

# 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 1

August is dedicated to  
the Immaculate Heart of Mary

## Sunday 6<sup>th</sup> August 2023

*The Transfiguration of Our Lord*

09:30 — In thanksgiving.

11:00 — Matthew Heald

## Monday 7<sup>th</sup> August

*St Cajetan*

10am — Augusto Sciortino RIP

## Tuesday 8<sup>th</sup> August

*St John Vianney, the Curé d'Arles*

8am (TLM) — Maria de Lourdes Camargo

## Wednesday 9<sup>th</sup> August

*St Teresa Benedicta of the Cross*

6pm — Linda Mitchell

## Thursday 10<sup>th</sup> August

*St Lawrence*

12:15pm — Elizabeth Layton RIP (F)

## Friday 11<sup>th</sup> August

*St Clare of Assisi*

10am — Holy Souls

## Saturday 12<sup>th</sup> August

*Our Lady on Saturday*

10am — Joseph & Edith Price RIP (F)

*Vigil of 19<sup>th</sup> Sunday of the Year*

6pm — Holy Souls

### CONFESSIONS:

**Mon — Sat:** 30 minutes before each Mass

**& Sat:** 5pm — 5:45pm

**1<sup>st</sup> 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:** 2<sup>nd</sup> Sunday of the month at

8am. (Next 2<sup>nd</sup> Sunday Mass: 13<sup>th</sup> August)

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



*The Transfiguration*  
(after Perugino) by William Shakespeare Burton (1824-1916)

*'And the Word was made flesh, and dwelt among us, and we saw his glory, the glory as it were of the only begotten of the Father, full of grace and truth.'*

*Jn 1:14*

### PARISH BBQ — SUNDAY, 27<sup>TH</sup> AUGUST

A lunchtime BBQ for the whole parish! From 1pm onwards in Bill & Brigitte Newman-Sanders' garden (address to follow). To give us an idea of numbers, please sign the list at the back of church, indicating what dish you can bring (a salad or a pudding) and whether you have any vegetarian requirements. And bring a bottle! All sausages and burgers—meat and vegetarian—as well as chicken pieces will be provided. There will be some parking on-site, but otherwise on the roadside nearby. Please be considerate to other road users and neighbours when you park.

*All welcome!*

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

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## 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, 10<sup>th</sup> 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.'

*One parishioner has already come up with an  
Our Lady of Ipswich cocktail!*

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**Catholic Young Adults** (CYA) for 18-35 year olds will meet next on Friday, 6<sup>th</sup> October at 7pm.

**New cassock** Fr Joseph has just taken delivery of a new cassock, but it is slightly too long. Is there anyone who might be able to raise the hem a little please? Thank you.

**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.

**Masses** may be booked to be said for the living or the dead. Please complete a Mass Offering envelope from the back of church. We cannot guarantee to say the Mass on the preferred date but will get as close to it as possible. A typical Mass offering is £10.

**The 11am Mass Choir** is enjoying a well-earned holiday during August (except for the feast of the Assumption).

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**The Registration window** for next year's First Communion and Confirmation candidates will close on **30<sup>th</sup> 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.

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**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: John Sullivan, Nigel Curtis, Phoebe Farebrother, James Corrigan, Marie Bradley, John Winthrop, Albert Thompson, Giuseppe Dedona, Patrick Callan, Fr Stephen Doupe, Rosie Chadwick, Winifred Moore, Jessie Barham, John Ware, Catherine Quinn, Arthur Quantrell, Jean McKean, Florence Whitwood, John Packham, Edith Price, and Clara Breslaver, Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

**Fr Joseph writes:** We continue to look at the third Person of the Holy and Undivided Trinity, the Holy Spirit.

### THE GIVER OF LIFE



*Detail from Incarnation by Piero di Cosimo (c. 1500)*

As we have seen, whenever God acts upon the created order, all three Persons of the Blessed Trinity act in unity. That is, all three Persons – Father, Son, and Holy Spirit – created the world, all three redeemed us, and all three sanctify us. Collectively, as we know, these *operations* are referred to as the *Divine Economy*, or the Economy of Salvation, that is, the work of God, or the work of salvation. (By contrast, the internal workings, or life, of the Trinity are sometimes called the Essential Economy because they deal with the essence of God.) So whilst we often refer to the Father as the Creator, the Son as the Redeemer, and the Holy Spirit as the Sanctifier, properly speaking all three Persons perform all three works.

Even so, it is both helpful to our devotion as well as to our understanding, and not wrong, to consider the works of the three Persons of the Trinity in these three distinct ways, not least because some of the *operations* of God can be distinguished one from another, for example, only the Son of God *in His humanity* died on the Cross, accomplishing an aspect of our redemption which was not accomplished by the Father or the Holy Spirit.

What, then, do we mean by the Holy Spirit as the Sanctifier?

When God created Adam, He 'breathed into his nostrils the breath of life, and man became a living being' (Gen 2:7). As we have seen, the Hebrew word, *rúah* or ruach, means both spirit and breath. Not only did God give human life to Adam, He also gave Adam a share in His, God's, own life. God breathed into Adam a breath of divine life. This presence of God's life in Adam's soul is what we call *sanctifying grace*. When someone has sanctifying grace in his soul – when someone is in what we call a *state of grace* – he has God dwelling within him. Because we usually think of the Holy Spirit as the One who sanctifies us (makes us sharers in God's holiness), St Paul says that those who have been baptized are 'temples of the Holy Spirit,' (1 Cor 6:19). In other words, our bodies, when we are in a *state of grace*, house the Holy Spirit (or, more properly speaking, all three Persons of the Blessed Trinity), and we are made holy.

Having forfeited the gift of sanctifying grace through Original Sin, a gift he had been given to hold in trust for the whole human race, Adam forfeited it on behalf of us all, and each of us is born without this precious gift. It is restored to us individually through the Sacrament of Baptism. When we are conceived we are given natural, biological life by our parents. When we are baptized ('born again,' Jn 3:3) we are given the supernatural life of *sanctifying grace*, and our soul, which up to this point has existed without life, becomes animated by divine life, the breath of the Holy Spirit, the Giver of Life.