

# 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 A  
Weekdays: Yr 2

May is dedicated  
to the Blessed Virgin Mary

## Sunday 10<sup>th</sup> May 2026

*Dom. V post Pascha*

8am (TLM) — Maria de Lourdes  
Nogueira RIP

*6<sup>th</sup> Sunday of Easter*

09:30 — Agnes Ogundiran's int.

11:00 — Pro Populo

## Monday 11<sup>th</sup> May

*Easter feria*

10am — Halina Chrzastowska RIP

## Tuesday 12<sup>th</sup> May

*St Pancras*

8am (TLM) — Special int.

12:15pm — Pro Populo

## Wednesday 13<sup>th</sup> May

*Our Lady of Fatima*

6pm — Thomas Reilly RIP

## Thursday 14<sup>th</sup> May **HOLY DAY OF OBLIGATION**

*The Ascension*

8am (TLM) — Clergy of the Parish RIP

12:15pm — Benefactors of the Parish

7pm — Pro Populo

## Friday 15<sup>th</sup> May

*Our Lady of Ipswich*

10am — Olga Harant RIP

## Saturday 16<sup>th</sup> May

*St Simon Stock*

10am — Holy Souls

*Vigil of the 7<sup>th</sup> Sunday of Easter*

6pm — Holy Souls

## Sunday 17<sup>th</sup> May

*7<sup>th</sup> Sunday of Easter*

09:30 — Maria de Lourdes Nogueira RIP

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

## *This Week...*

### THE FEAST OF OUR PATRON, ST PANCRAS

**Tuesday, 12<sup>th</sup> May**

Masses at: 8am (TLM) & 12:15pm

Confessions before both Masses, rosary after the 8am Mass.

### THE ASCENSION OF OUR LORD JESUS CHRIST

**HOLY DAY OF OBLIGATION**

**Thursday, 14<sup>th</sup> May**

Masses at: 8am (TLM) 12:15pm 7pm (sung)

Confessions before each Mass — rosary after 12:15pm Mass.

*'Ye men of Galilee, why stand you looking up to heaven? alleluia:  
This Jesus who is taken up from you into heaven, shall so come,  
as you have seen Him going into heaven. Alleluia, alleluia, alleluia!'*

### OUR LADY OF IPSWICH

**Friday, 15<sup>th</sup> May**

Mass at 10am with hymns.

Confessions before and rosary after Mass.

### DOORS OF GRACE YOUTH GATHERING

For ages 18+

**Saturday 23<sup>rd</sup> May**

St Mary's, Woodbridge Rd, 1pm—5pm.

Adoration, Mass, Confessions, a talk, and games.

Supported by Anointing Fire Catholic Ministries (AFCM)

See the poster at the back of church for details or go to: [afcmuk.org/youth](http://afcmuk.org/youth)

### CHILDREN'S PILGRIMAGE TO WALSINGHAM

**Tuesday, 26<sup>th</sup> May**

10:45 Walk from the village to the Slipper Chapel

12:00 Mass at the Chapel of Reconciliation

### OUR LADY OF IPSWICH WALKING PILGRIMAGE

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

Our second such walk, starting at different points around the town and converging on St Pancras for the Angelus at 12 noon and Mass at 12:15pm. See the poster at the back of church for details.



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.

DIOCESAN JUBILEE 1976—2026

IPSWICH DEANERY EUCHARISTIC CONGRESS  
6<sup>th</sup>—13<sup>th</sup> September 2026

A week-long series of events including Adoration of the Blessed Sacrament, a Eucharistic procession through the town, keynote speakers, and Mass with the Bishop of East Anglia at 11am on Sunday 13<sup>th</sup> September at the Corn Exchange.

*Put the dates in your diary now!*

**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.

**GARDENER** Can you spare a few hours to keep our flower borders and green patches tidy? If so, please contact Fr Joseph. Thank you.

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**IN THE IMAGE OF GOD** A Christian Institute meeting looking at topics such as assisted suicide and gender ideology. Tuesday, 12<sup>th</sup> May 7:30pm at the Kesgrave Baptist Church, Cambridge Rd.

**DIOCESAN RETREAT DAY FOR WOMEN** (*The retreat on 23<sup>rd</sup> May is booked up so there is now an additional date*) Saturday, 6<sup>th</sup> June. 10:30am—4:40pm in Dereham, Norfolk. [rcdea.org.uk/east-anglia-diocese-announces-retreat-day-for-women/](http://rcdea.org.uk/east-anglia-diocese-announces-retreat-day-for-women/)

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

**MARRIAGE CELEBRATION MASS**

Saturday, 13<sup>th</sup> June

11:30am at the Cathedral in Norwich

[rcdea.org.uk/marriage-mass-registration/](http://rcdea.org.uk/marriage-mass-registration/)

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**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, Jacqueline Lothian, 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: Margaret Fennessy, Stepan Pzypchan, John King, Elizabeth Dillon, Grahame Rodwell, Larry Kilbane, John Woodward, Cecile Kett, Rose Jacyna, Margaret Doherty, Marie Bondarenko, Joseph Carr, Maureen Bavester, Maureen Davies, William Hawkes, Douglas Squirrel, Mary Clark, Kate Roche, Elsie Banham, Pamela Crawford, Margaret Evans, Ron Keavey, Gladys Hrycyk, Sara Jordan, Ellen Keenan, Ethel Bradford, Gabrele Kaninski, Alfons Kuszewski, Lilian Fitzpatrick, and Joshua Harris. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

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**Fr Joseph writes:** The fifth strophe of the Lauda Sion

**LET THE PRAISE BE LOUD AND HIGH**

Let the praise be loud and high;  
Sweet and tranquil be the joy  
Felt to-day in every breast;

There are certain feast days in the Church's year that leave the soul leaping for joy and feeling a thrill of exaltation. Indeed, St Philip Neri (d.1595) said, 'It is as a general rule a bad sign when a man has not a particular feeling of devotion on the chief feasts of the year.' Christmas is one such feast, as is Easter. The solemn feast of Corpus Christi is another, when we see the glory of God come down to us upon our altars to be surrounded in ceremony and ritual – and carried in procession – for our adoration, our sanctification, and our salvation. On these days, 'let the praise be loud and high.'

It has become a fashion in modern times to play down any sense of triumph for fear that it betrays a spirit of conquest or superiority. We are not supposed, in our egalitarian age, to think that we might be possessed of something that is greater, or finer, or more accomplished than that which is possessed by another. In the modern mindset of tolerance, we are expected to bow down before the ideas, and whims, and preferences of every novelty to which society takes a fancy. Yet St Paul warns us against being 'tossed to and fro, and carried about with every wind of doctrine by the wickedness of men' (Eph 4:14). The truth is that in our Catholic Faith – the crown of which is the Holy Mass, and the jewel in which crown is the Blessed Sacrament Himself – we are possessed of something about which we should shout, and about which Our Lord Himself told us to 'preach ye upon the housetops' (Mt 10:27). The Holy Eucharist is, after all, 'a fire which inflames us,' as St John Damascene said. Besides, Christ *has* conquered. With regard to the defeat of Satan, it says in the Preface for the Mass of the Holy Cross, 'that he who conquered by the tree, by the tree also might be conquered.' Christ has defeated the devil and all his works, and has shown his promises to be empty. Indeed, on the Cross, Christ has defeated the most pitiless consequence of sin and the fiercest weapon of the devil, namely death itself: 'O death, where is thy victory? O death, where is thy sting?' (1 Cor 15:55).

It is difficult to know what we may ever feel triumphant about in life if we may not feel exhilarated by Christ's victory over death itself!

And here, in the Blessed Sacrament, we have the presence of the One who has gained this victory on our behalf and who now wills us to be united to Him in His victory, and one day to join Him in the glory of His resurrection for ever in heaven. How sweet the thought of such a union with Our Blessed Lord, and how tranquil our beating hearts may become whatever the trials we may yet face in this vale of tears.

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