

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 21st July 2024

16th Sunday of the Year

09:30 — In thanksgiving (Martine)

11:00 — Chika Igwe's int.

Monday 22nd July

St Mary Magdalene

10am — John Crowley RIP

Tuesday 23rd July

St Apollinaris

8am (TLM) — Fr Dominic Jacob

Wednesday 24th July

Feria

6pm — The *Domus* of the parish

Thursday 25th July

St James

12:15pm — Cecilia Monrowe

Friday 26th July

Ss Joachim & Anne

10am — Peter Merlehan RIP

Saturday 27th July

Our Lady on Saturday

10am — Stephen & Rosa Patten and family

Vigil of 17th Sunday of the Year

6pm — Holy Souls

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.

PARISH BBQ We have, once more, a parish BBQ planned, thanks to the great generosity yet 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!

HOLIDAY READING The great joy of having a little more time to myself over the summer is the chance to read. Novels, poetry, and books on history and art are among my favourites. But we all need to find time for spiritual reading too. What do we mean by spiritual reading? Well, anything that feeds our minds and nourishes our souls. St Philip Neri (1515-1595) said that we should always be reading books by authors whose names begin with the letter S: St Augustine, St Bernard, St Bonaventure, St Catherine, St Theresa of Avila, St Therese of Lisieux, and so forth. Reading books by the saints and reading biographies of the saints can enrich our spiritual lives enormously. There are suggestions for spiritual reading on the parish website.



A THOUGHT FROM ST JOHN HENRY NEWMAN

“It is the saying of holy men that, if we wish to be perfect, we have nothing more to do than to perform the ordinary duties of the day well. A short road to perfection—short, not because easy, but because pertinent and intelligible. There are no short ways to perfection, but there are sure ones. We must bear in mind what is meant by perfection. It does not mean any extraordinary service, anything out of the way, or especially heroic—not all have the opportunity of heroic acts, of sufferings—but it means what the word perfection ordinarily means. By perfect we mean that which has no flaw in it, that which is complete, that which is consistent, that which is sound—we mean the opposite to imperfect. As we know well what *imperfection* in religious service means, we know by the contrast what is meant by perfection. He, then, is perfect who does the work of the day perfectly, and we need not go beyond this to seek for perfection. You need not go out of the *round* of the day. I insist on this because I think it will simplify our views, and fix our exertions on a definite aim. If you ask me what you are to do in order to be perfect, I say, first—Do not lie in bed beyond the due time of rising; give your first thoughts to God; make a good visit to the Blessed Sacrament; say the Angelus devoutly; eat and drink to God's glory; say the Rosary well; be recollected; keep out bad thoughts; make your evening meditation well; examine yourself daily; go to bed in good time, and you are already perfect.”

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.



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.

Accommodation sought Mature man (handy at DIY & gardening) seeks room to rent. Please contact Rachel Patten: 07592 811058.

A parish on-line calendar may be found at: stpancraschurch.org.uk/calendar/

Sunday sermons are available on the homepage of the parish website (although we're having a little trouble uploading files to the website at the moment, for which, apologies.)

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. (Please note that if you wish to have a novena of nine Masses there still needs to be a Mass offering of £10 for *each* Mass.)

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, Alan Cutbush, 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: James Bird, Catherine O'Flaherty, Terence Cooke, Giuseppina Melnyk, Rose Keenan, Bernadette Bower, David Barham, Frank Louis, Colman Stanton, Stanislaw Crzedzielski, Evelyn Davies, Robert Hunt, Teresa Kerby, Bridget Williams, Peter Zwozdiak, Arthur McHugh, Lilian Barnes, Dominic Curran, Brandon Gilardi, Sheila Wade, and Joan Wiseman. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes:

This week we begin to look at the Mass.

THE SACRAMENTS PT 25: THE MASS – THE WORK OF CHRIST

The Mass is first and foremost the work of Christ. As such it is something Our Lord does, not something we do. The Mass is the supreme offering by Christ of Himself, to the Father, for our sake. It is the Sacramental continuation in time of Christ's sacrifice on the Cross two thousand years ago. When we, the members of Christ's Mystical Body the Church, attend Mass we are caught up in the updraft, as it were, of Christ's offering of Himself to the Father in heaven. In other words, in the Mass Christ offers us up to the Father too, along with our *adoration, thanksgiving, penitence, and petitions*.*

Whereas the Old Testament priests of the Temple offered multiple sacrifices for repentance, Christ 'offered for all time a single sacrifice for sins' (Heb 10:12). For Catholics there is only one sacrifice, the one offered on Calvary. Yet paradoxically, each Mass may be called a sacrifice insofar as it participates, in time, in a sacrifice that took place as a concrete event in history but is not bounded by time.

The offering by Christ of Himself stands as an event outside of time, so to speak, so that its effects are experienced by those righteous people from before Christ's incarnation as well as we who live so long afterwards. The poet, T.S. Eliot, put it rather well when he described the crucifixion in *Burnt Norton* as 'the still point of the turning world.'

There are aspects of a meal in the Mass, yet the Mass is not a meal but a participation in the heavenly banquet of the marriage feast of the Lamb (Rev 19:6-8). There are also aspects of the Mass which involve the gathering of God's people, yet the Mass is not an assembly but a participation in the 'voice of the great multitude' of the saints and angels in heaven (v.6), which is why it is possible for a priest to say Mass without anyone else present.

The Mass was instituted by Our Lord at the Last Supper, yet whilst various aspects of the Last Supper are memorialized and re-presented in the Mass, the Mass is chiefly the Sacramental re-presentation in time of Christ's sacrifice on Calvary. Indeed, the Last Supper was ordered to, and drew its grace and sacramental efficacy from, the Crucifixion rather than the other way round.

The Mass is a true sacrifice in that an offering (or oblation) is made to God, by a priest, in which a victim is immolated on an altar (that is, killed, burned, or destroyed in some way). To understand this better, the following chapters will unfold the nature of sacrifice, and look at the Old Testament sacrifices as well as the nature of Christ's offering on the Cross. In addition, we will unpack what is meant by the Four Ends of the Mass, that is, the *latreutic* effect (adoration of God), the *eucharistic* effect (giving thanks to God), the *propitiatory* effect (making satisfaction for sin), and the *impetratory* effect (obtaining the fulfilment of our needs through petition).

**These summarize the Four Ends of the Mass, and are reflected in the four A.C.T.S. of prayer, namely, adoration, contrition, thanksgiving, and supplication.*