

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

August is dedicated to
the Immaculate Heart of Mary



Sunday 16th August 2026

Transferred feast of the Assumption

09:30 — Maria de Lourdes Nogueira RIP

11:00 — Sue Coppens-Browne RIP

Monday 17th August

Feria

10am — Benefactors of the Parish

Tuesday 18th August

St Helen

8am (TLM) — Halina Gajewska's int.

Wednesday 19th August

St John Eudes

6pm — Michael Moore RIP

Thursday 20th August

St Bernard

12:15pm — Guild of St Pancras

Friday 21st August

St Pius X

10am — Mary Mathew's int:
in thanksgiving

Saturday 22nd August

The Queenship of Mary

10am — Holy Souls

Vigil of 21st Sunday of the Year

6pm — Holy Souls

Sunday 23rd August

21st Sunday of the Year

09:30 — Pro Populo

11:00 — Michael Briggs RIP

CONFESSIONS:

Mon — Sat: 30 minutes before each Mass
& **Sat:** 5pm — 5:45pm

1st Friday: 6pm — 7pm

ADORATION: Suspended during August

ROSARY: Mon — Fri: after Mass

DEVOTIONS TO O.L. OF IPSWICH &

S. PANCRAS: Suspended during August

TLM Masses: 2nd Sunday of the month at
8am. (Next 2nd Sunday Mass: *tbc*)

Prayer in Preparation for the Ipswich Deanery EUCHARISTIC 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.

ASSUMPTA EST MARIA

*(This year the feast of the Assumption
of the Blessed Virgin Mary is trans-
ferred to the nearest Sunday.)*

On this day we celebrate the fulfilment in the Divine plan of the life of the Blessed Virgin Mary who, conceived in the mind of God before the world was begun, is assumed body and soul into heaven at the end of her natural life on earth.

*‘And a great sign appeared in heaven:
A woman clothed with the sun,
and the moon under her feet, and on
her head a crown of twelve stars.’*

Apoc 12:1



Mantilla Rose

Hand made rosaries from the Etsy online shop, *Mantilla Rose*, are available at the back of the church today.



Ecumenical

*Pilgrimage Walk of
Our Lady of Grace
of Ipswich*

Sunday
6th September

Starting at St Peter's by the Waterfront at 3pm, and walking to Saint Mary-at-the-Elms. Ending about 4pm.

New Altar Lace

Some of you will already have noticed our new altar lace, handmade by a parishioner, and in use for the first time this month.



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.

EUCCHARISTIC CONGRESS

6th—13th September 2026

*'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.'*

There will be events in our Catholic schools, St Mark's, St Mary's, St Pancras, and St Alban's,
across Monday, Tuesday, and Wednesday.

Monday, 7th September at 6pm
at Pancras

AN EVENING WITH OUR LADY OF THE BLESSED SACRAMENT

The rosary, an extended meditation/talk, prayers, hymns, devotions,
and concluding with Benediction of the Blessed Sacrament at about 8pm.

Thursday, 10th September from 9am to 9pm
at St Pancras

ALL DAY ADORATION OF THE BLESSED SACRAMENT

Please sign the Watching List at the back of the church
to make sure we have at least two people here at any one time.

9am	Exposition of the Blessed Sacrament
11:45am – 12:15pm	Confessions
12:15pm	Votive Mass of Corpus Christi
2:30pm – 3pm	Confessions
3pm	Devotions and Benediction
5:30pm – 6pm	Confessions
6pm	Devotions and Benediction
8:15pm – 8:45pm	Confessions
8:45pm	Devotions and Benediction
9pm	Close

Friday, 11th September at 7pm
at St Mark's

EUCCHARISTIC HEALING SERVICE

Saturday, 12th September at 5pm
at St Mary's, Woodbridge Road

ST CARLO ACUTIS EUCCHARISTIC MIRACLES EXHIBITION

Sunday, 13th September
at the Corn Exchange, Ipswich

The main event and culmination of our Eucharistic Congress

Reserve your places now at: eucharisticcongressipswich.org

- * 11am **Mass** with Bishop Peter and Bishop Alan
- * 12:30pm **Lunch** — bring your own lunch or make your way to one of the many local cafes and restaurants
- * 1:30pm **Keynote speaker** —Fr Toby Lees OP, priest director of Radio Maria England
- * 2:20pm **Eucharistic Procession** —through the streets of our town centre
- * 3pm A short break
- * 3:30pm **Divine Mercy Chaplet**
- * 3:45pm **Keynote speaker** —Fr Alex Pumphrey MIC, popular preacher on the Holy Eucharist, conversion, and Divine Mercy
- * 4:15pm **Adoration and the rosary**
- * 5pm (approx.) **End**

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

SUNDAYS DURING AUGUST The musicians and choir will take a break so there will be no music at the 9:30 Mass and only hymns at the 11am Mass (instead of a full sung 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

THE LITTLE OFFICE OF THE BVM We still have a couple of copies left. Please see Fr Joseph if you would like to buy one (£31.95) or to ask about the Little Office.

MAGNIFICAT AND BENEDICTUS

Another possibility to help you establish a routine of Morning & Evening Prayer is the monthly publication, *Magnificat*, which includes prayers and psalms and reflections, and follows the Church's seasons and feast days. Go to: uk.magnificat.net

Or, for anyone attached to the Traditional Latin Mass, try *Benedictus*: praybenedictus.com

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 those who have died recently, and for all whose anniversaries occur at this time: Lewis, Patrick Cuddon, Natalie Kozak, Helen Sullivan, Lilian Ward, Margaret Reeve, Horace Fox, Maurice-Joseph Deenihan, George Nevill, Maria Bombita Buan, Alfred Elbrick, Daisy Taylor, Pierre Osborn, Sean O'Farrell, Mary Lambert, Elsie Rauch, John Southworth, and John Langford. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

'A saint is not someone who never sins, but one who sins less and less frequently and gets up more and more quickly.'

St. Bernard of Clairvaux

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 nineteenth verse of St Thomas Aquinas' Sequence for the feast of Corpus Christi, the *Lauda Sion*, translated by Edward Caswall.

NOR A SINGLE DOUBT RETAIN

Nor a single doubt retain,
When they break the Host in twain,
But that in each part remains
What was in the whole before;

The last eighteen lines of the *Lauda Sion* are often sung as a separate hymn in its own right, the *Ecce Panis Angelorum*, 'Behold the Bread of Angels.' Before we get to those verses, this strophe ('Nor a single doubt retain') and the next ('Since the simple sign alone') return to the theme of faith and re-emphasize once again the reality of the presence of Christ in the Blessed Sacrament.

'He has filled the hungry with good things.' So sang the Blessed Virgin Mary in her Magnificat (Lk 1:53). It is not a coincidence that these words were on the lips of Our Lady so soon after she learnt from the Archangel Gabriel that she was to conceive and bear a Son. He who is the Word-made-flesh, and who would give His own flesh to be food 'for the life of the world' (Jn 6:52), fills those who are hungry for justice (Mt 5:6) with food 'which is good, and [with which the] soul shall be delighted' (Is 55:2). It will be given in 'good measure, and pressed down, and shaken together and running over' (Lk 6:38). No mere symbol, the Holy Eucharist.

In one of her letters in her book, *The Habit of Being*, the twentieth-century Catholic author Flannery O'Connor replied in dismissive terms to a lapsed Catholic friend who said that the Host was simply a pretty good symbol. If it were a mere symbol then, for O'Connor, it had no value. Instead, she proclaimed that, 'it is the center [sic] of existence for me; all the rest of life is expendable.' Martyrs have died for this truth.

St Tarcisus died in the year AD 575 defending the Blessed Sacrament during the persecution of Christians under the Roman Emperor Valerian. St Hermenegild died a martyr ten years later rather than receive Holy Communion from an Arian priest who did not believe in the divinity of Christ and therefore did not believe in the divine presence of Our Lord in the Holy Eucharist. St Nicholas Pieck died a martyr at the hands of Calvinists in 1572 in the Netherlands for defending the doctrine of Christ's true presence in the Blessed Sacrament, as did many English and Welsh martyrs at the time of the Protestant Reformation here in the British Isles. A little Chinese girl whom Catholics have named Li but whose real name we do not know, secretly consumed Sacred Hosts from a damaged tabernacle during the anti-Western and anti-Christian Boxer Rebellion in China in the year 1900 (others date the story to the time of Mao Zedong in the mid-twentieth century) until a soldier found her and beat her to death.

These and, down the centuries, many more martyrs of the Holy Eucharist, gave witness with their lives to the extraordinary beauty of Christ's presence in the Blessed Sacrament, shedding their blood in imitation of the Precious Blood of Christ poured out on the Cross for the forgiveness of our sins.

REGULAR PARISH GROUPS & EVENTS

Online calendar: please go to our online calendar to see details of all our parish groups and events: stpancraschurch.org.uk/calendar/

Tea & coffee every Sunday in the parish hall following the 9:30 and 11am Masses. All welcome

Parish coffee morning in the parish hall every Friday following the 10am Mass & rosary. All welcome.

Church cleaning group every Friday morning following the 10am Mass & rosary. New volunteers welcome.

Wednesday Evening Talks at 7pm (following the 6pm Mass & rosary) throughout the autumn and spring. (Suspended for the time being.)

Thursday Lunches are held every second Thursday of the month at 1pm. (Every week in Lent.) These are social events and everyone is welcome. The lunch is free, although we invite donations to Mary's Meals.

St Carlo Acutis Group (for 14-17 year olds) every first Thursday of the month at 7pm in the church followed by discussion and games in the parish hall until 9pm. Newcomers welcome.

Catholic Mothers' Group for mums & toddlers every second Monday of the month in the parish hall at 11am (following the 10am Mass & rosary). Newcomers welcome.

Book Club every quarter (on the second Monday of March, June, September, and December) in the parish hall at 7pm. All welcome.

Catholic Young Adults, CYA, (for 18-35 year olds). This group is enjoying an extended break for the moment. Watch this space for updates.

The Pancratius is our occasional newsletter for younger readers (5-15 years old) packed with fascinating facts about the Catholic Faith and the Church, quizzes, jokes, suggested reading, and activities. Please feel free to take a copy or two.

The Parish Choir sings at the 11am Mass on Sundays and at the 7pm Mass on Holy Days. Rehearsals are on Fridays at 8pm. If you would like to join our choir please speak to Fr Joseph.

Brass cleaning Our team has been reduced recently and we are looking for more volunteers (once a month or thereabouts). If you might be able to help, please speak to Fr Joseph.

FIND Ipswich (Families in Need) Dry foodstuffs and personal care items may be left in the barrel at the back of the church for local people in need.

The Traditional Latin Mass (TLM—1962 Missal) is said every 2nd Sunday of the month at 8am, and usually on Tuesday mornings at 8am.

STANDING NOTICES

A warm welcome to new parishioners and visitors. If you have recently moved to the area please complete one of the Contact Details postcards at the back of the church and return it to Fr Joseph. Thank you.

Masses may be said for the living and the dead. Please enter the details on one of the Mass Offering envelopes available at the back of the church, place your offering inside the envelope, and return it to Fr Joseph. A typical offering is £10 for each Mass requested. We cannot guarantee your preferred date for the Mass but we will get as close to it as possible. Thank you.

Going into hospital by appointment or in an emergency? Please let Fr Joseph know. Ipswich hospital has a lay Catholic chaplain, Mrs Rachel Tearle, a member of St Mark's parish and an experienced nurse. If you would like support from the chaplaincy team, please refer by calling 01473 704100 or by sending an e-mail to chaplaincy@esneft.nhs.uk. For urgent chaplaincy needs 24/7, please call the switchboard at 01473 712233 and ask for the on-call chaplain. When making a referral, please provide the patient's name, ward (if known), and your contact details in case further information is needed.

Call a Priest in an emergency! If someone is dying, do not wait but call a priest to administer the Last Rites. If Fr Joseph is not immediately available, call one of the other priests in a nearby parish.

Gift Aid. If you are a British taxpayer but have not yet completed a Gift Aid form please do so. You can add considerably to the income of the parish at no further cost to yourself. Gift Aid forms are available at the back of the church. Completed forms should be returned to Fr Joseph. Thank you.

Legacies can provide much needed financial support to parishes. Please consider leaving a legacy in your will for St Pancras Catholic Church, Ipswich. Thank you.

Sunday sermons may be found on our parish website.

Tuesday is Fr Joseph's day off. The phone, the doorbell, and e-mails are unlikely to be answered on Tuesdays.

Please consider making a **STANDING ORDER** instead of a weekly cash contribution to the parish. Our bank details: **BANK:** Barclays Bank. **ACCOUNT NUMBER:** 00775843. **SORT CODE:** 20-44-51 **ACCOUNT NAME:** St Pancras Catholic Church.



Our parish is part of the East Anglia Roman Catholic Diocesan Trust: registered charity no. 278742

The QR code will take you to our Dona machine donation page.

The parish **SAFEGUARDING REPRESENTATIVE** may be contacted by anyone of any age, at any time, with any safeguarding concerns:

Mim McMahon: 01394 274395 or 07813199275
mim@trianglemusic.info or mim.macmahon@gmail.com

Or contact the **DIOCESAN SAFEGUARDING CO-ORDINATOR**,
Liam Sainsbury: 07931 952626
liam.sainsbury@rcdea.org.uk