

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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Parish Priest:
Fr Joseph Welch

Sundays: Yr A
Weekdays: Yr 2

August is dedicated to
the Immaculate Heart of Mary

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

Monday 10th August

St Lawrence

10am — Richard Sagrera RIP

Tuesday 11th August

Feria

8am (TLM) — Maria de Lourdes
Nogueira RIP

Wednesday 12th August

St Jane Frances de Chantel

6pm — Raul Medrano

Thursday 13th August

Feria

12:15pm — Souls in Purgatory 2/2

Friday 14th August

St Maximilian Kolbe

10am — Fred Cordina RIP

Saturday 15th August

Traditional feast of the Assumption

10am (TLM) — Holy Souls

*Vigil of the transferred feast
of the Assumption*

6pm — Pro Populo

Sunday 16th August 2026

Transferred feast of the Assumption

09:30 — Maria de Lourdes Nogueira RIP

11:00 — Sue Coppens-Browne 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*)

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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

Please book your tickets for the 11am Sunday Mass by going to:

eucharisticcongressipswich.org

Also...

An Evening with Our Lady of the Blessed Sacrament

Monday 7th September at 6pm at St Pancras

All Day Adoration of the Blessed Sacrament 9am—9pm

Thursday, 10th September at St Pancras

Please sign the Watching List

A PRAYER TO OUR LADY OF THE BLESSED SACRAMENT

by St Peter Julian Eymard

O Virgin Mary, Our Lady of the Most Blessed Sacrament, the glory of Christians, the joy of the universal Church, and the hope of the world, pray for us. Kindle in all the faithful a lively devotion to the most Holy Eucharist, so that they may all be made worthy to receive Holy Communion every day.

Our Lady of the Most Blessed Sacrament, pray for us.

Let us with Mary Immaculate adore, thank, supplicate, and console
the most sacred and beloved Eucharistic Heart of Jesus!



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

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 people who prefer 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: Albert Thompson, Giuseppe Dedona, Patrick Callan, Fr Stephen Doupe, Josephine Ahmed, Rosie Chadwick, Winifred Moore, Jessie Barham, John Ware, Catherine Quinn, Arthur Quantrill, Jean McKean, Florence Whitwood, John Packham, Edith Price, Clara Breslaver, Nancy Cooper, Frederick Banks, Walter Holden, Cecily Conney, Joseph Capocci, Lilian Bazire, and Mary Sweeney. 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 eighteenth verse of St Thomas Aquinas' Sequence for the feast of Corpus Christi, the *Lauda Sion*, translated by Edward Caswall.

HERE 'TIS LIFE; AND THERE 'TIS DEATH

Here 'tis life; and there 'tis death;
The same, yet issuing to each
In a difference infinite.

We have seen how Our Lord came to call sinners, and He does not stint in the generosity of His mercy and forgiveness. Yet, whilst God makes the first move in the salvation of each individual soul, and whilst the movement towards repentance and sanctification is first brought about in the soul by the grace of God, nevertheless we, as His creatures, must respond to His call and must make a move in His direction also.

Whilst we are called to be docile to the will of God, we are not called to be passive. We have to play our part in our own redemption, as St Augustine said, 'God created us without us, but He did not will to save us without us' (*Sermo* 169). If we will receive God's mercy, we must admit our faults, say sorry and, with a penitent heart, do penance, for 'If we say that we have no sin, we deceive ourselves, and the truth is not in us. [Whereas] if we confess our sins, He is faithful and just, to forgive us our sins, and to cleanse us from all iniquity' (1 Jn 1:8-9).

The Sacrament of Confession is where we are cleansed of mortal sins, and where we receive absolution and are made ready, once more, to receive Our Lord's presence into our hearts in Holy Communion. Indeed, we may not receive Holy Communion again if we have committed a mortal sin until we have been to Confession so that the charity of God, which was lost to us in such a sin, may be once again restored to our soul. It is not that God ceased to love us when we committed a mortal sin, but that, at that moment, we stopped loving Him and so cut ourselves off from His love. It is restored through His tender mercy in the Sacrament of Confession which He instituted for just that purpose.

The Church teaches what St Paul teaches, namely that anyone who receives Holy Communion in a state of mortal sin adds another, and very serious, sin to the burden of his conscience: 'Therefore whosoever shall eat this bread, or drink the chalice of the Lord unworthily, shall be guilty of the body and of the blood of the Lord' and again, 'For he that eats and drinks unworthily, eats and drinks judgment to himself' (1 Cor 11:27,29). In other words, we would be contributing directly to the sufferings of Christ were we to receive Holy Communion whilst we were not already in a state of union with Our Lord.

As the name implies, Holy Communion is the Sacrament for those already in *union with* the Person of Our Lord as well as in *union with* the whole of His Mystical Body, the Church. It is for this reason that those in a state of mortal sin, for example those in an irregular marital union, and those who are not yet Catholic, cannot receive the Sacrament of Unity.

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