

# 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 Priest:  
Fr Joseph Welch

Sundays: Yr B  
Weekdays: Yr 2

June is dedicated to the  
Sacred Heart of Jesus

## Sunday 9<sup>th</sup> June 2024

- \* *Dom. III post Pentecosten*  
8am (TLM) — Holy Souls
- \* *10<sup>th</sup> Sunday of the Year*  
09:30 — First Communion Children  
11:30 — Pro Populo

## Monday 10<sup>th</sup> June

*Feria*  
10am — Judy Fell RIP

## Tuesday 11<sup>th</sup> June

*St Barnabas*  
8am (TLM) — Holy Souls

## Wednesday 12<sup>th</sup> June

*Feria*  
6pm — Holy Souls

## Thursday 13<sup>th</sup> June

*St Anthony of Padua*  
12:15pm — Ann Studd RIP

## Friday 14<sup>th</sup> June

*Feria*  
10am — Alberto de Pasquale RIP

## Saturday 15<sup>th</sup> June

*Our Lady on Saturday*  
10am — Marianne Tsoungui RIP 1/2  
*Vigil of the 11<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:* 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:** 2<sup>nd</sup> Sunday of the month at 8am. (Next 2<sup>nd</sup> Sunday Mass: 14<sup>th</sup> July.)  
*Traditional Latin Masses (TLM) are said according to the Missal used before the Second Vatican Council.*

## FIRST HOLY COMMUNION

CONGRATULATIONS TO OUR CHILDREN WHO HAVE, TODAY, RECEIVED FOR THE FIRST TIME OUR BLESSED LORD IN THE MOST HOLY EUCHARIST

Please keep them in your prayers.

*A Prayer for the First Communion Children of Our Parish*

*O Jesus, who hast loved us with such exceeding great love as to give us the ineffable gift of the Holy Eucharist, inflame us with a burning zeal to promote Thy glory by preparing worthily the little children who are to approach Thy holy table for the first time. Protect, O Sacred Heart of Jesus, these young souls from the assaults of evil, strengthen their faith, increase their love and endow them with all the virtues that will make them worthy to receive Thee. Amen.*



*Our Lady of Grace,  
keep unsullied the hearts of thy children.*

*St John the Baptist, forerunner of the Messiah,  
prepare the way for Jesus in the hearts of these children.*

*St Tarcisius and St Pancras,  
keep safe the children who are making their first Holy Communion.*

### KNIGHTS OF ST COLUMBA

At the 11am Mass today we welcome members of the Knights of St Columba, an order of Catholic laymen dedicated to the service of the Catholic Church and to their neighbours. If you would like to find out more, please go to: [ksc.org.uk](http://ksc.org.uk)

### The Traditional

### BLESSING OF ST ANTHONY'S BREAD

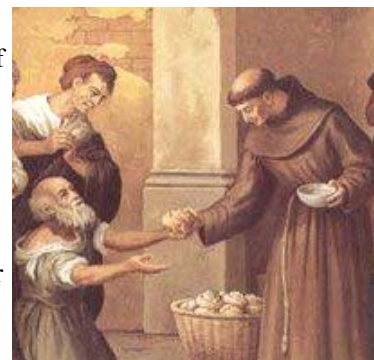
will follow the 12:15pm Mass on the feast of St Anthony of Padua, Thursday 13<sup>th</sup> June followed by our monthly Thursday Lunch

### During the month of the Precious Blood

there will be a Holy Hour of Adoration for the *Domus* of the parish

Thursday, 11<sup>th</sup> July at 6pm

*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

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

A **parish on-line calendar** may be found at: [stpancraschurch.org.uk/calendar/](http://stpancraschurch.org.uk/calendar/)

**Sunday sermons** are available on the homepage of the parish website.

**Lists of suggested Catholic reading** are available on the homepage of the parish website.

**The Pancratius** The June edition of our monthly newsletter for younger readers is out now.

**Catholic Mothers' Group** Monday, 10<sup>th</sup> June at 11am to consider the Sacred Heart of Jesus and the Immaculate Heart of Mary.

**Book Club Monday**, 10<sup>th</sup> June at 7pm: *St Mark's Gospel: A Commentary for Believers* by Thomas Crean OP.

**Thursday Lunch** 13<sup>th</sup> June at 1pm.

**Catholic Young Adults** Friday, 14<sup>th</sup> June at 7pm (18-35 year olds).

**Life Charities** Second collection next weekend at all Masses for the Life Charities sponsored by the Bishops of England & Wales. Please give generously.

**Parish Magazine Deadline Next** Sunday, 16<sup>th</sup> June. Articles to: [matilda79r@gmail.com](mailto:matilda79r@gmail.com)

**Fr Joseph will be away** from the afternoon of Sunday 16<sup>th</sup> June until midday on Saturday, 22<sup>nd</sup> June.

**Annual Missionary Appeal** the weekend of 22<sup>nd</sup>/23<sup>rd</sup> June at all Masses.

**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/](http://ctsbooks.org/product/sunday-missal/)

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**Sick List**

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

**Of your charity**

Please pray for the souls of Ann Studd and Doyle Dunn both of whom died recently, and for all those whose anniversaries occur at this time: Michael McTiernan, John Tyler, Francis Kelly, Kenneth Gammage, Judy Fell, Gladys Revett, Eugene Legunde-Lacroix, Michael Fee, William Bentley, Norah King, Sidney Warren, Mayreen Ferguson, Domenico Lauergata, Roman Sawuta, Hannah Horne, Ellen Lammond, Raymond Vent, Marjory (Betty) Pickering, Christopher List, Josephine Ahmed, John Clarke, George Scicluna, Alberto de Pasquale, Victor Fennell, George Gallaway, Bridget Maile, and Joseph Patten. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

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**Fr Joseph writes:**

We continue our look at the Sacrament of Confirmation.

**THE SACRAMENTS PT 19**  
**CONFIRMATION – THE GIFTS OF THE HOLY SPIRIT**

We have seen that the Sacrament of Confirmation marks us with an indelible character, fits us to become soldiers of Christ, and commissions us to share in the Church's mission to preach the Gospel. And it does all of this by bestowing upon us the Gifts of the Holy Spirit, traditionally seven in number.\*

*Wisdom* helps us to value the things of heaven. Valuing the things of this world is easy, but in the end what really matters are God and the things of God. Like a sailor using the stars to navigate by, wisdom helps us to keep our eyes on the things above and arrive safely at our heavenly home.

*Understanding* helps us to grasp the truths of religion so that, whilst we shall never be able to understand fully the infinite mystery of God, nevertheless we shall be able to understand more and more by listening to what He says through the voice of His Church and the Scriptures, and by wrapping ourselves in prayer.

*Counsel* helps us to choose correctly the best approach to serving God, helping us to do God's will and to follow the path He has called us to follow. Even when we know which path to follow, we still need the Holy Spirit to help bend our heart to God's will, and choose to do what He wants.

*Fortitude* (or might or power) is the spiritual strength which helps us to overcome the difficulties which could stop us from living the Faith, giving us courage to make the right decisions, and the endurance to stay on the right path.

*Knowledge* helps us to see what path to follow, and to see the dangers to our faith. Counsel helps us to choose to follow God's path, but knowledge helps us to see – in the midst of our tangled world – which of the many paths in life is God's path in the first place.

*Godliness* (or holiness or piety) fills a person with confidence in God and an eagerness to love and serve Him. When we read the lives of the saints one thing we notice is that all any of them want to do is to love and serve God. They have a great eagerness to do God's will.

*Fear of the Lord* makes a person aware of God's might and sovereignty, and enables us to gaze at Him with wonder and awe, and to respect His laws. It is easy to forget just how powerful God is, and that everything that exists belongs to Him. Fear of the Lord means holding God in great awe and respect simply because He is God. But in the end (because 'perfect love casts out fear,' 1 John 4:18) the fear we should have is fear of sin, fear of offending One whom we love, and who loves us so much.

The presence of the Holy Spirit in the form of these seven Gifts sanctifies us, and increases and strengthens in us the sanctifying grace that we have already been given in Baptism.

\**'And the spirit of the Lord shall rest upon him: the spirit of wisdom, and of understanding, the spirit of counsel, and of fortitude, the spirit of knowledge, and of godliness. And he shall be filled with the spirit of the fear of the Lord' (Is 11:2, Douai-Rheims). Most modern translations of the Bible omit 'godliness.'*

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