

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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Parish Priest:
Fr Joseph Welch

Sundays: Yr B
Weekdays: Yr 2

July is dedicated to the
Most Precious Blood

Sunday 30th June 2024

Transferred feast of Ss Peter & Paul
09:30 — Anthony Glaccum RIP
11:00 — Pro Populo

Monday 1st July

Votive Mass of the Precious Blood
10am — Holy Souls

Tuesday 2nd July

Visitation of the BVM
8am (TLM) — Jo Shevlin

Wednesday 3rd July

St Thomas
6pm — Yvonne Balchin

Thursday 4th July

Votive Mass of Our Lady of Grace
12:15pm — Holy Souls

Friday 5th July

St Anthony Zaccaria
10am — Tom Parry & Richie RIP

Saturday 6th July

St Maria Goretti
10am — Holy Souls

Vigil of 14th Sunday of the Year
6pm — 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 & S. PANCRAS: Sat after 10am Mass

TLM Masses: 2nd Sunday of the month at 8am. (Next 2nd Sunday Mass: 14th July.)

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

PETER'S PENCE

Peters Pence, otherwise known to the Anglo-Saxons in mediæval England as 'Romescot' (from the old Norse word *skot* meaning tax), is the name traditionally given to an annual contribution or tribute (originally of a penny from each householder holding land of a certain value) paid to the exchequer of the Holy See by various peoples of Christendom. Today, the collection is taken up in all parishes, in all dioceses, around the world in support of the Pope's expenses and the running costs of the Holy See. Please give generously. Thank you.

THE FEAST OF SS PETER & PAUL

Traditionally, the 29th June.
Transferred this year to Sunday 30th June.



The two great Apostles of Rome, Ss Peter & Paul, stand as guardians of the Catholic Faith. St Peter, Prince of the Apostles, Custodian of the Keys of Heaven, first Bishop of Rome and the first Pope, martyred upside down. St Paul the great Apostle to the Gentiles, martyred by the sword. Both died in Rome in the year AD 67.



We must pray for our Holy Father, the Pope every day!

V. Let us pray for Francis, our Pope.

R. May the Lord preserve him, give him long life, make him blessed up on the earth, and may the Lord not hand him over to the power of his enemies (Ps 40:3)

V. May your hand be upon your holy servant.

R. And upon your son whom you have anointed.



Let us pray. O God, Pastor and Ruler of all the faithful, look down, in your mercy, upon your servant, Francis, whom you have appointed to preside over your Church; and grant, we beseech you, that both by word and example, he may edify all those under his charge, so that, with the flock entrusted to him, he may arrive at length unto life everlasting. Through Christ our Lord. R. Amen.

Recent Collections—for which, many thanks and God bless you.

April: Standing orders: £1,660; Dona: £3,201:25; green envelopes: £881; collection plate: £2,679:73. Total: £8,421:98.

May: Standing orders: £1,454; Dona: £1,904:88; green envelopes: £772:50; collection plate: £2,045:86. Total: £6,177:24.

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

PILGRIM MASS OF OUR LADY OF GRACE

Thursday, 4th July — 12:15pm Mass

We will be pleased to welcome an ecumenical group of Catholic and Anglican pilgrims, led by the Guild of Our Lady of Grace of Ipswich. The group journeyed from Ipswich to Walsingham last year, and now comes on pilgrimage from Walsingham to Ipswich, to Our Lady of Grace. Following Mass here (and a picnic lunch in the parish hall), they will walk to the site of the original shrine in Lady Lane and then on to St Mary the Elms. Everyone is welcome to join them.

Parish Magazine The latest edition of the parish magazine is now available free of charge.

The Pancratius The latest edition of our monthly newsletters for children aged 5—15 is now available.

Catholic Mothers' Group Monday, 8th July. We plan to meet in Christ Church park at 11am for a summer picnic, weather permitting!

Holy Hour of Adoration for the *Domus* of the parish, but all welcome. 6pm on Thursday, 11th July, the month of the Precious Blood.

Blessed Carlo Acutis Group (14-17 yr olds) July meeting — date and details to follow.

Catholic Young Adults (18-35yr olds) July meeting — date and details to follow.

Book Club Monday, 9th September at 7pm: *A Comedian's Prayer Book* by Frank Skinner.

Thursday Lunch 11th July at 1pm. (Please note: the 12:15pm Mass on this day will be a funeral requiem.)

Readings at Mass We currently use the Jerusalem Bible for the readings at Mass. However, the bishops of all English speaking countries have decreed that, from the start of Advent 2024, we shall use the English Standard Version—Catholic Edition (ESV-CE) instead. The Catholic Truth Society (CTS) is now publishing both Sunday and Weekday Missals so that you can buy your own copies and follow the Mass. If you would like to buy a new Sunday Missal, please go to:

ctsbooks.org/product/sunday-missal/

Sick List Prayers are asked for Jim Convey, Larry Crowley, Paul Cummings, Ciro Dellabella, Halina Gajewska, Linda Mitchell, Rosemary Pease, Brian Price, Leighton Scott, and Bernie Wood.

Of your charity Please pray for the souls of John Crowley, Doyle Dunn, Diane Lavergata, and Santo Sarro, all of whom have died recently, and for all those whose anniversaries occur at this time: John Leek, Gwendoline Blake, Margaret Robinson, Jemaleh Sargent, Frank Morris, Monk Matthew, Concetta Corrinno, Lubomira Dederska, John O'Reilly, Christopher Thrower, Wanda Pizzey, Eleanor Peck, Agnes Smith, William Bartolo, Michael O'Hara, Ivy Lockwood, Michael Connolly, Joyce Rands, John Lynch, Audrea Monkhouse, Ernesto Zagni, Concetta Borg, Francis Borg, Helen White, Gertrude Box, Francis Skibinski, Florence Morgan, Marion Jarvis, James Green, and Joan Eytton. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: We continue our look at the Blessed Sacrament.

THE SACRAMENTS PT 22 THE BLESSED SACRAMENT: A SACRAMENT PROPERLY SO CALLED

As we have seen, a Sacrament is 'an outward sign of inward grace, ordained (or instituted) by Jesus Christ, by which grace is given to the soul.' The outward sign consists, as with all Sacraments, of the *matter* which, in this case, is the bread and wine. The bread must be wheaten bread and the wine must be wine of the grape.* In this way, not only do we make use of the outward signs that Our Lord Himself used at the Last Supper, we also make use of two of the staples in an ordinary diet at the time of Christ so that the food and drink in the Sacrament more closely signify the nourishment given to our souls in the Holy Eucharist. During the Mass at the words of consecration when the priest repeats the words of Our Lord, 'This is my Body...' and 'This is my Blood...', and through the miracle of *transubstantiation*, the bread and wine become the Body and Blood, the soul and divinity of Christ Himself.

In this miracle, the *accidents* of bread and wine remain. That is, the bread and wine appear to all five senses after the miracle exactly as they did before. The bread still looks, tastes, feels, sounds (when broken), and smells just like the bread it was before the consecration at Mass. So too with the wine. Indeed, there even remains an alcoholic content after the miracle. However, the *substance* — the 'bread-ness' and the 'wine-ness' — of the bread and wine, that is, those aspects of them that make them truly bread and wine, change and become the substance of the Body and Blood, soul and divinity of Our Lord. In this miracle, Christ takes up His abode, as it were, under the *appearances of bread and wine*, but what makes them truly bread and wine no longer exists: they simply *appear* to be bread and wine from this point onwards.

Although bread and wine are the outward sign of this Sacrament, they represent (or signify) a different inner reality. Indeed, it is important to emphasize that in the Holy Eucharist whilst we do have a symbol, the Blessed Sacrament is not merely a symbol. Rather, we have the presence of Christ whole and entire such that we bow down and kneel before Him in adoration and worship.

The inward grace given to our souls in this Sacrament is the Presence of Christ in the form of *sanctifying grace*, that is, the indwelling of God in the soul, by which our souls are fed and nourished, just as ordinary food feeds and nourishes our bodies.

Our Lord instituted the Holy Eucharist at the Last Supper when, knowing that the hour had come (Jn 17:1), the hour of His glory, the hour when He would pass from this world, He wished nonetheless to remain with His disciples until the end of time (Mt 28:20). The *form* of the Sacrament, therefore, is the words used by the priest, 'This is my Body...', and 'This is my Blood...'

* *Low-gluten hosts are available for those with a gluten intolerance but the hosts cannot be gluten-free, and wine cannot be alcohol-free.*

