

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 C
Weekdays: Yr 1

May is dedicated
to the Blessed Virgin Mary

Sunday 25th May 2025

6th Sunday of Easter

09:30 — Margaret & Reginald
Reeve RIP (F)

11:00 — Nancy & Carter McCrary RIP

Monday 26th May

St Philip Neri

10am — Joan Elliott RIP

Tuesday 27th May

St Bede

8am (TLM) — Maria de Lourdes

Wednesday 28th May

Easter feria

6pm — Holy Souls

Thursday 29th May

The Ascension

of Our Lord

8am (TLM) — Pro Populo

12:15pm — Richard Ware RIP

7pm — Steve Abbott

**HOLY DAY OF
OBLIGATION**

Friday 30th May

Feria of Ascensiontide

10am — Ann Studd RIP &

Olga Harant RIP

Saturday 31st May

Visitation of the BVM

12:15pm — Celebrant's int.

**** N.B. THERE IS NO 10AM MASS TODAY ****

Vigil of the 7th Sunday of Easter

6pm — Joseph Graham RIP (F)

Sunday 1st June

7th Sunday of Easter

09:30 — Camargo Nogueira

11:00 — 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

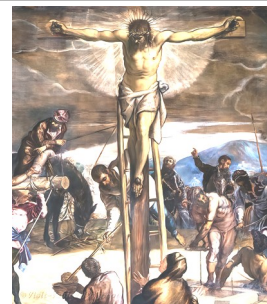
TLM Masses: 2nd Sunday of the month at
8am. (Next 2nd Sunday Mass: 8th June.)

HOLY YEAR 2025

SPES NON CONFUNDIT

*‘And hope confounds not, because the charity of
God is poured forth in our hearts by the Holy Spirit
who is given to us.’ (Rom 5:5)*

Christ Crucified Radiates Hope to a Fallen World
The Crucifixion by Tintoretto (1565)



THE FEAST OF THE ASCENSION OF OUR LORD

Thursday, 29th May

HOLY DAY OF OBLIGATION

*A day on which all Catholics
are obliged to go to Mass.*

Masses at: 8am (TLM)

12:15pm 7pm (sung)

Confessions before each Mass.

Rosary after 12:15pm Mass



Saturday, 31st May

OUR LADY OF IPSWICH WALKING PILGRIMAGE

Beginning at four different starting points throughout the town (at Lady Lane at 11:30am for St Pancras parishioners) and converging on St Pancras for the Regina Caeli at 12 noon and Mass at 12:15pm. See poster at the back of church for more details.

Contributions, please, for bring-and-share refreshments
in the hall afterwards.

*** * PLEASE NOTE: THERE WILL BE NO 10AM MASS ON SATURDAY, 31ST MAY * ***

And then on Friday 6th June at St Mark's Catholic church
MASS, DIVINE MERCY CHAPLET & TALK ON OUR LADY OF IPSWICH
with EWTN's Fr Chris Alar, MIC.

See poster at the back of church for details.

PARISH CONFIRMATION MASS

with Bishop Peter Collins on Thursday, 5th June at 7pm

Please come along and pray for our Confirmandi and for our parish.

Bring & share refreshments afterwards.



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 May 2025 edition of our quarterly parish magazine is now available. Packed with articles on the Catholic Faith, travels to Japan, a priest's Christmas, and Mike Oldfield's music, along with recipes, poems, quizzes, and much more!

HOLY YEAR 2025

Suggestion for Spiritual Reading
The Practice of the Presence of God
by Brother Lawrence of the Resurrection.

From the Saints

'The Spirit is the source of holiness, a spiritual light, and he offers his own light to every mind to help it in its search for truth.'

St. Basil the Great.

Top tips for making an ordinary home into a Catholic home!

Say the Prayer to the Holy Spirit ('Come, Holy Spirit, fill the hearts of Thy faithful,' etc) on each of the nine days between the Ascension and Pentecost.

CATHOLIC MOTHERS' GROUP will meet at 11am on Monday, 9th June.

BOOK CLUB Monday, 9th June at 7pm to discuss *A Song for Nagasaki* by Paul Glynn.

THURSDAY LUNCHES will begin again on 12th June.

BD CARLO ACUTIS GROUP (14-17 year olds) will meet on Thursday, 12th June at 7pm (not 5th June because of the Confirmation Mass).

FEAST OF CORPUS CHRISTI Thursday, 19th June (traditional date).

TRANSFERRED FEAST OF CORPUS CHRISTI Sunday, 22nd June with our Corpus Christ procession at 3pm.

PARISH FIRST COMMUNION MASS Sunday, 29th June at 9:30am. (The 11am Mass will start at 11:30am on this day.)

Sick List Prayers are asked for Peter Arms, Jim Convey, Larry Crowley, Paul Cummings, Alan Cutbush, Ciro Dellabella, Evelyn Flach, Halina Gajewska, Linda Mitchell, Stephen Patten, Rosemary Pease, Brian Price, Judith Rogers, and Leighton Scott.

Of your charity Please pray for the repose of the souls of Olga Harant and John Woodward who died recently, and for all whose anniversaries occur at this time: Reginald Reeve, Joan Barry, Laszlo Heyges, Patsy Thompson, Norah Felton, Rowland Hanlon, Stanley Smith, Nell Gibson, Peter Klipalo, Fr Mieczysław Stasz, Dorothy Green, Belinda Pearson, Anthony Kelly, Mario Brocchi, Doyle Dunn, Frederick Daly, May Martin, Cyril Marsbury, Beatrice Stoppard, Leon Stapel, Edith Reid, Samuel Pagnillo, Myles Kelly, Kenneth Pickering, William Kavanagh, Sarah Ling, Hannah Godbold, and Ann Studd. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: This week, as the great feast of Pentecost approaches, we begin a short series of columns on the third Person of the Blessed Trinity, the Holy Spirit.

The Holy Spirit pt I: Who is the Holy Spirit?

The Holy Spirit is sometimes seen as the poor relation of the Blessed Trinity insofar as it is hard to picture what He might look like (compared to God the Father and God the Son) and is, as a result, hard to pin down as we might say. However, and needless to say, He is every bit as important as the Father and the Son and we ignore Him to our cost.

Imagine God the Father, standing in splendid isolation before the world was begun. Through His perfect knowledge of Himself and through His perfect act of the will, He begets a perfect image of Himself. This perfect image is God the Son. Picture these two, if you like, as a set of identical twins. They stand facing each other, exactly alike in all things, except one is the Father (who begets) and one is the Son (who is begotten).

Now imagine these twins standing outside on a cold February day, facing each other. Their breath is visible on a frosty morning as the Father breathes the breath of life into His only begotten Son, and as the Son reciprocates, breathing His breath into the Father. The breath that they breathe into each other is the Holy Spirit, both the Gift of Life and the Giver of Life.

We call this 'breathing forth' the *procession* of the Holy Spirit. We do not say that the Holy Spirit is created, nor do we say that He is begotten. Rather, we say, as we do every week in the Creed, that the Holy Spirit '*proceeds from the Father and the Son.*'

Each of these three Persons—the Father, and the Son, and the Holy Spirit—shares the same Divine nature. They are *co-equal* (in power and substance, in glory and authority), and they are *co-eternal*. We human beings can only think with reference to time, but there was no passage of time in the begetting of the Son or the procession of the Holy Spirit. There was never even the fraction of a millisecond when one of them existed without the others.

We declare our faith in the Father as the *Creator*, the Son as our *Redeemer*, and the Holy Spirit as the *Sanctifier*, although, strictly speaking, all three Persons created the world, all three redeemed mankind, and all three sanctify us (make us holy). They never act independently of each other. (The one exception is, of course, when the Son acts *in His human nature* as a result of the Incarnation, for example, only the Son was born in a stable, and only the Son was crucified and died on the Cross.)

Even so, it is often very helpful, for the sake of our own devotion and prayer life, to think of the Father as the Creator, the Son as the Redeemer, and the Holy Spirit as the Sanctifier. Nor is it wrong to think in this way because each Person of the Blessed Trinity—whilst never acting alone—nonetheless fulfils particular roles, for example, Our Lord promised at the Last Supper that He would send the Holy Spirit to teach His disciples 'all things' (Jn 14:26) and to sanctify them in truth (Jn 17:19).

The Holy Spirit is, then, the Sanctifier, the One who makes us holy by imparting to us a participation in the divine life through the sanctifying grace of the Sacraments.