

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
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Parish Priest:
Fr Joseph Welch

Sundays: Yr C
Weekdays: Yr 1

July is dedicated to
the Precious Blood of Jesus

Sunday 13th July 2025

Dom. 7th post Pentecosten

8am (TLM) — Rev Georges Bonnin RIP

15th Sunday of the Year

09:30 — Richard Ogundiran RIP

11:00 — Pro Populo

Monday 14th July

St Camillus de Lellis

10am — Holy Souls

Tuesday 15th July

St Henry

8am (TLM) — Halina Gajweska's int.

Wednesday 16th July

Our Lady of Mount Carmel

6pm — Felix Shabu

Thursday 17th July

Feria

12:15pm — for Donna

Friday 18th July

Feria

10am — Olga Harant RIP

Saturday 19th July

Our Lady on Saturday

10am — Holy Souls

Vigil of 16th Sunday of the Year

6pm — Jude Iwuh

Sunday 20th July

16th Sunday of the Year

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

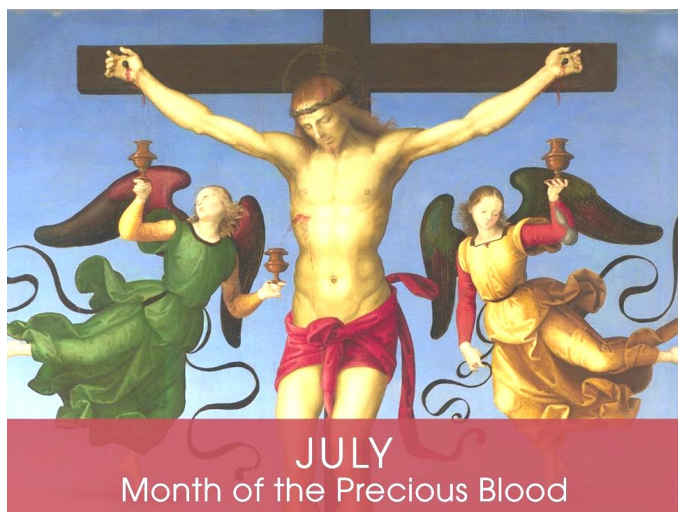
TLM Masses: 2nd Sunday of the month at 8am. (Next 2nd Sunday Mass: 10th August.)

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 service of God is not a burden, but an honour:
so far from branding us with the mark of slavery, it wipes it away.'*
Saint Peter Chrysologus

We had several people volunteering their help last week, for which many thanks. I should like to renew the appeal and gather together a team of volunteers to join those who already help, so if you can help with any of the following jobs in the parish please let me know which jobs you would like to help with! Thank you and bless you.

Please can you help with any of the following? Brass cleaning, church cleaning (chiefly Fridays after the 10am Mass), counting the collection (usually Tuesday morning once a month), singing in our choir at 11am Masses (all voices welcome but male tenors and bass singers especially), washing & ironing our small altar linens, selling objects of devotion from our repository, serving tea & coffee after Sunday Masses, cleaning our parish hall, helping in the sacristy on a regular basis. Any help you can give will be deeply appreciated. **Thank you.**



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 Glories of the Precious Blood

by Max F. Walz C.P.P.S.

From the Saints

‘No! the chastisements of God are not yet at an end; still more sorrowful times are ahead; and divine justice will be placated by the devotion to the Blood of Jesus Christ.’ *St. Gaspar del Bufalo*

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

Place a vase of red flowers in your home this month, or keep an image of the face of Our Lord near your dining table, to remind you of the month of the Precious Blood.

TWO YOUTH SUMMER CONFERENCES

See posters at the back of church

ANOIDING FIRE CATHOLIC MINISTRIES UK YOUTH CONFERENCE 21st–24th August at the University of Essex, Colchester, CO4 3SQ. www.afcmuk.org

YOUTH 2000 SUMMER FESTIVAL 22nd–25th August at Ampleforth Abbey, York, YO62 4ER. www.youth2000.org

CATHOLIC MOTHERS’ GROUP will meet for the last time before our summer break at 11am on Monday, 21st July (please note the new date) for our summer picnic in the park. Meet at the play area in Christchurch Park.

BOOK CLUB Monday, 8th September at 7pm to discuss *The Templars and the Shroud of Christ* by Barbara Frale.

THURSDAY LUNCH will take a summer break.

Sick List Prayers are asked for Peter Arms, Jim Convey, Sue Coppens-Browne, Larry Crowley, 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 those who have died recently, and for all whose anniversaries occur at this time: Samuel Rout, Josef Novar, Bernard Smith, Mary Corrigan, Denise Richmond, Gleda Elliott-Sugars, Edward Oxborrow, June MacDonnell, Jan Ebelewicz, Marjorie Williams, Emilia Satalino, Margaret Richardson, Cesare Pasini, Mary Foster, Charles Skeet, Jeremy Hardman, Br Elvin Gerrad FSC, Phyllis Dooley, Patrick McElholm, Carol Hunt, Iwan Jacyna, Walter Blackwell, William Sheridan, Walter Culling, Annie Skeet, Anthony Murphy, Anthony Stokes, William Hynes, Margaret Shevlin, Maria Kondvotiene, and Adrian Cauldwell. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: Before we embark on the promised series of columns about the Church, we give some thought to the Precious Blood of Our Lord Jesus Christ to which the month of July is dedicated.

The Precious Blood of Our Lord Jesus Christ pt I

Very often devotion to the Body of Christ and devotion to the Blood of Christ are conflated into a single devotion. It is obvious that these two devotions are indeed connected, but the Church’s understanding of the doctrines that underpin these devotions draws out a beautiful and fruitful distinction. Whereas devotion to the Sacred Body of Christ in the Most Holy Eucharist focuses chiefly on the spiritual nourishment we receive from Our Lord when He feeds us with His own flesh in Holy Communion, devotion to the Precious Blood is concentrated on Christ’s act of atonement whereby the shedding of His Precious Blood washes away our sins. The two sets of ideas are related, but they focus our attention on two quite distinct aspects of our redemption.

In Judaism, blood is the essence of life. Without blood, there is no life. Pour away your blood and you have poured away your life. Blood *is* life. Medically, this is obvious. We can die from loss of blood. But in Judaism this idea was raised to a level of religious understanding and to a level of ritual observance. For example, blood could not be eaten: there is, for the devout Jew, no such thing as gravy with your roast Sunday lunch. If an animal were sacrificed, the flesh would be burnt or sometimes eaten but the blood had to be poured on the altar of God in the Temple (Leviticus 17). Only meat that had been prepared in a ritually prescribed manner, including the draining away of the blood, was considered fit or proper (that is, *kosher*) for consumption (Leviticus 11).

One of the earliest ritual uses of blood in Judaism is found in Exodus chapter 24 when Moses pours half of the blood of the sacrificed calves on the altar and the other half he sprinkles on the people. This sprinkling seals the covenant that has been established between God and His people, a covenant whereby God sets out His Law in the Ten Commandments and, as the reward for keeping that Law, lays before the people the riches of the Promised Land.

Here, then, we have two clear uses of blood: first, as a sign and symbol of life itself and, second, as that which seals the bond, or covenant, between God and His people.

One of the reasons why circumcision became important was because the blood shed during a circumcision served to bring about an initiation into this covenantal bond. As a result, the Feast of the Circumcision of Our Lord, eight days after His birth (that is, on 1st January) became a significant feast in the life of the Catholic Church’s calendar and marked the occasion of Christ’s first shedding of blood. Our Lord is deemed to have shed His Precious Blood on seven occasions: the Circumcision, the Agony in the Garden, the Scourging at the Pillar, the Crowning with Thorns, the Carrying of the Cross, the Crucifixion, and the Piercing of His side with a lance. Perhaps it is only modern-day squeamishness that caused the Feast of the Circumcision to be dropped from the Church’s liturgical calendar.

We shall continue our thoughts next week.