

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 A
Weekdays: Yr 2

May is dedicated to
the Blessed Virgin Mary

Sunday 24th May 2026

Pentecost

8am (TLM) — Pro Populo

09:30 — Maria de Lourdes Nogueira RIP

11:00 — Fr Daniel Seward

Monday 25th May

Monday in the Octave of Pentecost

9:30am (TLM) — Dn Bill Dimelow RIP

Tuesday 26th May

Tuesday in the Octave of Pentecost

9:30am (TLM) — Special int.

Wednesday 27th May **EMBER DAY**

Wednesday in the Octave of Pentecost

9:30am (TLM) — *Domus* of the Parish

Thursday 28th May

Thursday in the Octave of Pentecost

9:30am (TLM) — Holy Souls

Friday 29th May **EMBER DAY**

Friday in the Octave of Pentecost

9:30am (TLM) — Ann Studd RIP

Saturday 30th May **EMBER DAY**

Note: there is no 10am Mass today.

Mass of Our Lady of Grace

12:15pm — Celebrant's int.

Vigil of Trinity Sunday

6pm — Joan Elliott RIP

Sunday 31st May

Trinity Sunday

09:30 — The Guild of St Pancras

11:00 — Gretta Cummings RIP

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: 14th June.)

'And when the days of the Pentecost were accomplished, they were all together in one place: And suddenly there came a sound from heaven, as of a mighty wind coming, and it filled the whole house where they were sitting. And there appeared to them parted tongues as it were of fire, and it sat upon every one of them: And they were all filled with the Holy Ghost.' (Acts 2:1-4)

On the great feast of

PENTECOST

and on the days that follow,

why not say each day the Prayer to the Holy Spirit?

Come, Holy Spirit, fill the hearts of Your faithful, and enkindle in them the fire of Your love.

Ÿ. Send forth Your Spirit and they shall be created.

Ŕ. And You shall renew the face of the earth.

Let us pray: O God, Who has taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of the same Holy Spirit we may be always truly wise and ever rejoice in His holy consolation. Through Christ Our Lord. Amen.

OUR LADY OF IPSWICH WALKING PILGRIMAGE

Saturday, 30th May

Our second such walk, starting at different points around the town and converging on St Pancras.

Meet in Lady Lane at 11:30am

We will pray the rosary as we walk to St Pancras where we will be joined at 12 noon by pilgrims from the other parishes of Ipswich.

(The rosary will be said in St Pancras at 11:30 for those who are not walking.)

Mass in honour of Our Lady of Ipswich at 12:15pm

See the poster at the back of church for details.



TRANSFERRED FEAST OF CORPUS CHRISTI — SUNDAY, 7TH JUNE

CORPUS CHRISTI PROCESSION — 3PM

In this year of the jubilee of the founding of our diocese of East Anglia 1976-2026 the Bishop has particularly asked that all parishes hold a Corpus Christi procession. Please join us to worship Our Lord Jesus Christ truly present in the Most Holy Sacrament of the Altar.



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.

The Veni, Sancte Spiritus — The Sequence for the feast of Pentecost

Veni, Sancte Spiritus,
et emitte caelitus
lucis tuae radium.

Holy Spirit, Lord of light,
From Thy clear celestial height
Thy pure beaming radiance give.

Veni, pater pauperum,
veni, dator munerum,
veni, lumen cordium.

Come, Thou Father of the poor,
Come with treasures which endure,
Come, Thou Light of all that live.

Consolator optime,
dulcis hospes animae,
dulce refrigerium.

Thou, of all consolers best,
Thou, the soul's delightful Guest,
Dost refreshing peace bestow.

In labore requies,
in aestu temperies,
in fletu solatium.

Thou in toil art comfort sweet,
Pleasant coolness in the heat,
Solace in the midst of woe.

O lux beatissima,
reple cordis intima
tuorum fidelium.

Light immortal, Light divine,
Visit Thou these hearts of Thine,
And our inmost being fill.

Sine tuo numine,
nihil est in homine,
nihil est innocium.

If Thou take Thy grace away,
Nothing pure in man will stay;
All his good is turned to ill.

Lava quod est sordidum,
riga quod est aridum,
sana quod est saucium.

Heal our wounds; our strength renew;
On our dryness pour Thy dew;
Wash the stains of guilt away.

Flecte quod est rigidum,
fove quod est frigidum,
rege quod est devium.

Bend the stubborn heart and will;
Melt the frozen, warm the chill;
Guide the steps that go astray.

Da tuis fidelibus,
in te confidentibus,
sacrum septenarium.

Thou, on those who evermore
Thee confess and Thee adore,
In Thy sevenfold gifts descend:

Da virtutis meritum,
da salutis exitum,
da perenne gaudium.

Give them comfort when they die,
Give them life with Thee on high;
Give them joys that never end.

*Traditionally (until 1969) the Church observed an Octave of Pentecost.
Why not pray the Prayer to the Holy Spirit or the Veni, Sancte Spiritus each day this week?*

Suggested reading on the Holy Spirit and Pentecost:

Ember Days

The Seven Steps to Sanctification: How to Awaken the Gifts of the Holy Spirit Within You by Walter Farrell and Dominic Hughes
The Paraclete: A Manual of Instruction & Devotion by Marianus Fiege
The Holy Spirit in Christian Life by Pere Gardeil
The Gifts of the Holy Ghost by John of St Thomas
The Seven Gifts by Bernard J. Kelly
An Explanation of the Veni Sancte Spiritus by Nicholas Gihl
The Sanctifier by Luis M. Martinez

... are traditional days of fasting and prayer. Why not use this week's Ember Days to fast and pray that the fire of the Holy Spirit might be ignited in your own soul so that your soul may be purified of sin and may come to burn instead with the fire of God's love?

Veni, Sancte Spiritus

FR JOSEPH will be taking a break this week. As a result Mass times will be different, Monday to Friday, and again on Saturday because of the Walking Pilgrimage in honour of Our Lady of Ipswich. Please see over for details.

FR LEEDER The headstone on Fr Leeder's grave has now been put in place. A blessing will be arranged soon. Please watch this space for details.

DIOCESAN JUBILEE 1976—2026

IPSWICH DEANERY EUCHARISTIC CONGRESS 6th—13th 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 on Sunday 13th September at the Corn Exchange.

Put the dates in your diary now!

CHILDREN'S PILGRIMAGE TO WALSINGHAM on Tuesday, 26th May: 10:45 Walk from the village to the Slipper Chapel followed by 12:00 Mass at the Chapel of Reconciliation.

RECOLLECTION: On Monday, 1st June, an afternoon of Recollection for women at 2:00 p.m. and Evening of Recollection for men 6.30pm for coffee and a 7pm start. The meditations will be given by a priest of Opus Dei, Fr. Paul Diaper.

ST CARLO ACUTIS GROUP (14—18 year olds) meets next on Thursday, 4th June.

DIOCESAN RETREAT DAY FOR WOMEN Saturday, 6th June. 10:30am—4:40pm in Dereham, Norfolk. rcdea.org.uk/east-anglia-diocese-announces-retreat-day-for-women/

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

MARRIAGE CELEBRATION MASS Saturday, 13th June 11:30am at the Cathedral in Norwich. Go to: rcdea.org.uk/marriage-mass-registration/

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: Bernard Griss, Mary Gorham, Harry Taylor, Reginald Reeve, Joan Barry, Laszlo Heyges, Patsy Thompson, Norah Felton, Rowland Hanlon, Stanley Smith, Nell Gibson, Peter Klipalo, Fr Mieczyslaw Stasz, Dorothy Green, Belinda Pearson, Anthony Kelly, Mario Brocchi, Doyle Dunn, Frederick Daly, May Martin, Cyril Marsbury, Beatrice Stoppard, Leon Stapel, Edith Reid, Samuel Pagnillo, Myles Kelly, and Kenneth Pickering. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: We continue our series of reflections on the Blessed Sacrament using the Lauda Sion sequence from the feast of Corpus Christi as our starting point. This week, strophe seven.

ON THIS TABLE OF THE KING

On this Table of the King,
Our new Paschal offering
Brings to end the olden rite;

This reference to the 'Table of the King' reminds us that neither the Last Supper in the Upper Room nor our daily Mass today is a meal even though, in recent decades, the meal aspect of the Mass has sometimes been emphasized at the expense of its grandeur. Certainly, there are meal aspects to the celebration of Mass, although this dimension of the Mass would be better described as a banquet. A banquet involves preparation, ceremony, and ritual, as well as the finest foodstuffs, glassware, table linen, and crockery imaginable. Moreover, the guests at a banquet are on their best behaviour and come dressed in their finest clothes. (Which is why we should dress up when we come to Mass, and not dress down.) A banquet is a far cry from a meal. No, the Mass is not a meal.

The Last Supper of Our Lord demanded preparation (all three of the Synoptic Gospels, Matthew, Mark, and Luke, tell us how Christ sent His Apostles to make things ready) because it was the annual celebration of the Passover remembrance of the Jewish people. The ritual for this time was laid down carefully in chapter 12 of the Book of Exodus. Nothing was left to chance, and no element went unprescribed: exactly what was to be done, and how it was to be done, was laid down. So it is with the Mass. What the priest does, what he is to say, what he is to wear, and the materials and utensils that he makes use of (including rules about the bread and wine to be used) are all specified by the Church Herself. Nothing is left to the whim of the individual priest. Likewise, the participation of the people – their respective roles, prayers, and gestures – are laid down also.

The altar in a Catholic church is sometimes referred to as a table, or as 'the board,' because we are being reminded that we are being fed with the Bread of Life, and this is certainly the chief emphasis in the feast of Corpus Christi. Even so, we see in the Mass the union of two distinct actions on the part of Christ. In the Mass we see Our Lord offering Himself upon the Cross, to the Father on our behalf, in a sacrifice that will ransom back from the Father the gifts once given to Adam but forfeited by him in the Garden of Eden. At the same time, we see in the Mass the Sacrament of Our Lord's Body and Blood, made truly present for us so that our souls may be nourished by the very Body that was sacrificed, and by the very Blood that was shed, now given to us in the form of Holy Communion. Together, in every Mass, we have both *sacrifice* and *sacrament*: altar and table.

In this new Paschal sacrifice, the Passover of the Old Testament is brought to a close, and the King's royal and heavenly banquet is inaugurated.

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/

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 2nd 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 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.

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.

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 *or* mim.macmahon@gmail.com

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