

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@stpancrasschurch.org.uk
www.stpancrasschurch.org.uk

Parish Priest:
Fr Joseph Welch

Sundays: Yr A
Weekdays: Yr 2

July is dedicated to
the Most Precious Blood of Jesus



Sunday 26th July 2026

17th Sunday of the Year

09:30 — Maria de Lourdes Nogueira RIP

11:00 — Pro Populo

Monday 27th July

Feria

10am — Miles Rogerson

Tuesday 28th July

Ss Nazarius & Celsus, Victor & Innocent

8am (TLM) — Maria de Lourdes
Nogueira RIP

Wednesday 29th July

St Martha

6pm — The *Domus* of the Parish

Thursday 30th July

St Peter Chrysologus

12:15pm — Jan Patrick RIP

Friday 31st July

St Ignatius Loyola

10am — Josephine Shevlin 2/2

Saturday 1st August

St Alphonsus Ligouri

10am — Deceased Clergy of the Parish

Vigil of the 18th Sunday of the Year

6pm — Holy Souls

Sunday 2nd August 2026

18th Sunday of the Year

09:30 — Peter Arms 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)

*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.

DIOCESAN JUBILEE 1976—2026

*Please
note...*



**IPSWICH DEANERY
EUCCHARISTIC CONGRESS
6th—13th September 2026**

Sunday 13th September:

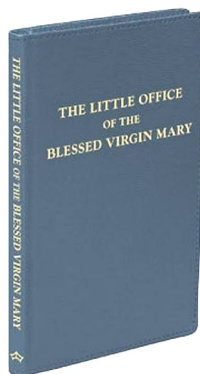
only one Mass in our church — at 9am

The main Mass of the day will be at 11am at the Corn Exchange at which Bishop Peter Collins will be the celebrant assisted by Bishop Alan Hopes.

Please book your tickets for that Mass by going to:
eucharisticcongressipswich.org

The Little Office of the Blessed Virgin Mary

The Divine Office is the official liturgical prayer book of the Church, and its prayers are recited by priests, monks, and nuns throughout the world every day. With the many seasons and feast days of the year, the Divine Office is somewhat complicated, with much to-ing and fro-ing from page to page.



By contrast, the Little Office of the Blessed Virgin Mary, which has been said, in one form or another, since at least the 8th century, is a shortened and simplified version of the Divine Office intended chiefly for the use of the laity—men and women—as they join in the liturgical prayer life of the Church whilst going about their normal, daily, busy, lives. Made up of the psalms, it also includes antiphons, short readings from Sacred Scripture, hymns, and prayers, with just two seasonal changes (one for Advent and one for Christmastide). The rhythm of its simple and unvarying format is designed to make it easy to follow and pray, and many have ended up learning much of it off by heart.

We have a few copies available in the beautiful binding published by Baroni-us Press. If you would like to buy a copy (£31.95) please see Fr Joseph.



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.

SATURDAYS DURING AUGUST Adoration will be suspended (although there will still be Confessions at 5pm) as will morning devotions after the 10am Mass.

THE BOOK CLUB will meet again on Monday, 13th September at 7pm to discuss *God is Near Us: The Eucharist, The Heart of Life* by Joseph Ratzinger.

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 soul of Peter Arms who died recently, and for all whose anniversaries occur at this time: Teresa Kerby, Bridget Williams, Peter Zwozdiak, Arthur McHugh, Lilian Barnes, Dominic Curran, Brandon Gilardi, Robert Hunt, Margot Sugden-Jones, Sheila Wade, Joan Wiseman, Larszlo Schaar, Violet Chinery, Florence Scaife, Mavis Westerling, Kerry Patten, Carlo Tortonese, Mary Sheridan, William Hardy, Ena Smart, Henrietta Herbert, Michael Hurley, James Sharpe, Fr Patrick McHugh, Francesco Cannone, William Simpson, and Derek Patten. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

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Fr Joseph writes: We continue our series of reflections on the Blessed Sacrament in preparation for our Eucharistic Congress in September by looking at the sixteenth verse of St Thomas Aquinas' Sequence for the feast of Corpus Christi, the *Lauda Sion*, translated by Edward Caswall.

WHETHER ONE OR THOUSANDS EAT

Whether one or thousands eat,
All receive the self-same meat,
Nor the less for others leave.

The Blessed Sacrament is both a sign and the living embodiment of Our Lord's generosity and of the gratuitous nature of His self-giving. He gives Himself whole and entire, not only to the Father in His sacrificial offering of His life on the Cross but to His disciples, who were like sheep without a shepherd, when He feeds them with Living Bread.

In the Miracle of the Feeding of the Five Thousand Our Lord sees His people hungry, and knows them to be in need of spiritual as well as material sustenance. Having taught them at length, Our Lord longs to feed the people but His Apostles object that the single basket of food that is brought forward could not possibly be enough to feed so many. Having looked up to heaven and given thanks, He broke the bread, and told His disciples to distribute it amongst the people. These actions are repeated in the Mass when the priest glances towards the crucifix on the wall above him at the words in the Roman Canon, 'and with eyes raised to heaven to you, O God, His almighty Father, and giving thanks, He said the blessing.' Shortly afterwards, the priest administers the Blessed Sacrament – the Bread of Life – to all who would receive Holy Communion.

It is noteworthy that there are twelve baskets of food remaining. In other words, Our Lord's gift of self is enough, and indeed extravagantly more than enough, to feed all who would come to Him. And by the same token, each who has received the Living Bread has received Christ in His fulness and has, in turn, been satisfied, as it says in the Psalms, 'The poor shall eat and be filled' (Ps 21:27. Interestingly, this is a line from the same Psalm quoted by Our Lord on the Cross and which begins with those famous words, 'O God, my God, look upon me: why hast thou forsaken me?')

Many suppose that the Feeding of the Four Thousand is simply a repeat performance by Our Lord or even the same miracle told twice. In fact, it is a separate miracle with a distinct purpose. After the Feeding of the Five Thousand, the twelve baskets left over represent the peoples of the Twelve Tribes of Israel. Our Lord has come to gather the lost sheep of Israel (Mt 10:6; 15:24). Now, having entered the region to the east of the Sea of Galilee, the region of the Decapolis, an area of ten Hellenistic cities populated chiefly with Gentiles, and following His encounter with the Canaanite woman who would eat even the crumbs that fell from the Master's table (Mt 15:27), Our Lord feeds four thousand more people with the same extravagance, and with seven baskets of food left over. In this land of Canaan, the land of 'seven nations' (Dt 7:1), Our Lord makes it clear that His mission is, in fact, to be carried to all peoples, and indeed to the ends of the earth (Mt 28:19).

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