

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

August is dedicated to
the Immaculate Heart of Mary



Sunday 2nd August 2026

18th Sunday of the Year

09:30 — Peter Arms RIP

11:00 — Pro Populo

Monday 3rd August

Feria

10am — Fr Jude Belnas

Tuesday 4th August

St Dominic

8am (TLM) — Ann Widdecombe RIP

Wednesday 5th August

Our Lady of the Snows

6pm — Jennifer Willimott

Thursday 6th August

The Transfiguration of OLJC

12:15pm — Foundation Mass,
Ipswich Catenians

Friday 7th August

St Cajetan

10am — Deacon Alan McMahon

Saturday 8th August

St Dominic

10am — Holy Souls

Vigil of the 19th Sunday of the Year

6pm — Holy Souls

Sunday 9th August 2026

Dom. XIth post Pentecosten

8am (TLM) — Pro Populo

19th Sunday of the Year

09:30 — John Smith

11:00 — Holy Souls

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: 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.

DIOCESAN JUBILEE 1976—2026

IPSWICH DEANERY EUCCHARISTIC CONGRESS 6th—13th September 2026

Sunday 13th September

(Saturday evening Mass at 6pm as usual)

Sunday morning

only one Mass in our church — at 9am

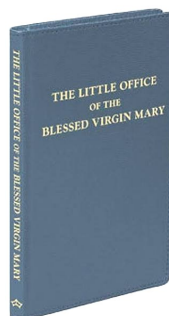
Eucharistic Congress Mass at the Corn Exchange—11am

More details of the week’s events are available on the Congress website and on the notice board at the back of our church. In particular, there are details of our **Evening with Our Lady of the Blessed Sacrament on Monday** and our all-day **Adoration on Thursday**.

Please sign the watching list for our all-day Adoration on the Thursday of that week!

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

The Little Office of the Blessed Virgin Mary



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.

If you would like to buy a copy in the beautiful binding published by Baronius Press (£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.

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

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: Honora Heridge, William Brennan, Annie McMahon, Hugh McCallion, Laura Parker, Bernard Fox, Barry D'Arcy, Kenneth Valentine, Anne Billam, Calogero Severino, Susan Henderson, Jennifer Bower, John Mitchell, John Sullivan, Nigel Curtis, Phoebe Farebrother, James Corrigan, Marie Bradley, and John Winthrop. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

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

BOTH THE WICKED AND THE GOOD

Both the wicked and the good
Eat of this celestial Food;
But with ends how opposite!

Sometimes we are taken aback by the sinfulness of our fellow Catholics but as Our Lord said to the Pharisees, 'They that are whole need not the physician, but they that are sick. I came not to call the just, but sinners to penance' (Lk 5:31-32). Our Lord's mission on earth is to call sinners back to God, for He desires 'not the death of the wicked, but that the wicked turn from his way and live' (Ezel 33:11).

Each of us who receives Holy Communion devoutly knows of Our Lord's mercy and generosity. Each of us knows, in our hearts, that we are sinners and that we do not deserve the freely given love of God and the fruits of the bloody redemption that He has won for us. God's forgiveness is for the sinner: the just stand in no need of forgiveness!

At the same time, it is true that it is only God's continuous mercy that keeps us from sin. Every moment that we do not sin is a victory for God's grace. The saints believed themselves to be the greatest sinners. Nor was this empty rhetoric. They knew that if they were ever preserved – even for a moment – from sinning, then it was as a result of the actions of God's mercy, and they would claim no credit for themselves. Indeed, the saints were keenly aware of something that we lesser mortals often forget, namely that were God's grace to be withdrawn they would revert to the worst excesses of mankind's fallen sinfulness with all its accompanying horrors. One of the chief antidotes to sin is frequent and continual prayers of thanks to God for the moments when we have not sinned!

At the communion rail, then, we find gathered both sinners and saints alike, each thirsting for the goodness of God; each knowing that only in God's forgiveness and mercy is salvation to be found; each appreciating that only in Christ's Sacred Body is to be found the nourishment needed to strengthen our souls against sin.

If we are conscious of God's goodness, we should receive Holy Communion in thanks and so that we might be strengthened in our journey towards an ever-closer union with our Beloved Lord. If we are conscious of our need of Him, all the more should we allow our souls to be nourished with the Living Bread that will bring life to our flagging souls. Far from allowing our unworthiness to keep us from Him, we must recognize that it is only through our incorporation into Him through the grace of the Sacraments that we can ever be lifted up to a state of worthiness. Only by His grace may we become holy.

Even so, we must make sure that we are already in a state of grace before we receive Holy Communion, which means we must have been to Confession recently, and must certainly have been to Confession first if we have committed a mortal sin.