

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
parishpriest@stpancraschurch.org.uk
www.stpancraschurch.org.uk

Parish Priest:
Fr Joseph Welch

Sundays: Yr B
Weekdays: Yr 2

July is dedicated to the
Most Precious Blood



Sunday 14th July 2024

* *Dom. VIII post Pentecosten*

8am (TLM) — Sally Coffey

* *15th Sunday of the Year*

09:30 — June Ogundiran RIP

11:00 — Pro Populo

Monday 15th July

St Bonaventure

10am — Pat Ware's ints.

Tuesday 16th July

Our Lady of Mt Carmel

8am (TLM) — Fr Georges Bonin RIP

Wednesday 17th July

Feria

6pm — Tete da Rosario

Thursday 18th July

Feria

12:15pm — Chika Igwe's int.

Friday 19th July

Feria

10am — John Davie RIP

Saturday 20th July

Our Lady on Saturday

10am — Holy Souls

Vigil of 16th 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: 11th August.)

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



Second Collection today for STELLA MARIS Formerly known as the Apostleship of the Sea, Stella Maris provides support for the many Catholic seafarers both on board ship and in the ports at which they call. This vital chaplaincy work helps those who often are away from home for long periods and who often have no access to Mass or other spiritual support except what is provided through this charity. Our own Julian Wong, known to many of you, is the regional port chaplain for the ports in the diocese of East Anglia, and Fr Joseph supports his appeal that we give as generously as we can please. Thank you.

SUMMERTIME AND THE LIVIN' IS EASY

Most of our parish groups and regular activities are now suspended for a much-needed summer break, and will resume in September or October.

PARISH BBQ

However, we do, once more, have a parish BBQ planned, thanks to the great generosity once again of Brigitte & Bill Newman-Sanders (address to follow), for **Sunday, 11th August**. 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!

Going to Mass on Holiday We often forget things when we go away, but please don't leave God behind with your toothbrush! God is part of our lives, and not just a fixture that belongs to our working week. Before you go away (or even after you arrive at your holiday destination) use the internet to look up the nearest Catholic church to where you are staying and make sure you get to Mass on Sunday.

QR CODE Many of you will be familiar with QR codes, but for those who are not, a QR (quick response) code takes you to a website address. By pointing your mobile phone camera at our QR code you will be taken to the same screen that you see on our Dona machines. You can then make a donation in exactly the same way as you would using our machines at the back of the church, and with no need to download an App!

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

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

June: Standing orders: £1,244; Dona: £2,387:44; green envelopes: £741:80; collection plate: £2,055:99. Total: £6,429:23.

Second Collections —

Life charities: £376:22.

Missionary Appeal: £1,364:32.

Peter's Pence: £250.

Thank You



No cash for the collection? Use our QR code.

Please consider making a **STANDING ORDER** instead of a weekly cash contribution to the parish. Barclays Bank account name and no. St Pancras Catholic Church 00775843. Sort code: 20-44-51. Our parish is part of the East Anglia Roman Catholic Diocesan Trust: registered charity no. 278742

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

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

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

A parish on-line calendar may be found at: 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.

Masses may be booked using our Mass offering envelopes found at the back of church. A typical Mass offering is £10 for each Mass requested.

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 all who have died recently, and for all those whose anniversaries occur at this time: Edward Oxborrow, June MacDonnell, Jan Ebelewicz, Marjorie Williams, Emilia Satalino, Margaret Richardson, Cosare Pasini, Mary Foster, Charles Skeet, Jeremy Hardman, Br Elvin Gorrard FSC, Phyllis Dooley, Patrick McElholm, Carol Hunt, Iwan Jacyna, Mary Corrigan, Denise Richmond, Walter Blackwell, William Sheridan, Walter Culling, Annie Skeet, Anthony Murphy, Anthony Stokes, Josephine Ahmed, William Hynes, Margaret Shevlin, Maria Kondvotiene, Andrew Cauldwell, Lorraine Baynton, and Arthur Leason. 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 24: THE BLESSED SACRAMENT
EFFECTS OF RECEIVING HOLY COMMUNION**

*O sacred banquet
in which Christ is received,
the memory of His Passion is renewed,
the mind is filled with grace,
and a pledge of future glory is given.
Alleluia.*

These words of the prayer, *O Sacrum Convivium* (written by St Thomas Aquinas as the antiphon for the Magnificat at Vespers on the feast of Corpus Christi), sum up the effects of receiving the Blessed Sacrament in Holy Communion.

First, the food from this Sacred Banquet is the Bread of Life that gives eternal life to the soul (Jn 6:53). It feeds and nourishes the soul, and gives us a taste of the goodness of the Lord and of spiritual things (Ps 34[33]:8). Being fed, the soul grows in spiritual goodness and in closeness to God. In other words, being made closer to Christ, the soul is made more like to Christ. That is, the soul becomes more holy; the soul is sanctified. Moreover, it gives strength to the soul in its fight against temptation and sin.

Just as bodily food helps to revive the sick and repair bodily infirmities, so the Holy Eucharist is a remedy for the daily infirmities of our spiritual life. In other words, venial sins are remitted, that is, the guilt is removed (and any temporal punishment due to those sins is also removed depending on the disposition, the good will towards God, of the recipient). For this to happen, the person receiving Holy Communion must no longer have any affection for, or attachment to, those sins. The Blessed Sacrament is a Sacrament of the living not of the dead. That is, ordinarily, a soul that is dead to grace (or in a state of mortal sin) is given spiritual life in Baptism or Confession, whereas Holy Communion can only be received by someone who is already spiritually living, that is, in a state of grace.

Whilst bodily food is changed into our substance and becomes part of us, the Holy Eucharist changes us into the nature of Christ so that we become more fully 'partakers of the divine nature' (2 Pet 1:4). As Christ said, 'He who eats my flesh and drinks my blood abides in me, and I in him' (Jn 6:56). With Christ dwelling within our souls, or minds, in the form of sanctifying grace, we can say with St Paul, 'It is no longer I who live, but Christ who lives in me' (Gal 2:20). And with this indwelling, we begin to grow 'to mature manhood, to the measure of the stature of the fulness of Christ' (Eph 4:13).

Just as the Holy Eucharist is both Sacrament and Sacrifice, so in Holy Communion we are united to Christ crucified. It is in the shedding of His blood that we are reconciled to God (Rom 3:25; 5:6-11) and it is, therefore, in receiving His Sacred Body and Blood that this reconciliation becomes a reality within us.

Finally, the Holy Eucharist, by making us partakers in the divine nature and rendering us 'fellow heirs with Christ' (Rom 8:17) to 'every spiritual blessing in the heavenly places' (Eph 1:3), we are given a pledge of future glory in heaven with Christ our Brother.