

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 1

August is dedicated to
the Immaculate Heart of Mary

Sunday 30th July 2023

17th Sunday of the Year

09:30 — Pro Populo

11:00 — Cobb family

Monday 31st July

St Ignatius Loyola

10am — Holy Souls

Tuesday 1st August

Feria: Dom IX post Pent. with Commem.

8am (TLM) — Walter & Anne Mitchell RIP

Wednesday 2nd August

St Peter Julian Eymard

6pm — Holy Souls

Thursday 3rd August

Feria

12:15pm — Holy Souls

Friday 4th August

St John Vianney, the Curé d'Ars

10am — Holy Souls

Saturday 5th August

Our Lady of the Snows

10am — Judy Fell RIP

Vigil of the Transfiguration of Our Lord

6pm — Pro Populo

CONFESSIONS:

Mon — Sat: 30 minutes before each Mass

& Sat: 5pm — 5:45pm

1st Friday: 7pm — 8pm

ADORATION: Sat: 5pm — 5:45pm

ROSARY: Mon — Fri: after Mass

DEVOTIONS TO O.L. OF IPSWICH &

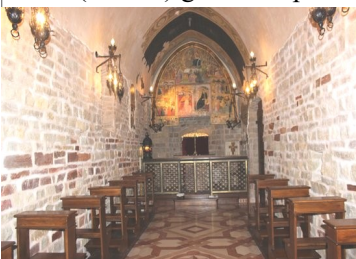
S. PANCRAS: Sat after 10am Mass

TLM Masses: 2nd Sunday of the month at
8am. (Next 2nd Sunday Mass: 13th August)

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

PORTIUNCULA INDULGENCE - 2ND AUGUST

The chapel of the Portiuncula (‘a small portion’ of land) was rebuilt by St Francis of Assisi and became the pearl of the Franciscan order. Pope Honorius III (d.1227) granted a plenary indulgence to those who, having confessed,



visited the church on 2nd August each year, the anniversary of the little church’s dedication. Today, the same indulgence may be gained in any Franciscan church as well as in all parish churches. To gain the indulgence you must go to Confession and receive Holy Communion within eight days either side of 2nd August, and on the day itself visit a Franciscan church, or a cathedral, or a minor basilica, or indeed any parish church, and pray for the intentions of the Pope by saying an Our Father, the Apostles’ Creed, and one other prayer of your choice, and be free from all attachment to sin, even venial sin.

FEAST OF THE WEEK: OUR LADY OF THE SNOWS - 5TH AUGUST

There lived in the Eternal City a nobleman, John, and his childless wife, who had been blessed with much of this world’s goods. They chose the Mother of God as the heir to their fortune, and at the suggestion of Pope Liberius, prayed that she might make known to them how to do this by a particular sign. In answer, the Virgin Mother, during the night of 5th August (the year

being AD 352), appeared to John and his wife and also to the Holy Father, Pope Liberius, directing them to build a church in her honour on the crown of the Esquiline Hill. And what would be the sign that John and his wife had requested? ‘Snow will cover the crest of the hill.’ Snow rarely falls in Rome, but the flakes fell silently during that night, blanketing the peak of the historic hill. In the morning the news quickly spread and crowds gathered to throng up the hill and behold the white splendour. The snow had fallen in a particular pattern, showing the outline of the future church. When it became known that the snow was a sign from Mary, the people spontaneously added another to her long list of titles, Our Lady of the Snows. The church was the first in the West to be built and dedicated to the Blessed Virgin Mary and as a result became known as Santa Maria Maggiore, St Mary Major.



FR JOSEPH WILL BE AWAY (with no access to telephones or e-mails)
from the afternoon of Sunday, 30th July

to the afternoon of Friday 4th August inclusive.

Fr Russell Frost has kindly agreed to cover all Masses and Confessions so there will be **NO CHANGE** to the Mass and Confession schedule.

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

PARISH BBQ

Sunday, 27th August — from 1pm onwards

Keep the day free!

More details to follow.

Last year's BBQ was a great success with over 70 people coming and going throughout the afternoon. Please come and join us: sit and chat, catch up with friends, meet parishioners you haven't met before, relax and enjoy yourselves. All welcome.



OUR LADY OF IPSWICH RECIPE COMPETITION!

Just as we have a St Pancras Pie, so we are going to have a competition to find a dish for Our Lady of Ipswich. The dish may be savoury or sweet, hot or cold. The recipe must be original and not copied from a book or a website (although it may be 'grandma's favourite' so long it doesn't appear in a published book already). Dishes need to be presented for judging in the parish hall on Sunday, 10th September following the 11am Mass (the Sunday nearest to Our Lady's birthday). There will be a small panel of judges. The winning recipe will be adopted as the parish's official 'Our Lady of Ipswich dish.'

Catholic Young Adults (18-35)

30th July summer event: meet at St Pancras Church at 3pm

Please note that Fr Joseph's day off each week is Tuesday. It is unlikely that knocks at the front door or emails will be answered, or that 'phone calls will be returned, on Tuesdays.

The Registration window for next year's First Communion and Confirmation candidates will close on **30th September 2023**. The classes are only open to those families who already worship at St Pancras regularly. Registration forms may be collected from Fr Joseph.

Sick List Prayers are asked for Rosemary Pease, Jim Convey, Mary Driscoll, Leighton Scott, Bernie Wood, Larry Crowley, and Brian Price.

Of your charity

Please pray for the repose of the soul of John Acott, who died recently, and of all those whose anniversaries occur at this time: William Hardy, Ena Smart, Henrietta Herbert, Michael Hurley, James Sharpe, Fr Patrick McHugh, Francesco Cannone, William Simpson, Honora Herridge, William Brennen, Annie McMahon, Hugh McCallion, Laura Parker, Bernard Fox, Barry D'Arcy, Kenneth Valentine, Anne Billam, Calogero Severino, Susan Henderson, John Winthrop, and Jennifer Bower. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

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Fr Joseph writes: Today we begin to consider the third Person of the Holy and Undivided Trinity, the Holy Spirit.

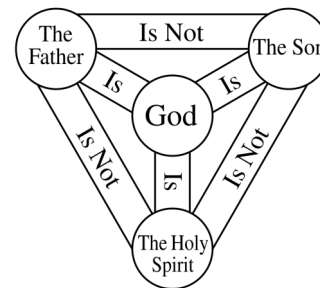
I BELIEVE IN THE HOLY SPIRIT, THE LORD

Catholics mention the Holy Spirit every time they make the Sign of the Cross, every time they say the Glory be to the Father, and in the conclusion of almost every prayer in the Church's liturgy, yet for all that, the Holy Spirit often seems the neglected member of the Blessed Trinity. Perhaps this is because whilst we can picture God the Father as the Creator, and often see Him depicted as an elderly man with a grey beard benignly overseeing the created order; and whilst we have many images of God the Son as a result of His Incarnation: He is, after all, the 'image of the invisible God,' as St Paul tells us (Col 1:15); still we have only somewhat ethereal and disembodied images of the Holy Spirit, making Him seem less tangible, less easy to imagine, and perhaps, therefore, less easy to relate to.

There are, of course, several different images of the Holy Spirit in Scripture, for example, He is seen as wind or breath, as a dove, as fire, indeed as tongues of fire, and as water; He is called the Holy Spirit, the Paraclete, the Counselor, the Comforter, the Sanctifier, the Gift of the Most High, the Giver of Life, the Spirit of Truth, and the Spirit of Love; and we find divine perfections continually attributed to Him, for example: He is deemed to be *omniscient*, that is, all-knowing: 'The Spirit searches everything, even the depths of God' (1 Cor 2:10); He is *omnipotent*, all-powerful: 'The Holy Spirit will come upon you, and the power of the Most High will overshadow you,' (Lk 1:35); He is *omnipresent*, all-present: 'Whither shall I go from thy Spirit? Or whither shall I flee from the presence?' (Ps 139[138]:7); and He is the One who Justifies: 'You were sanctified, you were justified... in the Spirit of Our God,' (1 Cor 6:11).

As we have already seen, the title Lord is applied to all three Persons of the Blessed Trinity, and whatever may be said of the Father and the Son as Lord, may also be said of the Holy Spirit because the word 'Lord' is used as a divine title and is equated with divine status, conveying authority and the power to command.

The Holy Spirit, then, may be seen as a force of divine power, as a presence of God in the world, as equal to the Father and the Son in might, authority and, above all, in nature. He is truly divine, as are the Father and the Son. He is as much God as they are. Nor is He in any way inferior to the Father or the Son, for they are equal in dignity. The best formulation of the co-equality of the three Persons of the Trinity is to be found in the Athanasian Creed, the *Quicumque Vult*, the first part of which is summarized diagrammatically in what we call the *Scutum Fidei*, the Shield of the Trinity, or Shield of Faith.



The *Scutum Fidei*, or Shield of Faith