

# THE CATHOLIC PARISH OF ST PANCRAS, IPSWICH

*Deum diligere et quæ sunt Dei*

‘To love God and the things of God’

The Presbytery  
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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 7<sup>th</sup> June 2026

*Transferred feast of Corpus Christi*

09:30 — Maria de Lourdes Nogueira RIP

11:00 — Pro Populo

## Monday 8<sup>th</sup> June

*Feria*

10am — Sue Coppens-Browne RIP

## Tuesday 9<sup>th</sup> June

*Feria (Mass of 2<sup>nd</sup> Sunday after Pentecost)*

8am (TLM) — Special int.

## Wednesday 10<sup>th</sup> June

*Feria*

6pm — Holy Souls

## Thursday 11<sup>th</sup> June

*St Barnabas*

12:15pm — Frances Trim's int.

## Friday 12<sup>th</sup> June

*The Most Sacred Heart of Jesus*

10am — Josephine Shevlin's int.

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

*The Immaculate Heart of Mary*

10am — Alberto de Pasquale RIP

*Vigil of the 11<sup>th</sup> Sunday of the Year*

6pm — Holy Souls

## Sunday 14<sup>th</sup> June

*Dom. III post Pentecosten*

8am (TLM) — Maria de Lourdes

Nogueira RIP

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

09:30 — First Communion children

11:30 — 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: 14<sup>th</sup> June)

## CORPUS CHRISTI PROCESSION

This afternoon — 3pm

We process as an act of worship and adoration of Our Lord Jesus Christ, and to proclaim our faith that He is truly present in the Blessed Sacrament.

*Venite adoremus — O come let us adore Him!*



## PARISH FIRST HOLY COMMUNIONS

Sunday, 14<sup>th</sup> June at the 9:30am Mass

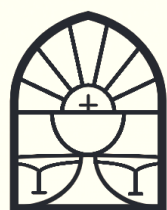
*(Please note: the 11am Mass will start later than usual, at 11:30am.)*

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

*O Jesus, who hast loved us with such exceeding great love as to give us the ineffable gift of the Holy Eucharist, inflame us with a burning zeal to promote Thy glory by preparing worthily the little children who are to approach Thy holy altar for the first time. Protect, O Sacred Heart of Jesus, these young souls from the assaults of evil, strengthen their faith, increase their love, and endow them with all the virtues that will make them worthy to receive Thee. Amen.*

## 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 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.

## DIOCESAN JUBILEE 1976—2026

The main Mass in celebration of our Diocesan Jubilee will be at the Cathedral on

**Friday, 26<sup>th</sup> June at 12 noon**  
in the presence of

*His Excellency, Archbishop Miguel Buendia,  
the Apostolic Nuncio to the Court of St James*

Entrance by pre-booked ticket only.  
Our parish has been allocated just 15 tickets.

If you would like to go, please contact  
Fr Joseph straightaway.

**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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**THE CATHOLIC MOTHERS' GROUP** meets on Monday 8<sup>th</sup> June after the 10am Mass and rosary.

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

**THURSDAY LUNCH** this week, 11<sup>th</sup> June, at 1pm.

**MARRIAGE CELEBRATION MASS** Saturday, 13<sup>th</sup> June 11:30am at the Cathedral in Norwich. Go to: [rcdea.org.uk/marriage-mass-registration/](http://rcdea.org.uk/marriage-mass-registration/)

**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)

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**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, 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 Sue Coppens Browne and Richard Sagrera who died recently, and for all whose anniversaries occur at this time: Wallace Manthorpe, Alice Marshall, Winifred McCullar, John McCulloch, Sheila Sullivan, Michael McTiernan, John Tyler, Francis Kelly, Kenneth Gammage, Judy Fell, Gladys Revett, Eugene Legunde-Lacroix, Michael Fee, William Bentley, Norah King, Sidney Warren, Maureen Ferguson, Domenico Lauerfgata, Roman Sawuta, Hannah Horne, Raymond Vent, Marjory Pickering, and Christopher List. 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 Sequence from the Mass of Corpus Christ, the *Lauda Sion*, as our starting point each week. Today, the ninth verse:

### HIS OWN ACT, AT SUPPER SEATED

His own act, at supper seated,  
Christ ordain'd to be repeated,  
In His Memory divine;

The *Suscipe* prayer of St Ignatius of Loyola is a radical surrender of the self to Almighty God beginning, as it does, with the words, 'Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will.' However, in this context 'memory' does not mean only those things that we can recall, those words and actions, those events and circumstances that we customarily think of as our memories. For the great sixteenth century soldier-turned-saint and founder of the Society of Jesus (the Jesuits) 'memory' incorporated the totality of the lived experience of the individual, whether or not he could remember it: everything that had gone into making him who and what he was. It formed the foundation of his identity and included the building blocks of his hopes for the future. In this sense, 'memory' for St Ignatius meant the past as it was brought into – as it contributed to and fashioned – the present.

The theological term *anamnesis* involves something not dissimilar. At the Last Supper, Our Lord commanded His Apostles to repeat His Eucharistic actions and words when He said, 'Do this for a commemoration of me.' With this command, He consecrated the Apostles with the sacramental power to continue the Eucharistic Sacrifice of the Mass by confecting bread and wine to become the His Sacred Body and Precious Blood. But the command to 'Do this in memory of me' carries with it a breath of life such that when Our Lord's words and actions are continued in time by those validly ordained to the Sacred Priesthood, the living reality of Christ's presence at the Last Supper and on the Cross is conveyed, as it were, into the present. In other words, at Mass we do not merely remember the Last Supper. Rather, the sacrifice of Christ is sacramentally made present to us – and we to it – almost as if it were transported in a time machine into our own age, or as if we were transported back to the Upper Room and to Mount Calvary.

In other words, the 'memory' in Our Lord's command – the *anamnesis* – makes an historical reality actually present in the here-and-now. The Mass is not a remembering of Christ's sacrifice: it is the continuation in time of Christ's sacrifice. About this, the saints are very clear. When we attend Mass and even more especially when we receive Holy Communion, we 'show [in the sense of participate in] the death of the Lord until He comes,' as St Paul says (1 Cor 11:26). Our Lord's Body and Blood, as St Cyprian of Carthage adds, 'are given to us as a participation in His Passion and resurrection' (*Letters* 63, 13), or as St Augustine says, they 'are given to us as a participation in His redemption' (*On the Trinity* 3, 4).

*Stat crux dum volvitur orbis*, say the Carthusians: 'The Cross is steady while the world is turning.' In the Holy Eucharist we are drawn into, and participate in, this 'still point of the turning world.'\*

\*T.S. Eliot's re-phrasing of the Carthusian motto in *Burnt Norton*, the first of his *Four Quartets*.

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