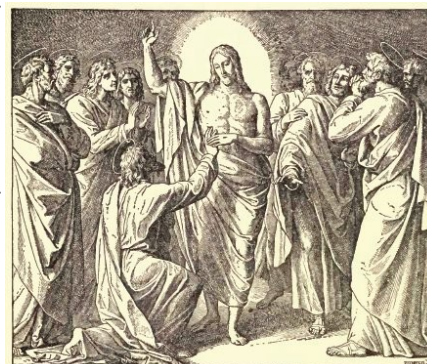
## LOW SUNDAY

or

## DOMINICA IN ALBIS

Today is known as Low Sunday simply because the ceremonies are low when contrasted with all the high ceremonies of Easter. In Latin, today is known as *Dominica in Albis*, or White Sunday. The full Latin phrase is *Dominica in albis depositis* because this is the day when those who were baptized at Easter put aside (or 'deposited') the white garments in which they were clothed at their baptism.

Today is also when we hear of Doubting Thomas' unbelief in the resurrection until such time as he sees the holes in Our Lord's hands and feet, and in His side. One might feel sorry for St Thomas, after all, none of the other Apostles believed until they had seen the risen Lord so why should we expect St Thomas to have believed? The exception is St John who ran to the empty tomb on Easter Sunday morning, went in, 'and he saw, and believed' (Jn 20:8). Was this faith in the resurrection given him as a reward for standing faithfully at the foot of the Cross on Good Friday? In any case, St Thomas' doubt gave us one of the greatest acts of faith that we, in turn, may profess ourselves: 'My Lord and my God,' often repeated by Catholics as the priest elevates the Sacred Host and then the Precious Blood of Our Lord in the Chalice at Mass.



Today's Gospel also sees Our Lord conferring upon His first priests the sacramental power to absolve penitents of their sins in the Sacrament of Confession: 'He breathed on them; and he said to them: Receive ye the Holy Ghost. Whose sins you shall forgive, they are forgiven them; and whose sins you shall retain, they are retained' (Jn 20:22-23).



And today is also known as Quasimodo Sunday because the opening words in Latin of the Introit, or Entrance Antiphon, are, *Quasi modo geniti infantes*, 'Like newborn infants you must long for the pure spiritual milk that in Him you may grow to salvation' (1 Peter 2:2).

Victor Hugo's protagonist in *The Hunchback of Notre Dame* was called Quasimodo because he was discovered as a foundling on this day.

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**Fr Joseph** would like to say a big 'thank-you' for your generous Easter Offering and for the many cards, gifts, and good wishes. Bless you.

**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 tomorrow, Monday, 13<sup>th</sup> April, after the 10am Mass and rosary for the usual 5 Cs—coffee, cake, chatter, catechism, and chaos. New members welcome.

**ST CARLOS ACUTIS GROUP** for 14-18 year olds will meet on Thursday this week at 7pm. New members welcome.

**THE BOOK CLUB** will meet next on Monday, 8<sup>th</sup> June to discuss *The World's First Love* by Fulton Sheen.

Friday, 1<sup>st</sup> May

**FEAST OF ST JOSEPH THE WORKER**

An invitation to the men of the parish, of all ages (18+), married and single, to join us for an evening of recollection.

*Adoration of the Blessed Sacrament*

*Rosary*

*Confession*

*Benediction*

*followed by a talk in the parish hall  
by Fr Joseph*

Beginning at 6pm in church

**Saturday, 30<sup>th</sup> May**

our second

**Our Lady of Ipswich Walking Pilgrimage**

Starting at different points around the town and converging on St Pancras for the Regina Cæli at 12 noon and Mass at 12:15pm.

More details to follow.

**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, Katherine Humphries, 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: Joseph Clougherty, Edith Dooley, Joseph Howard, Molly Dooley, Tomothy Curran, Constance Johnson, Gillian Firth, Mark Bence-Jones, Cyril Snowling, Jacobus Lammonde, Frederic Parker, Mary Bartolo, William Eyton, Jayaraj, Rose Silburn, Krylo Kostruba, Hugh McCallion, Eric Cudden, Robert Brown, Stephen Guerin, Monica Nichols, Michael Mitchell, Patrick O'Brien, Gladys Woodard, Annamarie Ramsay, Mary King, John McMohan, Rosemary Schlee, Patrick Deenihan, Emilio, Carrino, Edith Dooley, Cornelia van Der-Heijden, and Saetano Gratini. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

**OUR DEANERY**  
**EUCCHARISTIC CONGRESS**

**AND THE**  
**LAUDA SION**

Later this year, from Sunday 6<sup>th</sup> to Sunday 13<sup>th</sup> September, the Ipswich deanery (incorporating parishes across the town and as far north as Woodbridge, Aldeburgh, and Leiston, and as far south as Felixstowe) will be hosting a Eucharistic Congress to mark the golden jubilee of the Diocese of East Anglia which was canonically established by Pope Paul VI in 1976. The focus at the start of the week will be in our Catholic schools, both primary and secondary. From Thursday to Saturday events will take place in our churches across all our parishes. Throughout the Congress, schools and parishes will host times for Adoration of the Blessed Sacrament, times for meditation, guest speakers, teaching and reflection on aspects of our faith in the Blessed Sacrament, recitation of the rosary, and, on the final day, Sunday 13<sup>th</sup> September, a gathering at the Corn Exchange in the centre of Ipswich which will include a Eucharistic Procession through the streets of the town centre and a Mass – the main Mass in the town on this day – at which our Bishop, Peter Collins, will be the principal celebrant. Further details will be made known over the next few weeks and months as plans are confirmed.

The aim of the Eucharistic Congress is to deepen our belief in, and our devotion to, the real presence of Our Lord Jesus Christ in the Blessed Sacrament, and through this deeper devotion to foster a renewed spirit of faith and fervour across the parishes of our deanery.

To help us to give our homage to the Lord with generous hearts, and to make sure we are blessed with as many riches as possible during the week itself, there will be an unfolding programme of preparation. Watch this space.

Here at St Pancras, part of our preparation will be a series of reflections in the weekly newsletter on the great thirteenth century sequence, the *Lauda Sion*. In the course of the year there are several sequences said (or sung) at Mass immediately before the gospel on particular feast days. On Easter Day the sequence is the *Victimæ Paschali* which sings of the joy of St Mary Magdalene at encountering the risen Lord. On Pentecost Sunday we sing the *Veni Sancte Spiritus*, Come Holy Spirit. On the feast of Our Lady of Sorrows in September we sing the *Stabat Mater*, which we also sing during the Stations of the Cross during Lent.

On the feast of Corpus Christi, is sung the *Lauda Sion*, composed by St Thomas Aquinas in about the year 1264 at the command of Pope Urban IV. The sequence has twenty-four strophes (or verses) the last four of which are often sung separately as the hymn, *Ecce panis Angelorum*, Behold the Bread of Angels. For our weekly reflections we shall look at the translation into English (it was originally written in Latin) by the nineteenth century hymn writer and priest of the Birmingham Oratory, Fr Edward Caswall (1814-1878).

We begin in this newsletter with the opening words, *Sion, lift thy voice, and sing*.

DEANERY  
EUCCHARISTIC CONGRESS

6<sup>TH</sup>—13<sup>TH</sup> SEPTEMBER 2026

*to mark the*

EAST ANGLIA  
DIOCESAN GOLDEN JUBILEE  
1976—2026

Eucharistic Adoration

Meditations & Reflections

Guest Speakers

Solemn Rosaries with Meditations

*and more besides.*



ON SUNDAY, 13<sup>TH</sup> SEPTEMBER

**SOLEMN PONTIFICAL MASS**

with Bishop Peter Collins  
in the Corn Exchange in Ipswich

11am

&

**EUCCHARISTIC PROCESSION**

through the streets of our town  
with Solemn Benediction of  
the Blessed Sacrament

~ ~ ~

**Fr Joseph writes:** We start a brand new series of twenty-four reflections on the Corpus Christi sequence, the *Lauda Sion*.

**LAUDA SION PT I**

**SION, LIFT THY VOICE, AND SING**

Sion, lift thy voice, and sing;  
Praise thy Saviour and thy King;  
Praise with hymns thy Shepherd true:

Sion is first mentioned in the Bible in the Second Book of Kings (or 2 Samuel) when King David is recorded as capturing what is to become his city (2 Kings 5:7). In fact, Sion refers to the fortress that he captured as well as to the city itself, and indeed to the hill on which the city stands. In Psalm 147 the names Jerusalem and Sion are used interchangeably: Sion and Jerusalem are one and the same. We first hear of Jerusalem in the Book of Genesis when Melchizedek, the priest and king of the city of Salem, offers a thanksgiving sacrifice to God of bread and wine in the presence of the recently victorious Abram (Gen 14: 18-20). The word *salem* means peace, hence the Hebrew greeting, ‘shalom.’ The first part of the word, *Jeru*, stems from the Hebrew *yry* meaning ‘to found or to lay a cornerstone.’ In other words, Jerusalem is the cornerstone or foundation of peace from which an offering of bread and wine was made to God. The old part of the City of David dates back to at least the fourth millennium BC and was made up of encampments of nomadic shepherds.

In the first two words of the *Lauda Sion*, then, we have references to the hilltop fortress captured by David and therefore to the strength of God, as well as references to David’s kingship and his royal line, to the Good Shepherd, to the God of peace, and to a priestly offering of bread and wine, all of which are essential elements of our understanding of who and what the Blessed Sacrament is.

In the first stanza of the Corpus Christi sequence we are called to raise our voices in hymns of praise to the Holy Eucharist – the Sacramental Body of Christ – who is present before us as our Shepherd who will teach and guide us along the right path; as our Saviour who saves us from our sins and sanctifies us; and as our King who governs and orders our ways according to His will.

In Masses for the Dedication of a Church we see that the Catholic Church Herself is likened to Mount Sion and to the heavenly city, the new Jerusalem. So it is, then, that the opening words of the sequence are placed on the lips of the Church Herself, as it were, as She – the Mystical Body of Christ – is called upon to sing the praises of Her Lord for the Church, as the continuation in time of His presence here on earth, also has the three-fold task of teaching, sanctifying, and governing God’s people.

On the glorious feast of Corpus Christi, then, the whole Catholic Church across the world lifts its voice in song to laud and praise the Incarnate Son of God who is truly present before us in the Blessed Sacrament.

REGULAR  
PARISH GROUPS & EVENTS

**Online calendar:** please go to our online calendar to see details of all our parish groups and events: [stpancraschurch.org.uk/calendar/](http://stpancraschurch.org.uk/calendar/)

**Tea & coffee** every Sunday in the parish hall following the 9:30 and 11am Masses. All welcome

**Parish coffee morning** in the parish hall every Friday following the 10am Mass & rosary. All welcome.

**Church cleaning group** every Friday morning following the 10am Mass & rosary. New volunteers welcome.

**Wednesday Evening Talks** at 7pm (following the 6pm Mass & rosary) throughout the autumn and spring. (Suspended for the time being.)

**Thursday Lunches** are held every second Thursday of the month at 1pm. (Every week in Lent.) These are social events and everyone is welcome. The lunch is free, although we invite donations to Mary's Meals.

**St Carlo Acutis Group** (for 14-17 year olds) every first Thursday of the month at 7pm in the church followed by discussion and games in the parish hall until 9pm. Newcomers welcome.

**Catholic Mothers' Group** for mums & toddlers every second Monday of the month in the parish hall at 11am (following the 10am Mass & rosary). Newcomers welcome.

**Book Club** every quarter (on the second Monday of March, June, September, and December) in the parish hall at 7pm. All welcome.

**Catholic Young Adults, CYA**, (for 18-35 year olds). This group is enjoying an extended break for the moment. Watch this space for updates.

**The Pancratius** is our monthly newsletter for younger readers (5-15 years old) packed with fascinating facts about the Catholic Faith and the Church, quizzes, jokes, suggested reading, and activities. Please feel free to take a copy or two.

**The Parish Choir** sings at the 11am Mass on Sundays and at the 7pm Mass on Holy Days. Rehearsals are on Fridays at 8pm. If you would like to join our choir please speak to Fr Joseph.

**Brass cleaning** Our team has been reduced recently and we are looking for more volunteers (once a month or thereabouts). If you might be able to help, please speak to Fr Joseph.

**FIND Ipswich** (Families in Need) Dry foodstuffs and personal care items may be left in the barrel at the back of the church for local people in need.

**The Traditional Latin Mass** (TLM—1962 Missal) is said every 2<sup>nd</sup> Sunday of the month at 8am, and usually on Tuesday mornings at 8am.

STANDING NOTICES

**A warm welcome** to new parishioners and visitors. If you have recently moved to the area please complete one of the Contact Details postcards at the back of the church and return it to Fr Joseph. Thank you.

**Masses may be said** for the living and the dead. Please enter the details on one of the Mass Offering envelopes available at the back of the church, place your offering inside the envelope, and return it to Fr Joseph. A typical offering is £10 for each Mass requested. We cannot guarantee your preferred date for the Mass but we will get as close to it as possible. Thank you.

**Going into hospital** by appointment or in an emergency? Please let Fr Joseph know. Ipswich hospital has a lay Catholic chaplain, Mrs Rachel Tearle, a member of St Mark's parish and an experienced nurse. If you would like support from the chaplaincy team, please refer by calling 01473 704100 or by sending an e-mail to [chaplaincy@esneft.nhs.uk](mailto:chaplaincy@esneft.nhs.uk) For urgent chaplaincy needs 24/7, please call the switchboard at 01473 712233 and ask for the on-call chaplain. When making a referral, please provide the patient's name, ward (if known), and your contact details in case further information is needed.

**Call a Priest** in an emergency! If someone is dying, do not wait but call a priest to administer the Last Rites. If Fr Joseph is not immediately available, call one of the other priests in a nearby parish.

**Gift Aid.** If you are a British taxpayer but have not yet completed a Gift Aid form please do so. You can add considerably to the income of the parish at no further cost to yourself. Gift Aid forms are available at the back of the church. Completed forms should be returned to Fr Joseph. Thank you.

**Legacies** can provide much needed financial support to parishes. Please consider leaving a legacy in your will for St Pancras Catholic Church, Ipswich. Thank you.

**Sunday sermons** may be found on our parish website.

**Tuesday** is Fr Joseph's day off. The phone, the doorbell, and e-mails are unlikely to be answered on Tuesdays.

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Please consider making a **STANDING ORDER** instead of a weekly cash contribution to the parish. Our bank details:  
**BANK:** Barclays Bank. **ACCOUNT NUMBER:** 00775843.  
**SORT CODE:** 20-44-51 **ACCOUNT NAME:** St Pancras Catholic Church.



Our parish is part of the East Anglia Roman Catholic Diocesan Trust: registered charity no. 278742

The QR code will take you to our Dona machine donation page.

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The parish **SAFEGUARDING REPRESENTATIVE** may be contacted by anyone of any age, at any time, with any safeguarding concerns:

Mim McMahon: 01394 274395 or 07813199275  
[mim@trianglemusic.info](mailto:mim@trianglemusic.info) or [mim.macmahon@gmail.com](mailto:mim.macmahon@gmail.com)

Or contact the **DIOCESAN SAFEGUARDING CO-ORDINATOR**,  
Liam Sainsbury: 07931 952626  
[liam.sainsbury@rcdea.org.uk](mailto:liam.sainsbury@rcdea.org.uk)