

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

September is dedicated to
Our Lady of Sorrows



Sunday 30th August

22nd Sunday of the Year

09:30 — Matty

11:00 — Pro Populo

Monday 31st August

St Aidan & the Saints of Lindisfarne

10am — Ali Razari

Tuesday 1st September

Requiem

8am (TLM) — Julian Gajewska RIP

Wednesday 2nd September

Votive Mass of St Joseph

6pm — Oscar

Thursday 3rd August

St Gregory the Great

12:15pm — Emanuel Hulewicz RIP

Friday 4th September

St Cuthbert

10am — Deceased members of the
Rambayon family

Saturday 5th September

Our Lady on Saturday

10am — Holy Souls

Vigil of 23rd Sunday of the Year

6pm — Holy Souls

Sunday 6th September

23rd Sunday of the Year

09:30 — Deceased Clergy of the Parish

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 &

ST. PANCRAS: Sat. after 10am Mass

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

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.

EUCCHARISTIC CONGRESS

ON SUNDAY 13TH SEPTEMBER 2026

Masses will be at:

Saturday evening — 6pm as usual

(There will be no 8am TLM)

Sunday morning — 9am (please note the change of time)

Sunday morning — 11am at the Corn Exchange in town

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The long wait is almost over,
and our EUCCHARISTIC CONGRESS will open next week!

If you have not already done so, please reserve your places for the main
event on Sunday, 13th at the Corn Exchange by going to:

eucharisticcongressipswich.org

And please sign the Watching List at the back of church to make sure
that we have at least two people signed up for each slot of our
Adoration on Thursday, 10th from 9am to 9pm

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Next Sunday

Sunday, 6th September

Ecumenical Pilgrimage Walk of Our Lady of Grace of Ipswich

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



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**

Fr Joseph writes:

This week, as we draw closer to our local Eucharistic Congress, we include the next two reflections — numbers 21 and 22 — from our series of reflections on the Blessed Sacrament. Based on Edward Caswall's translation of St Thomas Aquinas' great Sequence for the Mass of the feast of Corpus Christi, the *Lauda Sion*, we continue to explore the nature and the beauty of the Holy Eucharist. Here, we consider the Bread of Angels and the Paschal Lamb.

LO! UPON THE ALTAR LIES

Lo! upon the Altar lies,
Hidden deep from human eyes,
Bread of Angels from the skies,
Made the food of mortal man:

When God gave him the Ten Commandments Moses spent forty days on Mount Sinai, writing down on the two tablets of stone all that the Lord God told him. When he came down from the mountain, his face shone with the radiance of God such that those who looked upon him were afraid to go near him so that Moses ended up putting a veil over his face (Ex 34:29-35). So mighty is the splendour of God's presence that even Moses himself is told that he may not look directly upon the face of God, for no man may see God's face and live (Ex 33:20). Similarly, when St Peter, James, and John see Our Lord transfigured on Mount Tabor they are so overcome that they faint (Mt 17:6).

In our tabernacles we have Our Lord Himself, truly present. If His glory were not hidden from our eyes in the Holy Eucharist then every time the tabernacle door was opened, everyone in church would faint at the sight of God's majestic splendour. Not much would happen in our churches if the pews were strewn with priests and parishioners who had all fainted at the sight of God! This, then, is one of the reasons why Our Lord comes to us in a form that hides the grandeur of His glory.

Instead, He chooses to come to us as Living Bread, having prepared the way for this miracle by showering bread from heaven upon the People of Israel in the desert. Far from home, God's people were in need of sustenance on their long journey so He rained down upon them manna, a form of bread as light as hoarfrost, white, and with the taste of flour mixed with honey (Ex 16:14,31). Each family was plentifully provided for, with each gathering as much as they needed without the manna running out, just like the bread that fed five thousand people in the Gospel (Ex 16:18). So delicate was this bread that it was likened to the Bread of Angels (Ps 77:25). Never before, or since, has there been an episode to match this, where bread was given directly from heaven. That is, until Our Lord instituted the Blessed Sacrament.

Now, on our altars and in our tabernacles, our God once more rains down upon His people Bread from heaven, the Bread of Angels. There is nothing to compare with this food given from above that is made fit to be consumed by mortal man. Showered down upon him from heaven in the extravagance of God's love, it raises up the lowly to participate in things divine.

As many saints have attested, this Bread of Angels is the food for our souls that will strengthen us to fight our inner battles (St Padre Pio) and fulfil the deepest longing of our souls (St Bonaventure). And, as St Maximilian Kolbe said, 'If angels could be jealous of men, they would be so for one reason: Holy Communion.'

CHILDREN'S MEAT TO DOGS DENIED

Children's meat to dogs denied;
In old types foreshadowed;
In the manna Heav'n-supplied,
Isaac, and the Paschal Lamb.

The woman of Canaan who begged Our Lord to heal her daughter who was grievously troubled by a devil went, at first, unacknowledged by Christ who answered her not a word (Mt 15:21-28). Perhaps Our Lord remained silent in the face of her entreaty for the same reason that He did not rush to the side of Lazarus when he fell ill. Our Lord waited until Lazarus died in order to draw witnesses to a state of belief: 'I am glad, for your sakes, that I was not there, that you may believe' (Jn 11:15). In any case, the reply Our Lord eventually gave was that He had come to gather the lost sheep of Israel. But she replied, 'Lord, help me.' Our Lord responded enigmatically, saying that 'It is not good to take the bread of the children, and to cast it to the dogs.' Yet the woman persisted with a similarly curious reply: 'Yea, Lord, for the whelps also eat of the crumbs that fall from the table of their masters.' She did not claim a right, an entitlement, to the Lord's mercy or His goodness. Instead, she made an act of faith on a par with St Peter's at Caesarea Philippi (Mt 16:16) or Martha's as her brother was just about to be raised from the dead (Jn 11:27), a profession of faith that evoked wonder from Our Lord as He marvelled at her faith.

Similarly, Abraham's faith, as he followed God's demand that he sacrifice his son, Isaac, evoked another marvel (Gen 22). Shocked by God's demand, but not surprised (after all, many deities demanded human sacrifices in Abraham's day), Abraham professed a deep faith in the living God and trusted that what was asked of him really was the will of God. But just as the Canaanite woman's faith had brought about the cure of her daughter, so Abraham's act of faith saved the life of his son. The Patriarch's hand was stayed at the last moment by the voice of an angel, and in the place of Isaac, a ram (a word that could apply to a sheep as well as to a goat) was sacrificed, a ram caught fast by its horns in the briars, providing an early image of Our Lord crowned with thorns.

Abraham's son was not to be sacrificed, but Isaac became a type — a model or prophetic pattern — for God's Son who *would* one day be sacrificed. Just as Isaac foreshadowed (or 'foreshadowed') the sacrifice of the Passover Lamb, so the Passover Lamb — offered up in homage to the God who saved His people, and consumed ritually as food for the journey — foreshadowed the sacrifice of Christ, the true Lamb of God. Now, in the Holy Eucharist, the flesh of Christ, the Paschal Lamb of the New Covenant, is consumed by those who have been saved by their God as they journey on their way to the new promised land, strengthened by the new Manna from heaven.

HELP US TO LIVE, NOT TO DIE

As a matter of urgency, please complete one of the postcards and send it to your MP today!

The assisted suicide bill is being re-introduced to Parliament yet again, and will receive a second reading on 11th September.

Please help to defeat it
by acting now!

SATURDAY ADORATION AT 5PM will resume in September as will morning devotions after Mass.

MUSIC AT SUNDAY MASSES will resume in September with hymns at the 9:30 Mass and with a solemn Mass at 11am. However, we are still in urgent need of help with the 9:30 music. If you can play the keyboard or a full organ, and are willing to help out occasionally or on a regular basis, please speak to Fr Joseph.

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 CATHOLIC MOTHERS' GROUP will meet again on Monday, 14th September at 11am.

THE BOOK CLUB will meet again on Monday, 14th September at 7pm to discuss *God is Near Us: The Eucharist, The Heart of Life* by Joseph Ratzinger.

THE ST CARLO ACUTIS GROUP (for 14–18 year olds) will meet again at 7pm on Thursday, 1st October.

THURSDAY LUNCHES will begin again on Thursday, 8th October after the midday Mass and rosary.

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, Pat Dunnett, 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: Rupert Parchment, Maud Shaw, Daniel Baxter, John Banham, Dorothy Flynn, Jeanette Moore, Winifride Adamson, Edward Robinson, Wilfred Gibson, Elsie Weech, Frances Morris, Thomas High, John Redmond, Sean O'Farrell, David Fahy, Douglas Barber, Mary Connolly, Edward Dow, Rose Marklew, Gregory Cushman, Gertrude Wallace, Charles Prime, Olive Denny, James Pyer, Mary Doig, Elizabeth Smith, Beatrice Forsdyke. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

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