

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
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Tel: 01473 252596
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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 6th July 2025

14th Sunday of the Year

09:30 — Carmargo Nogueira

11:00 — Pro Populo

Monday 7th July

Feria

10am — Peter Porter

Tuesday 8th July

St Elizabeth

8am (TLM) — Maria de Lourdes

Wednesday 9th July

Ss Augustine Zhao Rong & Comps.

6pm — Bernadette & Rauna

Naimhwaka and family

Thursday 10th July

Feria

12:15pm — Holy Souls

Friday 11th July

St Benedict

10am — Bindya Premananthan's int.

Saturday 12th July

Our Lady on Saturday

10am — Holy Souls

Vigil of 15th Sunday of the Year

6pm — Glenda Elliott Sugars RIP

Sunday 13th July

Dom. 1st post Pentecosten

8am (TLM) — Rev Georges Bonnin RIP

15th Sunday of the Year

09:30 — Richard Ogundiran RIP

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)



TWO YOUTH EVENTS FOR THE SUMMER

See posters at the back of church for more details.

ANointing FIRE CATHOLIC MINISTRIES UK YOUTH CONFERENCE

21st—24th August

at the University of Essex,
Colchester, CO4 3SQ

www.afcmuk.org

Aged 17 above, young and unmarried. Talks, games, prayer, Holy Mass, Adoration, one to one spiritual sharing (talking to a spiritual elder), Confessions, workshops, and more!

YOUTH 2000 SUMMER FESTIVAL

22nd—25th August

at Ampleforth Abbey, York,
YO62 4ER

www.youth2000.org

Aged 16-35. Come along and explore the Catholic faith, build relationships, and find hope through the Sacraments, perpetual Adoration, scheduled talks, and fun.

“Summer time, and the livin’ is easy”

...as George Gershwin's song puts it. I hope you all manage to get at least some time for rest and relaxation this summer. Don't forget to find your nearest Catholic church when you go on holiday and get to Mass on Sundays and on the feast of the Assumption (Friday, 15th August).

In the meantime, work continues in the parish but we need more volunteers please! Several people have recently retired from long-held commitments and we are appealing for others to take their places.

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

Roman Catholicism

by Sebastian Bullough OP (Pelican paperback 1963)

From the Saints

‘The only thing that is really worthwhile...
is to become God’s friend.’

St Gregory of Nyssa

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

Make sure religious photographs are included in the display of family photographs hanging on your walls or standing on your sideboard: not just wedding photographs but photographs of family Baptisms, First Holy Communions, Confirmations, and Ordinations!

HELP NEEDED PLEASE No parish is a one-man job. Every parish needs volunteers to function properly. We already have many good people helping out in lots of different ways, and I thank them for all their good work. However, we need to ask for more help in a number of different roles. Please see the note on the front of this newsletter and contact Fr Joseph directly if you can help. Thank you.

BLESSED CARLO ACUTIS GROUP for 14-17 year olds will meet (for the last time before our summer break) for our summer social this afternoon. Contact Fr Joseph for details.

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 next Thursday Lunch: 10th July.

Sick List Prayers are asked for Peter Arms, Jim Convey, Larry Crowley, Alan Cutbush, Ciro Delabellla, 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: Gertrude Box, Francis Skibinski, Florence Morgan, Marion Jarvis, James Green, Joan Eyton, Eva Kerby, Mary McAtamney, Mary Barnes, Florence Downard, Catherine Messier, Edith Sawyer, Mary Clapham, Fred Major, Martin Brophy, Rose Donaghue, Harriet Upson, Robert Rofix, Catherine Head, George Smith, Patricia Peck, John Dixon, Juliet Brinsley, Beatrice Blackwell, Peter Dummett, and José Bastarrica. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: This week we conclude our short series on the Holy Spirit by looking at the works of the Holy Spirit.

The Holy Spirit pt VII: The Works of the Holy Spirit

The Holy Spirit gets a fairly short mention in the Creed that we say week by week at Mass on Sundays compared to the number of lines given over to Our Lord Jesus Christ. It mentions the Holy Spirit as the Lord, the Giver of Life, who proceeds from the Father and the Son, and who is adored and glorified with the Father and the Son. We have already looked at each of these aspects of the Holy Spirit.

But the Creed then goes on to list the main works of the Holy Spirit: ‘*I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.*’

We shall look at the Church in a separate series of columns, and consider what is meant by the Church being one, holy, catholic, and apostolic. For the moment, we shall say that it is in and through the Catholic Church that the Holy Spirit’s work may be seen in all its glory.

One of the chief works of the Holy Spirit is to guide and lead us into all truth (Jn 16:13), teaching us, making the will of God known to us, and showing us how to live in this life so as to attain to a state of blessedness in the life to come. This work of teaching us all truth is accomplished in and through the dogmas and the doctrines, the liturgy and the disciplines of the Catholic Church who is guided by the Holy Spirit, in her formal dogmatic statements, in such a way as to guarantee inerrancy. More of this in our forthcoming series on the Church.

The lines in the Creed about ‘one Baptism’ and ‘the forgiveness of sins’ are references not only to the Sacraments of Baptism and Confession but to the outpouring of the life-giving and transforming power of the Holy Spirit through all seven Sacraments. This, along with His role as Teacher, is the main work of the Holy Spirit, namely the sanctification and salvation of souls, and this is, of course, why we often refer to Him as the Sanctifier.

In the end, perhaps we can say that the Holy Spirit has just one task: that is, to infuse the life of God into the souls of sinners in order to forgive them their sins, to wash our souls clean of sin, to reconcile us to God, and to transform us into a perfect likeness to Christ, a perfection which can only be fully attained in heaven. Hence the emphasis in the Creed on ‘the forgiveness of sins... [and our looking] forward to the resurrection of the dead.’ It is the Holy Spirit who breathes supernatural life into the souls of those who are dead in sin (and we are all dead in sin until we are baptized, and dead in sin again if we commit a mortal sin until we go to Confession) to raise us up to new life so that we may become ‘partakers of the divine nature’ (2 Peter 1:4).

A Prayer to the Holy Spirit by St. Augustine of Hippo

Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I always may be holy. Amen.