

THE CATHOLIC PARISH OF ST PANCRAS, IPSWICH

Deum diligere et quæ sunt Dei

'To love God and the things of God'

The Presbytery
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Ipswich
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Parish Administrator:
Fr Joseph Welch

Sundays: Yr C
Weekdays: Yr 2

July is dedicated to
the Precious Blood of Jesus

Sunday 3rd July 2022

14th Sunday of the Year

09:30 — Pro Populo

11:30 — Una Delaney RIP

Monday 4th July

S. Elizabeth of Portugal

10am — Florence Njoku ints. (1/6)

Tuesday 5th July

S. Anthony Mary Zaccaria

8am (TLM) — Anne Abbott's int.

Mass of Induction

6pm — Bp Alan's ints.

(No Confessions before or rosary after)

Wednesday 6th July

S. Maria Goretti

6pm — Florence Njoku ints. (2/6)

Thursday 7th July

Feria

12:15pm — Florence Njoku ints. (3/6)

Friday 8th July

S. Withburga

10am — Florence Njoku ints. (4/6)

Saturday 9th July

S. Augustine Zhao Rong & Comps.

10am — for the election of a bishop

Vigil of 15th Sunday of the Year

6pm — Florence Njoku ints. (5/6)

CONFESSIONS:

Mon — Sat: 30 minutes before each
Mass, and 5pm — 5:45pm on Sat.

ADORATION: Sat: 5pm — 5:45pm

ROSARY: Mon — Fri: after Mass

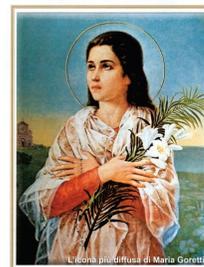
**DEVOTIONS TO O.L. OF IPSWICH &
S. PANCRAS:** Sat after 10am Mass

TLM Masses: 2nd Sunday of the month
at 8am. (Next 2nd Sunday Mass: 10th July)

*Traditional Latin Masses (TLM) are said
according to the Missal used before the
Second Vatican Council.*

TWO SAINTS OF THE WEEK

St Maria Goretti (1890-1902) died whilst resisting assault, and because she wanted her assailant not to sin. She forgave her attacker before she died. Her attacker, Alessandro, was unrepentant until, in prison, he had a dream in which Maria appeared to him and gave him some lilies which, when he took hold of them, burned his hands. When he woke up he was a changed man. On his release, he went to Maria's mother to beg her forgiveness. Alessandro was present at St Maria's canonization ceremony in 1950.



St Withburga, or Withburh, (d.743) was an abbess in Dereham, Norfolk, in the first half of the 8th century. Said to be the daughter of King Anna, or Onna, of East Anglia, she built the monastery of which she became abbess. During the building work she had nothing but dry bread with which to feed the workman. After praying to the Blessed Virgin Mary she was told to send her maids to a certain well, where they found two does gentle enough to be milked. The milk was given to the workmen. *The image is from a rood screen in Dereham.*

INDUCTION OF FR JOSEPH AS PARISH PRIEST BY BISHOP ALAN

Tuesday, 5th July at 6pm

followed by a bring & share supper in the parish hall.

All welcome.

Following on from today's sermon...

To welcome, and to benefit from, the peace of Christ in our hearts,
we need:

a healthy spiritual diet

that is, we need to feed the mind with spiritual reading

healthy spiritual exercise

that is, we need daily prayer, regular and frequent Confession, the prayerful reception of Holy Communion, meditation, recollection, and penance

to establish a healthy spiritual environment

which means reducing dependence on TV and social media,
nurturing instead a love of God and the things of God,
mixing socially with fellow Catholics,
and surrounding ourselves with images and icons of our Faith

Please consider making a **STANDING ORDER** instead of a weekly cash contribution to the parish. Thank you.

BANK: Barclays ACCOUNT NAME: St Pancras Catholic Church SORT CODE: 20-44-51 ACCOUNT NUMBER: 00775843

St Pancras Catholic Church is part of the East Anglia Roman Catholic Diocesan Trust: registered charity no. 278742

SECOND COLLECTIONS

Today: for Life Charities.

Next weekend: Apostleship of the Sea

Coffee is served every Sunday in the parish hall following the 9:30 and 11 o'clock Masses. All welcome.

The Over 60s Group meets every Friday after the rosary for coffee and a chat. Newcomers most welcome.

For Diocesan events please see the poster in the porch.

Parish lunchtime BBQ: on Sunday, 28th August. More details to follow.

Congratulations to the first household of the parish to be consecrated to the Sacred Heart of Jesus and enrolled as a *Domus*, a house of prayer. If you would like your household to become a *Domus*—an oasis of Faith in the desert of today's world—please speak to Fr Joseph. Slowly, the number of these 'domestic churches,' gathered around the hub of St Pancras, may grow and strengthen the spiritual life of our parish.

Spiritual Reading A list of suggestions for spiritual reading has now been added to the other two reading lists on the homepage of the parish website. More suggestions will follow.

First Communion Next Year? Please see the poster in the porch or the leaflet at the back of church.

St Pancras Catholic Book Club will meet for the first time on Monday, 12th September at 7pm in the parish hall. Each quarter we shall meet to discuss a book of spiritual reading, the first of which will be *Revelations of Divine Love* by Julian of Norwich. So, get yourself a copy and start to enjoy some summer reading!

Did you know...? The green vestments worn on Sundays for the remainder of the liturgical year (until Advent begins) symbolize the new life and the new growth brought about by the life-giving power of the Holy Spirit at Pentecost.

Saint Augustine said, 'Pray as though everything depended on God. Work as though everything depended on you.'

Sick List

Prayers are asked for Rosemary Pease, Jim Convey, Simon Marriage, Mary Driscoll, Leighton Scott, and Bernie Wood.

Of your charity

Please pray for those who have died recently, as well for all whose anniversaries occur at this time: Michael Connolly, Joyce Rands, John Lynch, Ernesto Zagni, Concetta Borg, Francis Borg, Helen White, Gertrude Box, Francis Skibinski, Florence Morgan, Marion Jarvis, James Green, Joan Eyton, Eva Kerby, Mary McAtamney, Mary Barnes, Florence Downard, Catherine Messier, Edith Sawyer, Mary Clapham, Fred Major, and Martin Brophy. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: The Mass-Pt XXXXIII Following the *Agnus Dei*, the Lamb of God, the priest makes a private preparation for his own Holy Communion. We are so imbued with the principles of democracy and equality that we sometimes forget that the Mass is not chiefly something we do, it is something Christ does. The priest, through his sacramental ordination, is become an *alter Christus*, 'another Christ.' As a result, he acts *in persona Christi*, 'in the person of Christ.' In other words, it is the priest who offers the Sacrifice of the Mass to God the Father on behalf of the people (including himself, of course). There are moments, then, when the priest needs to offer silent prayers as the one who is offering so august a sacrifice, both in preparation for what he is about to do and, towards the end of Mass, in acknowledgement of what he has just offered. At this point, he prays:

Dómine Iesu Christe, Fili Dei vivi, qui ex voluntáte Patris, cooperánte Spíritu Sancto, per mortem tuam mundum vivificásti: libera me per hoc sacrosánctum Corpus et Sáanguinem tuum ab ómnibus iniquitátibus meis, et univérsis malis: et fac me tuis semper inhærére mandátis, et a te numquam separári permittas: Qui cum eódem Deo Patre et Spíritu Sancto vivis et regnas Deus in sácula sáculórum. Amen.

Lord Jesus Christ, Son of the living God, who, by the will of the Father and the work of the Holy Spirit, through your Death gave life to the world, free me by this, your most holy Body and Blood, from all my sins and from every evil; keep me always faithful to your commandments, and never let me be parted from you.

He prays for purity of heart, for a freedom from sin, and for fidelity to the Law of God, unfaithfulness to which would lead him to be parted from his loving Lord and Saviour. In a sense, he is renewing the promises he made at his ordination to live a life which is totally at the service of the living God.

He goes on to add:

Perceptio Córporis tui, Dómine Iesu Christe, quod ego indignus súmeré præsumo, non mihi provéniat in iudicium et condemnatióem: sed pro tua pietáte prosit mihi ad tutaméntum mentis et córporis, et ad medélam percipiéndam: Qui vivis et regnas cum Deo Patre in unitáte Spíritus Sancti Deus, per ómnia sácula sáculórum. Amen.

May the receiving of your Body and Blood, Lord Jesus Christ, not bring me to judgment and condemnation, but through your loving mercy be for me protection in mind and body and a healing remedy.

Given the fact that he, the priest, has just offered the Most Holy Sacrifice of the Body and Blood of Christ to God the Father, he becomes acutely conscious of his actions as well as what—or rather, Who—he is just about to receive in Holy Communion. So, mindful of the words of St Paul that 'whosoever shall eat this bread, or drink the chalice of the Lord unworthily, shall be guilty of [sinning against] the body and of the blood of the Lord' (1 Cor 11:27), he pleads with God that his manner of offering the Sacrifice, and of receiving Holy Communion, has all been done, and will be done, in a fitting manner and with an upright heart. Then, as he makes his final genuflection, he paraphrases the words of the Psalm and says,

Panem cæléstem accípiam, et nomen Dómini invocábo.

I will take the Bread of heaven,
and will call upon the Name of the Lord' (Ps 115:13).