

# 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

June is dedicated  
to the Sacred Heart of Jesus

## Sunday 21<sup>st</sup> June 2026

*12<sup>th</sup> Sunday of the Year*

09:30 — Antelmo Alves Almada RIP

11:00 — Pro Populo

## Monday 22<sup>nd</sup> June

*Ss John Fisher & Thomas More*

10am — Jean Pierre Poujol RIP

## Tuesday 23<sup>rd</sup> June

*Vigil of the Nativity of John the Baptist*

8am (TLM) — Special int.

## Wednesday 24<sup>th</sup> June

*Nativity of John the Baptist*

6pm — Giovanni de Pasquale RIP

## Thursday 25<sup>th</sup> June

*Feria*

12:15pm — Holy Souls

## Friday 26<sup>th</sup> June

*Dedication of the Cathedral*

10am — for Bishop Peter & the Diocese

## Saturday 27<sup>th</sup> June

*Our Lady of Perpetual Succour*

10am — Private int.

*Vigil of the transferred feast of*

*Ss Peter & Paul*

6pm — Private int.

## Sunday 28<sup>th</sup> June 2026

*Transferred feast of Ss Peter & Paul*

09:30 — Theresa Cleary's int.

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: 12<sup>th</sup> July)

~ ~ ~

## IT'S SUMMER !

*‘When the branch thereof is now tender, and the leaves come forth,  
you know that summer is nigh.’*

*Mt 24:32*

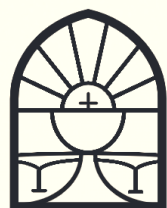
It's high summer, and on Wednesday the feast of the Nativity of St John the Baptist will mark what has sometimes been called 'mid-summer Christmas.'

If you are travelling this summer, then I wish you happy holidays, and hope that you get some rest and relaxation. But please remember not to take a holiday from God! Internet searches will quickly show you where your nearest Catholic church and Sunday Mass is to be found.

Our churches are houses of God and of prayer. Please dress appropriately, even in warm weather, and not as if you were on the beach or at a BBQ. Shoulders and arms should be covered, and legs too! Remember, the Lord does not 'take pleasure in the legs of a man' (Ps 146:10), no, nor in the legs of a woman either!

And although it is tempting in hot temperatures, please do not eat or drink in church, even from a water bottle. You are likely to be in church for only an hour, or perhaps less. We can all survive one hour without a gulp of water!

## DIOCESAN JUBILEE 1976—2026



**IPSWICH DEANERY**  
**EUCCHARISTIC 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 on Sunday 13<sup>th</sup> September at the Corn Exchange.

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 in this golden jubilee year of our diocese.

For more details, and to book tickets, please go to:  
[eucharisticcongressipswich.org](http://eucharisticcongressipswich.org)



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.

## TWO SECOND COLLECTIONS

This weekend — 20<sup>th</sup>/21<sup>st</sup> June  
in support of Life Charities

[www.dayforlife.org](http://www.dayforlife.org)

\* \* \*

Next weekend — 27<sup>th</sup>/28<sup>th</sup> June  
for Peter's Pence

-----  
**MARCH FOR LIFE** Saturday, 5<sup>th</sup> September in London. For a seat on the coach from Ipswich contact Sarah: 07522 289449. If you are making your own way there, contact Antonia Brathwaite to be put in touch with other people from East Anglia at: [mflcoordinator@rcdea.org.uk](mailto:mflcoordinator@rcdea.org.uk)

**ST ALBAN'S SCHOOL** is looking for new school governors. If you think you could offer your time and expertise, or would simply like to know more, please contact: [STACHairofgovs@stalbans-staff.org](mailto:STACHairofgovs@stalbans-staff.org)

Other local Catholic schools are also looking for new governors. Please speak to Fr Joseph

**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.

-----  
**PARISH MAGAZINE** The deadline is still a little way off yet (13<sup>th</sup> September) but we would like to encourage new contributors with any interesting articles you may have about your travels, pilgrimages, and holidays, as well as poems, jokes, recipes, gardening tips, memories of our parish, and so forth. Contributions should be sent to: [st.pancras.magazine@outlook.com](mailto:st.pancras.magazine@outlook.com)

-----  
**Sick List** Prayers are asked for Peter Arms, Jim Convey, Vincent Convey, Larry Crowley, Alan Cutbush, Ciro Dellabella, Evelyn Flach, Halina Gajewska, Katherine Humphries, Olivia Katina, 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 Jaqueline Lothian, Sue Coppens Browne, and Richard Sagrera, all of whom have died recently, and for all whose anniversaries occur at this time: Jennifer Quinton, Dorothy Roper, Mary Lush, Camille Milambo, Fr Joseph Sweeney, Thomas McCarthy, Frank Flemming, Anthony Sabbatella, Elizabeth Matthews, Thomas Dooley, Lilian Welham, Jan Solowiej, Mrs Farrelly, Mary Cork, Iris Church, William McNally, John Acott, Patrick Curran, Ailen Zlotex, Margaret Tople, Francesco Tucciapone, and John Kennedy. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

**Fr Joseph writes:** We continue to prepare for our local Eucharistic Congress in September by reflecting on the Blessed Sacrament using the translation of the *Lauda Sion* by Fr Edward Caswall (d.1878). Today, the eleventh verse:

### HEAR WHAT HOLY CHURCH MAINTAINETH

Hear what holy Church maintaineth,  
That the bread its substance changeth  
Into Flesh, the wine to Blood.

The words of Sacred Scripture may be interpreted in many different ways. Even the devil may quote Scripture, as an old English saying has it. How, then, are we to know which is the correct, the authentic, interpretation?

In the Traditional Latin Mass, when someone received Holy Communion from the hands of a bishop he would kiss the bishop's ring first and then receive Christ's Sacred Body. To our modern eyes this seems a strange custom, almost as if the rank of the bishop was being placed above the presence of Our Lord. In fact, it is the opposite because kissing the ring was an act of faith in the divine authority of the Church by which we know who it is that we are receiving in Holy Communion. It is the Catholic Church, founded by Christ, that teaches us that what we receive in Holy Communion really is the Sacred Body and Blood, Soul and Divinity of Our Lord Jesus Christ. If the Catholic Church had not taught us the truth of this divine mystery we would have no means of knowing that it is so. We would assume – as so many assume who have rejected the authority of the Catholic Church – that Christ's presence in the Holy Eucharist is merely symbolic.

From the earliest days of the Church, the saints have taught the sacramental truth of Christ's presence in the Holy Eucharist over and above the idea that Christ's presence is only symbolic. St Ignatius of Antioch affirmed, in AD 110, that the Eucharist 'is the flesh of our Saviour Jesus Christ.' St Justin Martyr, in AD 151, followed suit and professed that in the Eucharist 'is both the flesh and the blood of that incarnated Jesus.' St Irenæus, Clement of Alexandria, Origen, St Cyprian of Carthage, St Cyril of Jerusalem, St Augustine, and many other Fathers of the Church besides, have all attested to the reality of the Holy Eucharist as the flesh and blood of Our Lord.

Theodore of Mopsuestia (d. 428) points out that Our Lord did not say, 'This is a symbol of my body' but 'This is my body.' Our Lord likened Himself to many other things such as water, sap, a vine, a door, a good shepherd, light, a bridegroom, a temple, and a cornerstone, to name but some. Yet only in the case of the Holy Eucharist did He turn the object and the subject of the sentence around and say, at the Last Supper, 'This is my body... this is my blood.' It is the voice of the authentic teaching authority of the Catholic Church, made clear in the teachings of her saints, and Councils, and popes down the ages, that consistently proclaim the true meaning of Our Lord's words in the Upper Room on the night before He died.

The holy Catholic Church does indeed maintain, and has always maintained, 'that the bread its substance changes into Flesh, [and] the wine to Blood' in the words of consecration at Mass.