

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
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Parish Priest:
Fr Joseph Welch

Sundays: Yr A
Weekdays: Yr 2

June is dedicated
to the Sacred Heart of Jesus

Sunday 31st May 2026

Feast of the Most Holy Trinity

09:30 — The Guild of St Pancras

11:00 — Gretta Cummings RIP

Monday 1st June

St Justin

10am — Pro Populo

Tuesday 2nd June

Votive Mass of the Guardian Angels

9:30am (TLM) — Special int.

Wednesday 3rd June

Ss Charles Lwanga & Comps.

6pm — Jossy Joseph RIP

Thursday 4th June

Traditional feast of Corpus Christi

8am (TLM) — Pro Populo

Votive Mass of Corpus Christi

12:15pm — Holy Souls

Friday 5th June

St Boniface

10am — David Arms RIP

Saturday 6th June

St Norbert

10am — Deacon Alan McMahon

Vigil of the transferred feast of

Corpus Christi

6pm — Holy Souls

Sunday 7th June

Transferred feast of Corpus Christi

09:30 — Maria de Lourdes Noguiera RIP

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: 14th June)



NEXT SUNDAY

**TRANSFERRED FEAST OF CORPUS CHRISTI
SUNDAY, 7TH JUNE**

with a

**CORPUS CHRISTI
PROCESSION AT 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.

The traditional feast of Corpus Christi will be marked this Thursday, 4th June, with a Mass at 8am

PARISH FIRST HOLY COMMUNIONS

Sunday, 14th June at the 9:30am Mass

(Please note: the 11am Mass will start later than usual, at 11:30am.)

Please pray for our children as they make their final preparations.

On today's feast of

THE MOST HOLY AND UNDIVIDED TRINITY

it is worth recalling why we are commanded to keep Sundays holy, and what this means in practice. Having created the world, God rested on the Sabbath 'and sanctified it' (Gen 2:3). As one of the Ten Commandments God then commanded us to keep the sabbath day holy (Ex 20:8). Following the resurrection of Our Lord on the first day of the week, the Church observes Sunday as the holy day dedicated to God (see Acts 20:7). On Sundays, then, we are commanded to rest, to abstain from servile labour, and to sanctify the day. For Catholics, Sunday is not so much a family day as God's day. Our first duty is to go to Mass and worship the Lord our God. Our second duty is to rest and abstain from servile labour, which means not undertaking any paid work (which is, as we know, difficult in our society today but we should try to adjust our work schedules if we can) nor undertake ordinary household duties such as housework or shopping that can be done on other days. Light and creative work, such as gardening or hobbies, may be undertaken, but not instead of going to Mass! In addition, we are to sanctify the day which means giving it to God through some spiritual reading, or special prayers that we might say only on Sundays, or saying the rosary, or attending any Sunday afternoon services when they are available (such as Stations of the Cross in Lent, or a Corpus Christi Procession, or October devotions, and so on).



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
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!

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.

RECOLLECTION: for Women 2—4pm and for Men 7—9pm on Monday 1st June with 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 CATHOLIC MOTHERS' GROUP meets on Monday 8th June after the 10am Mass and rosary.

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, Olivia Katina, 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: William Kavanagh, Sarah Ling, Hannah Godbold, Ann Studd, Thomas Vineyard, Francis Manning, Carmella Stavolo, John Scott, Stanislaw Lodzinski, Herbert Becker, Joseph Czech, Wasyl Gechko, Anne Bulbeck, Josephine Coulthrust, Sheila Young, Frederick Evans, Mildred Clements, Emelinda Ragucci, Susan McConville, George Krol, Mary Perry, Josef Schoeben, Alice Kavanagh, Jessi Rynell, Marie Hayward-Farmer, Josephine Pryce, Giovanna Petryszyn, and Chris Eatwell. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

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Fr Joseph writes: Our eighth reflection:

HERE, FOR EMPTY SHADOWS FLED

Here, for empty shadows fled,
Is Reality instead;
Here, instead of darkness, Light.

One of the most famous hymns of St John Henry Newman is 'Lead, Kindly Light' in which the convert from Anglicanism sings of his desire to move from the darkness of unbelief – or, at least, from an incomplete faith – to the light of the fulness of truth. The material world held out, for Newman, only glimpses or shadows of an eternal reality which could only be summed up, and fully encountered here on earth, in the fulness of the Catholic Faith and the Church's liturgy. The hymn might be summarized in Newman's own phrase, *Ex umbris et imaginibus in veritatem*, 'from the shadows and images into the truth.'

The whole of the Old Testament is unfolded for us as a preparation for what is to be revealed in the Person of Our Lord Jesus Christ. St Augustine said of Sacred Scripture, 'The new is in the old concealed; the old is in the new revealed.' And indeed Our Lord Himself said that He had not come to abolish the law or the prophets but to fulfil them (Mt 5:17). As St Paul points out in his Letter to the Hebrews, the old rituals were but the shadows – the foretelling – of the reality to come (Heb 10:1).

Nowhere is this more true than in the case of the Pass-over Lamb, sacrificed by the Hebrew people on the night that the Angel of Death passed over the houses of the land of Egypt. On that night the hand of God freed His chosen people from slavery and death and led them through the waters of the Red Sea and onwards to the promised land, feeding them with manna from heaven along the way.

So it is now in the Mass. Christ, the Lamb of God, is sacrificed on the Cross to free His people from sin and the eternal death of hell, to lead them through the waters of Baptism, and on towards the promised land of heaven, feeding them with the Living Bread – His own flesh and blood in the Holy Eucharist – along the way of life's journey.

The Corpus Christi procession – and all Eucharistic processions such as we might partake in during Eucharistic Congresses – are a reflection of that long journey through the desert. It does not take forty years to walk from the Red Sea, across the Sinai Peninsula, and into the land of Canaan, a journey of around 150 miles. The journey was prolonged because of the people's hardness of heart, their infidelities, their complaints, and their wanderings from the path that God had willed them to follow. Whereas they were guided by a pillar of cloud by day and a pillar of fire by night (Ex 13:21), at least initially until they took their eyes off the signpost given them by God, we have before our eyes – in Eucharistic processions and indeed throughout our lives – the One who declared Himself to be the Light of the World (Jn 8:12). If we follow Him, we shall have 'here, instead of darkness, light.'