

# 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

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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 5<sup>th</sup> July 2026

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

09:30 — Pro Populo

11:00 — Varela Gilda's int.

## Monday 6<sup>th</sup> July

*St Maria Goretti*

10am — Benefactors of the Parish

## Tuesday 7<sup>th</sup> July

*Ss Cyril & Methodius*

8am (TLM) — Fr Henry Whisenant

## Wednesday 8<sup>th</sup> July

*St Withburga*

6pm — Holy Souls

## Thursday 9<sup>th</sup> July

*St Augustine Zhao Rong & Comps.*

12:15pm — Edmund Ware RIP

## Friday 10<sup>th</sup> July

*Feria*

10am — Holy Souls

## Saturday 11<sup>th</sup> July

*St Benedict*

10am — Mammoottil family

*Vigil of the 15<sup>th</sup> Sunday of the Year*

6pm — Guild of St Pancras

## Sunday 12<sup>th</sup> July 2026

*Dom. VII<sup>th</sup> post Pentecosten*

8am (TLM) — Jo Shevlin

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

09:30 — Pro Populo

11:00 — Ela Wasag RIP

### 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)

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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.

### IN HONOUR OF THE BLESSED SACRAMENT...

Please remember to remain kneeling when you have received Holy Communion until the door of the tabernacle is closed once more.

And don't forget to genuflect towards the tabernacle every time you cross from one side of the church to the other, even if you are crossing at the back of the church!

*‘And entering into the house, they found the child with Mary His Mother, and falling on their knees they adored Him’  
Mt 2:11*

### Second Collection next weekend for

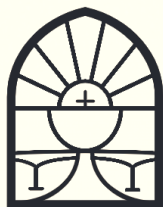


### STELLA MARIS

and the  
Apostleship of the Sea  
looking after the needs  
of our seafarers

## 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.

**LOSS OF LIFE MASS** Wednesday, 8<sup>th</sup> July at 7pm, St Edmund's King & Martyr Church, Bungay, to remember children who have died before birth, through stillbirth, in infancy or childhood.

**CATHOLIC WOMEN'S GROUP** Friday, 10<sup>th</sup> July at 7:30pm in St Pancras parish hall. For all women (16+), married or single, a social gathering: bring-and-share contributions of food and drink please.

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**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

**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.

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**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

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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, 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 who died recently, and for all whose anniversaries occur at this time: Audrea Monkhouse, Ernesto Zagni, Concetta Borg, Helen White, Gertrude Box, Francis Skibinski, Florence Morgan, Marion Jarvis, James Green, Joan Eyton, Eva Kerby, Mary McAtamney, Mary Barnes, Florence Downard, Catherine Messier, Edith Sawyer, Mary Clapham, Fred Major, Martin Brophy, Rose Donaghue, Harriet Upson, Robert Rofix, Catherine Head, George Smith, and Patricia Peck. 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 thirteenth verse of the *Lauda Sion* Sequence for the Mass of Corpus Christi.

### HERE, BENEATH THESE SIGNS, ARE HIDDEN

Here, beneath these signs, are hidden  
Priceless things, to sense forbidden;  
Signs, not things, are all we see; —

‘A Sacrament is an outward sign of inward grace, ordained by Jesus Christ, by which grace is given to the soul,’ so teaches the Catechism of Christian Doctrine, known by earlier generations as The Penny Catechism. Each Sacrament involves an outward sign, but it is the application of this sign – with the hallowed words and gestures as laid down by Christ and His Church – that actually brings about the pouring of grace into the soul of the one who receives the Sacrament.

In six of the Sacraments, grace is conveyed as the signs and gestures are performed by the priest or bishop. In these six Sacraments, the outward signs and gestures only constitute a Sacrament so long as the action is actually being performed. The grace of Baptism is only conferred so long as the priest is actually pouring the water, saying the words, and making the assigned gestures.

However, in the seventh Sacrament – the Blessed Sacrament – things are different. It is true that grace is only poured into a soul so long as that person is receiving Holy Communion, and the Blessed Sacrament is reserved in the tabernacle for our adoration and worship, Christ remains truly present, hidden under the appearances of Bread. This is because – unlike in Baptism when the water is not made to be Christ Himself – the consecration of the Bread and Wine at Mass brings about a wonderful change through the miracle of *transubstantiation*. At Mass, the Bread and Wine actually become the Body and Blood, the Soul and the Divinity of Our Lord Himself so that He is personally present under the appearance of Bread and Wine.

The visible signs of bread and wine remain: we still see what looks and tastes, what smells, and feels, and sounds like bread and wine. We say that the *accidents* remain: that is, everything we can detect with our five senses remains.

Nonetheless, the *substance* of Bread is transformed into the substance of Christ's flesh. The *bread-ness* of the bread is transformed into the *flesh-ness* of Christ's flesh.

When a tree is cut down and carved into a statue, the wood-ness of the tree is still present in the wood-ness of the statue. The appearances change so that the wood of the trunk now looks like St Joseph (or whoever the statue is a representation of). With the Blessed Sacrament, it is exactly the opposite: the appearances (or *accidents*) remain, but the *substance* changes so that the bread-ness of the bread is transformed and Christ becomes sacramentally present instead.

We can only see the signs (the outward appearances or accidents) in the Holy Eucharist, yet hidden beneath these signs are the ‘priceless things’ of God, namely the Body and Blood, the Soul and Divinity of Our Saviour Jesus Christ. In the Sacred Host, He is as present sacramentally now upon our altars as He was personally present in the highways and byways of Judea two thousand years ago.