

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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www.stpancraschurch.org.uk

Parish Priest:
Fr Joseph Welch

Sundays: Yr A
Weekdays: Yr 2

July is dedicated to
the Most Precious Blood of Jesus



Sunday 12th July 2026

Dom. VIIth post Pentecosten

8am (TLM) — Josephine Shevlin

15th Sunday of the Year

09:30 — Pro Populo

11:00 — Ela Wasag RIP

Monday 13th July

Feria

10am — Glenda Elliott-Sugars RIP

Tuesday 14th July

St Bonaventure

8am (TLM) — Fr Georges Bonin RIP

Wednesday 15th July

St Bonaventure

6pm — Souls in Purgatory 1/2

Thursday 16th July

Our Lady of Mt Carmel

12:15pm — Shirley Mitchell RIP

Friday 17th July

Feria

10am — Holy Souls

Saturday 18th July

Our Lady on Saturday

10am — Josephine Shevlin

Vigil of the 16th Sunday of the Year

6pm — Holy Souls

Sunday 19th July 2026

16th Sunday of the Year

09:30 — Oliver Gado

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: 9th August)

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Prayer in Preparation for the Ipswich Deanery EUCCHARISTIC CONGRESS

Lord Jesus Christ, who has left to us in the Blessed Sacrament a memorial of your Passion, grant to us, we pray, the grace to prepare worthily for 'the festival divine' by which our belief in your presence in the Holy Eucharist may be deepened, and our devotion to you rekindled. Through your Sacramental presence among us, and by our acts of homage, may there be raised up in our parishes a renewed spirit of faith and fervour, that our hearts may burn with the fire of your love, and our deeds show forth the beauty of your holiness. Amen.



Second Collection today for

STELLA MARIS

and the Apostleship of the Sea

looking after the needs of our seafarers

stellamaris.org.uk

PRO VERBO — MEN'S GROUP

'A men's society dedicated to growing in faith and tradition'

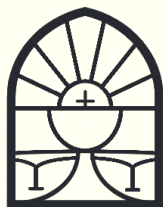
A brand new group for Catholic men of all ages, *Pro Verbo* will meet for an afternoon of recollection on Saturday, 18th July here at St Pancras, beginning at 2pm with Adoration of the Blessed Sacrament & Confession.

The afternoon will continue with talks from Fr Joseph and Fr Henry, and will conclude with the evening Mass at 6pm, followed by pizza!

Please join us if you can!

DIOCESAN JUBILEE 1976—2026

IPSWICH DEANERY EUCCHARISTIC 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.

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



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.

MARCH FOR LIFE Saturday, 5th 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

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

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.

GREEN ENVELOPE NO. 32 If you use this envelope, please could you make yourself know to Fr Joseph? Thank you.

PARISH MAGAZINE The deadline is still a little way off yet (13th 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

Sick List

Prayers are asked for Peter Arms, Peggy Ayers, 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 soul Richard Sagre-
ra who died recently, and for all whose anniversaries
occur at this time: John Dixon, Juliet Brinsley, Be-
atrice Blackwell, Peter Dummett, José Bastarrica,
Samuel Rout, Josef Novar, Bernard Smith, Mary
Corrigan, Denise Richmond, Gleda Elliott-Sugars,
Edward Oxborrow, June MacDonnell, Jan
Ebelewicz, Marjorie Williams, Emilia Satalino, Mar-
garet Richardson, Cesare Pasini, Mary Foster,
Charles Skeet, Jeremy Hardman, Br Elvin Gerrad
FSC, Phyllis Dooley, Patrick McElholm, Carol Hunt,
Iwan Jacyna, Walter Blackwell, William Sheridan,
Walter Culling, Annie Skeet, and Anthony Murphy.
Eternal rest grant unto them, O Lord, and let perpetu-
al light shine upon them.

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Fr Joseph writes: Today we look at the fourteenth verse of Edward Caswall's translation of St Thomas Aquinas' Corpus Christi Sequence, the *Lauda Sion*.

FLESH FROM BREAD, AND BLOOD FROM WINE

Flesh from bread, and Blood from wine;
Yet is Christ, in either sign,
All entire, confess'd to be.

It is part of the definition of God that He is simple, that is, He is not made up of many parts. By contrast, we are complex: we have a body made up of many parts, and a soul, and emotions too. We have hopes for the future and memories from the past. None of this may be said of God. He is simple and indivisible.

When the Son of God became Incarnate, He took to Himself human nature. As a result, *in His humanity* Christ does indeed have many parts. And yet, paradoxically, in His resurrected glory the Person of Christ cannot be divided up into parts: He is as indivisible as the nature of His Godhead. We shall explore this further in the next section, but here we shall consider how this affects Christ's presence in the Eucharistic Species.

One of the reasons why the Catholic Church forbade the reception of Holy Communion from the Chalice at the time of the Council of Trent in the sixteenth century was that some of the Protestant Reformers were claiming that unless we received Holy Communion in the form of the Sacred Host *and* in the form of the Precious Blood then we would not have received Christ at all. Not so, says the Catholic Church. Just as the Person of Christ cannot be divided, so His sacramental presence cannot be divided. If we receive the Sacred Host, we will have received the Body and Blood, Soul and Divinity of Christ whole and entire. Likewise, were we to receive only the Precious Blood, we would have received the Body and Blood, Soul and Divinity of Christ whole and entire. Whichever of the Sacred Species we receive, we will have received the whole Christ, and not just a part of Him.

Sacramentally, then, we do not need to receive Holy Communion from the Chalice. By contrast, a priest *does* need to receive Holy Communion under both Species when he says Mass, otherwise he is deemed not to have said Mass! This is because he, as an *alter Christus* – as 'another Christ' – must consecrate the Body and the Blood separately (to participate in the sacrifice of Christ's Body and Blood which were separated on the Cross), and then consume both the Body *and* the Blood of Christ to complete the action of the Mass by participating in the reunion of Christ's Body and Blood in the resurrection.

Whilst it may be argued that receiving Holy Communion under both kinds perfects the symbolism of receiving Christ whole and entire, even so receiving Him in the Sacred Host alone helps to preserve our faith in the presence of Christ, whole and entire, under both of the Sacred Species. Receiving the Sacred Host alone became the norm, in part because the roundness of the Host symbolized the wholeness of Christ and the unity of the Church, and in part because of the practicalities of administering the Sacrament and of reserving It in the tabernacle.