

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 C
Weekdays: Yr 1

June is dedicated
to the Sacred Heart of Jesus



Sunday 8th June 2025

Pentecost

8am (TLM) — Pro Populo

09:30 — Oliver Merlehan

11:00 — Ursula Willis

Monday 9th June

Mary, Mother of the Church

10am — Holy Souls

Tuesday 10th June

Tuesday within the Octave of Pentecost

8am (TLM) — Maria de Lourdes

Wednesday 11th June

St Barnabas

6pm — The *Domus* of the Parish

**EMBER
DAY**

Thursday 12th May

OLJC, Eternal High Priest

12:15pm — John Gilbert RIP

Friday 13th June

St Anthony of Padua

with the blessing of St Anthony's Bread

10am — Roman Sawuta RIP (F) &
Kenneth & Betty Pickering RIP (F)

**EMBER
DAY**

Saturday 14th June

Our Lady on Saturday

10am — Chinedu Akachi Ekwunife RIP

**EMBER
DAY**

Vigil of the Most Holy Trinity

6pm — Holy Souls

Sunday 15th June

Feast of the Most Holy Trinity

09:30 — Carmargo 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: 13th July.)

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 Sequence for the feast of Pentecost

Veni, Sancte Spiritus,
et emitte caelitus
lucis tuae radium.

Veni, pater pauperum,
veni, dator munerum,
veni, lumen cordium.

Consolator optime,
dulcis hospes animae,
dulce refrigerium.

In labore requies,
in aestu temperies,
in fletu solatium.

O lux beatissima,
reple cordis intima
tuorum fidelium.

Sine tuo numine,
nihil est in homine,
nihil est innoxium.

Lava quod est sordidum,
riga quod est aridum,
sana quod est saucium.

Flecte quod est rigidum,
fove quod est frigidum,
rege quod est devium.

Da tuis fidelibus,
in te confidentibus,
sacrum septenarium.

Da virtutis meritum,
da salutis exitum,
da perenne gaudium.

Holy Spirit, Lord of light,
From Thy clear celestial height
Thy pure beaming radiance give.

Come, Thou Father of the poor,
Come with treasures which endure,
Come, Thou Light of all that live.

Thou, of all consolers best,
Thou, the soul's delightful Guest,
Dost refreshing peace bestow.

Thou in toil art comfort sweet,
Pleasant coolness in the heat,
Solace in the midst of woe.

Light immortal, Light divine,
Visit Thou these hearts of Thine,
And our inmost being fill.

If Thou take Thy grace away,
Nothing pure in man will stay;
All his good is turned to ill.

Heal our wounds; our strength renew;
On our dryness pour Thy dew;
Wash the stains of guilt away.

Bend the stubborn heart and will;
Melt the frozen, warm the chill;
Guide the steps that go astray.

Thou, on those who evermore
Thee confess and Thee adore,
In Thy sevenfold gifts descend:

Give them comfort when they die,
Give them life with Thee on high;
Give them joys that never end.

*Traditionally (until 1969) the Church observed an Octave of Pentecost.
Why not pray the Veni, Sancte Spiritus each day this week?*



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.

HOLY YEAR 2025

Suggestion for Spiritual Reading

The Seven Steps to Sanctification: How to awaken the Gifts of the Holy Spirit within you.

by Walter Farrell OP & Dominic Hughes OP

From the Saints

‘O Holy Spirit, descend plentifully into my heart. Enlighten the dark corners of this neglected dwelling and scatter there, Your cheerful beams.’

St. Augustine

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

Observe the Ember Days of fasting and abstinence which fall during the Octave of Pentecost. These are *Fasts of Exaltation*: ‘It is not a fast to make us sad or to darken our hearts, but it rather brightens the solemnity of the Holy Spirit’s arrival; for the sweetness of the Spirit of God makes the faithful loathe the pleasures of earthly food.’

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. We are looking for volunteers for June and July.

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, Alan Cutbush, Ciro Delabella, 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 those who have died recently, and for all whose anniversaries occur at this time: Sara Marshall, Winifred McCullar, John McCulloch, Sheila Sullivan, Michael McTiernan, John Tyler, Francis Kelly, Kenneth Gammage, Judy Fell, Gladys Revett, Eugene Legunde-Lacroix, Michael Fee, William Bentley, Norah King, Sidney Warren, Maureen Ferguson, Domenico Lauerfgata, Roman Sawuta, Hannah Horne, Raymond Vent, Marjory Pickering, Christopher List, Josephine Ahmed, John Clarke, George Scicluna, Alberto de Pasquale, and Chinedu Akachi Ekwunife. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: We continue our short series on the third Person of the Blessed Trinity, the Holy Spirit, on today’s feast of Pentecost!

The Holy Spirit pt III: Pentecost

‘When the day of Pentecost had come, they were all together in one place. And suddenly a sound came from heaven, like the rush of a mighty wind’ (Acts 2:1-2). After the birth of Our Lord, His death, and His resurrection, the coming of the Holy Spirit on that day of Pentecost was the most important thing to happen in the history of the Church. On that day, the Holy Spirit was poured down upon Our Lord’s disciples and the re-creation of the world, in the order of grace, was begun. There are several layers of meaning in the feast of Pentecost, and each of them applies to us as we, in turn, receive the Sacrament of Confirmation.

First, the Jewish feast of Pentecost, or *Shavuot*, the Feast of Weeks, was a harvest festival celebrated seven weeks and one day* after the First Sabbath of the Feast of Unleavened Bread (Deut 16:9; Lev 23:16). Just as the Church began her great work of gathering in the harvest of souls on that day (Mt 9:37-38), so we, too, as followers of Christ must begin our participation in this great work from the date of our Confirmation onwards.

It took the People of Israel around forty days after crossing the Red Sea to arrive at Mount Sinai, and Moses was on the mountain for around ten more days before bringing the Law of God, the Ten Commandments, down to the people (Ex 19:1). Therefore, Pentecost was also the day that the Jewish people celebrated the handing down of the Law from God to Moses on the mountain, fifty days after the first *Pesach* or Passover. For Christ’s disciples, our own personal Pentecost is the day when we are given the spiritual capacity to take truly to heart Our Lord’s new commandment to love one another as He has loved us (Jn 13:34-35).

At Pentecost, the Apostles heard a great wind as the Holy Spirit descended upon them, and the work of God’s re-creation – the sanctifying work of the Church – was begun, exactly as the Psalm says: ‘When thou sendest forth thy Spirit, they are created: and thou renewest the face of the earth’ (Ps 103:30). At our Confirmation we receive the Gifts of the Holy Spirit, and have breathed into our souls the breath of God Himself, being sanctified – that is, made holy and more like to Christ – just as Adam had God’s breath breathed into him in the Garden of Eden (Gen 2:7).

Just as the Law was given to Moses amidst a blaze of fire (Ex 19:18), so the Apostles received the Holy Spirit in the form of tongues of fire (Acts 2:3). The symbolism is important because at our Confirmation we are charged, as the Apostles were at Pentecost, with the evangelizing work of spreading the Word of God. Hence tongues of fire.

Finally, and most importantly, the first Pentecost was the birth of the Church, after which the world, far from ever being ordinary anymore, was never to be the same again. So it is for us after we have received this Sacrament.

*That is, fifty days. The Greek word *Pentēkostē* means fiftieth.