

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

July is dedicated to
the Most Precious Blood of Jesus



Sunday 19th July 2026

16th Sunday of the Year

09:30 — Oliver Gado

11:00 — Pro Populo

Monday 20th July

Feria

10am — Holy Souls

Tuesday 21st July

St Laurence of Brindisi

8am (TLM) — Anne Abbott's int.

Wednesday 22nd July

St Mary Magdalene

6pm — Jaqueline Julyan RIP:

Month's Mind

Thursday 23rd July

Funeral requiem (TLM)

12:15pm — Richard Sagrera RIP

Friday 24th July

St Sharbel Makhluf

10am — Andrew Kemp RIP

Saturday 25th July

St James

10am — Mammoottil family

Vigil of the 17th Sunday of the Year

6pm — Holy Souls

Sunday 26th July 2026

17th Sunday of the Year

09:30 — Maria de Lourdes Nogueira 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: 9th August)

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*Traditional Latin Masses (TLM) are said
according to the Missal used before the Sec-
ond Vatican Council.*

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.

FEAST OF

ST MARY MAGDALEN, *PENITENT*

22nd July

The only saint to be named simply as 'Penitent' in the list of saints, Mary Magdalen is, for us, a sign of hope and confidence in God's mercy, and a promise that the path from sin to salvation is open to us all: holiness is possible!

Hot weather!

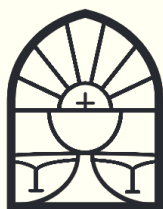
Even in hot weather, we are reminded that this is God's house and a house of prayer. Please make sure that shoulders, upper arms, legs, and midriffs are covered in church, and please refrain from drinking in church, even water! Thank you.

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



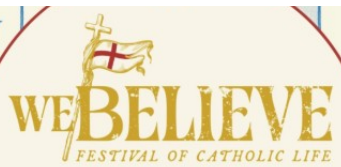
Please consider making a **STANDING ORDER** instead of a weekly cash contribution to the parish. Barclays Bank account name and no. St Pancras Catholic Church 00775843. Sort code: 20-44-51. Our parish is part of the East Anglia Roman Catholic Diocesan Trust: registered charity no. 278742.

WE BELIEVE 24—27

July 2026. A festival of faith and devotion at the historic and beautiful setting of St Mary's College, Oscott, in Birmingham.

There is still time to book tickets and join other St Pancras parishioners who have already signed up. Go to:

webeliefefestival.com



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.

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 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 souls of Peter Arms and Richard Sagraera who died recently, and for all whose anniversaries occur at this time: Anthony Stokes, William Hynes, Margaret Shevlin, Maria Kondvotiene, Adrian Cauldwell, Lorraine Baynton, Arthur Leason, Jacobus Bird, Catherine O'Flaherty, Terence Cooke, Giuseppina Melnyk, Rose Keenan, Bernadette Bower, David Barham, Frank Louis, Colman Stanton, Andrew Kemp, Stanislaw Crzedzielski, and Evelyn Davies. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

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

THEY TOO, WHO OF HIM PARTAKE

They too, who of Him partake,
Sever not, nor rend, nor break,
But entire, their Lord receive.

We have seen that whoever receives the Sacred Host in Holy Communion receives Our Lord whole and entire, Body and Blood, Soul and Divinity, and that likewise were someone to receive only the Precious Blood in Holy Communion he would have received Our Lord whole and entire, Body and Blood, Soul and Divinity. Similarly, though many receive – each an individual Host from the priest's hands – yet each person who receives Holy Communion receives Our Lord whole and entire. Individuals do not receive less of Him – or only a part of Him – just because there are many people receiving Holy Communion at the same time. Each Host contains, and indeed is, the sacramental presence of Our Lord and Saviour Jesus Christ, and it is Him we receive into our souls.

The priest breaks the large Host (what we call the Consecration Host) just before Holy Communion and drops a fragment of It into the Chalice which, by now, contains the Precious Blood. As he does so the priest says, 'May the sacramental mingling of the Body and Blood of Our Lord Jesus Christ be for us who receive It the source of eternal life. Amen.' This action represents the reunion of Christ's Body and Blood in His glorious and resurrected body, and demonstrates the presence of Our Lord sacramentally whole and entire.

But breaking the Host does not do the Person of Christ any harm, of course, and nor does it signify that only one part of His Body was mingled with His Blood. On the contrary, every action of the priest points towards the unity of the Sacramental Body of Christ as well as to the unity – the oneness – of the Mystical Body of Christ, the Church.

Individuals receive just one Host in Holy Communion, but in receiving the sanctifying grace of God through the Sacraments they become united to everyone else who is in a state of grace. In the hymn, *O Bread of Heaven*, we sing the line, 'O bond of love that dost unite/ The Servant to his living Lord.' The Sacrament is called Holy Communion because we are made one in *union with* our living Lord. Yet by the same token we become united to everyone else who is also at one with our living Lord. The bond of love that comes with being in a state of grace unites believers in an even closer tie than is to be had through blood relations. It is the bond of grace that forms, nourishes, and continues to build up the Communion of Saints, and is the bond that holds in union all the members of the Mystical Body of Christ, the Church.

Christ's prayer at the Last Supper, that 'I [may] be in them, and thou in me, that they may be made perfect in one' (Jn 17:23) is no mere rhetorical sentimentality or vague wish. It is Our Lord's prayer that His disciples may be formed into one body through the bond of grace and divine love.