

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 6th September 2026

23rd Sunday of the Year

09:30 — Deceased Clergy of the Parish

11:00 — Pro Populo

Monday 7th September

Feria

10am — Chika's int.

Tuesday 8th September

The Nativity of the BVM

8am (TLM) — The Domus of the Parish

Wednesday 9th September

Feria

6pm — The Benefactors of the Parish

Thursday 10th September

Votive Mass of Corpus Christi

12:15pm — The Guild of St Pancras

Friday 11th September

Feria

10am — Private int.

Saturday 12th September

The Most Holy Name of Mary

10am — Holy Souls

Vigil of 24th Sunday of the Year

6pm — Holy Souls

Sunday 13th September 2026

24th Sunday of the Year

One Mass only See
at St Pancras today! notice

9am — 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*)

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.

Sunday, 6th September at 3pm

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.

Monday, 7th September at 6pm

AN EVENING WITH OUR LADY OF THE BLESSED SACRAMENT

Hymns, the rosary, devotions, an extended meditation,
silent prayer, and concluding with Benediction

Thursday, 10th September 9am — 9pm

ADORATION OF THE BLESSED SACRAMENT

All-day Adoration punctuated with devotions and Benediction

NEXT SUNDAY — 13TH SEPTEMBER 2026

Mass times at St Pancras

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

THE ‘FESTIVAL DIVINE’
AT THE CORN EXCHANGE

Reserve your place by going to: eucharisticcongressipswich.org

Principal Mass: 11am

See overleaf for full details of the week's events!



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.'*

Monday, 7th September at 6pm

at Pancras

AN EVENING WITH OUR LADY OF THE BLESSED SACRAMENT

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

Tuesday, 8th September at 6:30pm

at St Mark's

PREACHED ROSARY

The Sorrowful Mysteries.

with Adoration of the Blessed Sacrament and Benediction.

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**

We draw our series of reflections on the Blessed Sacrament to a close with the final two, numbers 23 and 24. 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 conclude by looking at Christ the Good Shepherd and by seeing the Blessed Sacrament as a foretaste of heaven.

JESU! SHEPHERD OF THE SHEEP!

Jesu! Shepherd of the sheep!
Thou thy flock in safety keep.
Living Bread! thy life supply;
Strengthen us, or else we die;
Fill us with celestial grace:

One of the most famous lines from the Psalms is, of course, 'The Lord is my shepherd, I shall not want.' (Funnily enough, the Latin Vulgate, and therefore the Douai-Rheims Bible, does not mention shepherds; the word 'shepherd' comes from the Hebrew text of the psalm.) The Psalm, used at weddings and funerals alike, may nonetheless be read as a meditation on the Blessed Sacrament.

The Lord, who is my shepherd, satisfies my deepest longing so that I shall want for nothing if I have Him. He brings me to the waters of refreshment or, as Isaiah says elsewhere, to 'the wells of salvation' (Is 12:3, RSV). Christ Himself cried out, 'If any man thirst, let him come to me and drink' (Jn 7:37), echoing the words of Isaiah again: 'All you that thirst, come to the waters' (Is 55:1). These life-giving waters convert or restore my soul. But the Good Shepherd does not stop there. He leads me in paths of righteousness and justice, guiding me along the way of virtue so that the strength He gives in the refreshment of my soul is translated into a life of good deeds.

With His shepherd's crook – His rod and His staff – He comforts me even when I walk in the midst of the shadow of death, for the Living Bread is given to me from on high precisely so that I might have life, and have it more abundantly and to the full (Jn 10:10). Even my enemies, them that afflict me, cannot cause me to go astray because a table is prepared and set before me that bears the Divine Presence of the Good Shepherd Himself. From such a heavenly banquet am I fed. In the Holy Eucharist my head is anointed with oil and the chalice overflows with goodness for I am blessed, in the Food from Heaven, with all the 'spiritual blessings in [the] heavenly places' (Eph 1:3). With such a shepherd as this to lead me, how can God's mercy not follow me all the days of my life?

The closing words of this psalm are echoed in the words of another when the singer rejoices at the things that were said to him, namely that he shall go into the house of the Lord, and that he shall rejoice now that his feet are standing within the courts of Jerusalem, a city that is strongly compact, and where is to be found the throne of the house of David, and where peace is to be enjoyed in the city of peace, and in the abundance of her towers (Ps 121).

And so the sequence for the feast of Corpus Christi returns to where it started, in Sion, the fortress of strength and the city of peace from whose gates emerged the priest-king, Melchizedek, to offer gifts of bread and wine. In the Lord's own house (and remember, Bethlehem means House of Bread) shall I dwell forever.

THOU, WHO FEEDEST US BELOW!

Thou, who feedest us below!
Source of all we have or know!
Grant that with thy Saints above,
Sitting at the feast of love,
We may see Thee face to face.

Having been brought back at the end of the Corpus Christi sequence to the place where we began – and having been fed with finest wheat here below (Ps 80:17), and with bread out of the earth and wine to cheer the heart (Ps 103:14-15) – we find ourselves being granted a foretaste of the heavenly Jerusalem where are found the tabernacles of the Lord of Hosts, and for whose courts our souls have longed and fainted (Ps 83:2).

The Lamb of God, foreshadowed in the person of Isaac and in the Passover Lamb at the time of the Exodus, is now to be wedded to His spotless bride, the Church, at the solemn and heavenly banquet: 'Blessed are they that are called to the marriage supper of the Lamb' (Apoc 19:6-9). She, the Bride without stain or wrinkle (Eph 5:27), is clothed in 'fine linen, glittering and white. For the fine linen are the justifications of the saints' (Apoc 19:8) whose garments have been washed and made white in the blood of the Lamb (Apoc 7:14).

St Thomas Aquinas tells us elsewhere that to be in a state of grace – to have the sanctifying grace of the Sacraments in our souls – is to have one foot already in heaven. Grace here on earth is the foretaste of glory in heaven because in each case we are possessed of the presence of God. This is what the Blessed Sacrament is for, and why we sing the praises of the Holy Eucharist on Corpus Christi, and indeed throughout the year. We sing to sanctify our souls in this life, and on our pilgrim journey amidst the trials and tribulations in this valley of tears. We sing so that, one day, we may be admitted into the presence of God and see Him as He is (1 Jn 3:2), and no longer as through a glass darkly but face to face (1 Cor 13:12).

This is the Beatific Vision, the direct and unmediated sight of God in heaven, no longer presented under shadows and images, nor even in the form of the Sacraments which have conveyed His grace to us throughout our lives here below, but in all His glory, and splendour, and majesty. Whilst we may grow in holiness during our lives on earth – becoming more like to Him who has fed us with His own Flesh and Blood – only in heaven may we be said truly to have attained to salvation. He who was our beginning, will be our end. He who is the Alpha is also the Omega (Apoc 1:8 *et par*). He who brought us into being, gave us life, forgave us our sins, bestowed upon us new and supernatural life, and sanctified us along the way, will have brought us to eternal life, to live with the Blessed Virgin Mary, and all the angels and saints in His glory for ever.

HELP US TO LIVE, NOT TO DIE

As a matter of urgency, please contact your MP today!

To find the name of your MP go to:
members.parliament.uk/FindYourMP

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!

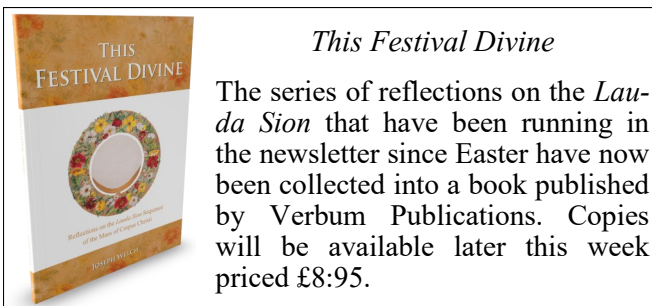
THE CATHOLIC MOTHERS' GROUP will meet again on Monday, 14th September at 11am.

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 next Sunday, 13th September. We would be delighted to receive contributions from new contributors, especially with articles you may have about your travels, pilgrimages, and holidays this summer, 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



This Festival Divine

The series of reflections on the *Laud Sion* that have been running in the newsletter since Easter have now been collected into a book published by Verbum Publications. Copies will be available later this week priced £8.95.

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: Stephen Miller, Sally Mitchell, Ivy Williams, Maria Swann, John Barnham, Julia Quantrill, Iris Sharpe, Berniw Wood, John Hynes, Gintautas Rimkus, Dennis Stocker, Mario Sansiviero, Kenneth Elvin, Denys Bell, Rev Canon William Burrows, Merle Brooks, Ronald Byrne, Helen McCall, Tommy Reid, Timothy Gilbert, Andrew Gilbert, Joseph Barbrook, Sabina Wright, Anthony Blackett, Gada Grezegory, Bernard Driscoll, Oronato Bevilaqua, and Margaret Prodder. 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