

# 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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Ipswich  
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www.stpancraschurch.org.uk

Parish Priest:  
Fr Joseph Welch

Sundays: Yr C  
Weekdays: Yr 1

August is dedicated to  
the Immaculate Heart of Mary



**Sunday 17<sup>th</sup> August 2025**  
*20<sup>th</sup> Sunday of the Year*  
09:30 — Holy Souls  
11:00 — Alfred Elbrick RIP

**Monday 18<sup>th</sup> August**  
*St Helena*  
10am (TLM) — Holy Souls  
followed by veneration of the  
relic of the True Cross

**Tuesday 19<sup>th</sup> August**  
*St John Eudes*  
8am (TLM) — Holy Souls

**Wednesday 20<sup>th</sup> August**  
*St Bernard*  
6pm — Margaret Rutherford

**Thursday 21<sup>st</sup> August**  
*St Pius X*  
12:15pm — Holy Souls

**Friday 22<sup>nd</sup> August**  
*Queenship of the Blessed Virgin Mary*  
10am — Reginald Shilling RIP

**Saturday 23<sup>rd</sup> August**  
*St Rose of Lima*  
10am — Theresa Cleary's int.

*Vigil of 21<sup>st</sup> Sunday of the Year*  
6pm — Sean O'Farrell RIP (F)

**Sunday 24<sup>th</sup> August**  
*21<sup>st</sup> Sunday of the Year*  
09:30 — June Ogundiran RIP  
11:00 — Pro Populo

## CONFESSIONS:

**Mon — Sat:** 30 minutes before each Mass  
& **Sat:** 5pm — 5:45pm  
**1<sup>st</sup> Friday:** 6pm — 7pm

**ADORATION:** Suspended during August

**ROSARY:** Mon — Fri: after Mass

**DEVOTIONS TO O.L. OF IPSWICH &**

**S. PANCRAS:** Suspended during August.

**TLM Masses:** 2<sup>nd</sup> Sunday of the month at  
8am. (Next 2<sup>nd</sup> Sunday Mass: 13<sup>th</sup> Sept.)

## 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)*

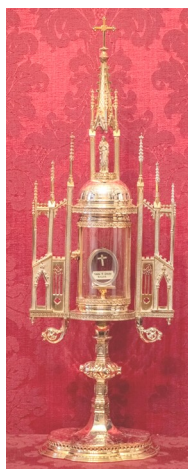


## ON HOLIDAY AGAIN

There will be Confessions and Mass each day as usual this week. However, Fr Joseph is on holiday outside of Mass times and will not be available in person, by 'phone, or by email until Saturday evening. In an emergency, please contact one of the other Catholic priests in Ipswich.

## RELIC OF THE TRUE CROSS

### Monday, 18<sup>th</sup> August Feast of St Helena



St Helena, the mother of the Emperor Constantine, found the True Cross whilst she was on pilgrimage to the Holy Land in 326. The finding of this relic is kept as a feast on 14<sup>th</sup> September, the Feast of the Exaltation of the Cross. Most of the treasures the Empress discovered are now kept in the Basilica of the Holy Cross (Santa Croce) in Rome. The two tiny slivers of the Cross which we will venerate on Monday were obtained from this relic. The relic of the True Cross is visiting parishes across the country courtesy of the Latin Mass Society. Therefore the 10am Mass on Monday will be a Traditional Latin Mass (the old Tridentine Mass) and there will be devotions in honour the relic at the end of the Mass.



**DURING AUGUST** During August all parish groups will take a break along with our Saturday morning devotions and Saturday afternoon Adoration of the Blessed Sacrament (although there will still be Confessions from 5pm to 5:45pm on Saturday afternoons).

**Jane Wright from Mary's Meals writes:** ‘Dear St Pancras Parish, Thank you so much for your overwhelming generosity of donating £4,367 to Mary's Meals. Your precious gift will transform lives and bring so much hope to the future of the children we feed.’ (Since receiving this letter we have sent a further £405 to Mary's Meals.) Well done and 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 Sign of the Cross* by Msgr. Jean-Joseph Gaumé

#### From the Saints

‘The cross is our trophy raised against the demons, our sword against sin, and the sword of Christ used to pierce the serpent.’ *St. John Chrysostom*

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

Kiss the feet of Our Lord on your crucifix at home each Friday throughout the year in imitation of the Veneration of the Cross on Good Friday.

### TWO YOUTH SUMMER CONFERENCES

*See posters at the back of church*

**ANointing FIRE CATHOLIC MINISTRIES UK YOUTH CONFERENCE** 21<sup>st</sup>—24<sup>th</sup> August at the University of Essex, Colchester, CO4 3SQ. [www.afcmuk.org](http://www.afcmuk.org)

**YOUTH 2000 SUMMER FESTIVAL** 22<sup>nd</sup>—25<sup>th</sup> August at Ampleforth Abbey, York, YO62 4ER. [www.youth2000.org](http://www.youth2000.org)

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**MARCH FOR LIFE** Saturday 6<sup>th</sup> September: [marchforlife.co.uk/2025-event-page/](http://marchforlife.co.uk/2025-event-page/)

**BOOK CLUB** Monday, 8<sup>th</sup> September at 7pm: *The Templars and the Shroud of Christ* by Barbara Frale.

**Help needed**, please, with: Brass cleaning, church cleaning, counting the collection, singing in our choir at 11am Masses, 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. Please speak to Fr Joseph if you can help. Thank you.

**RETRouvaille** helps couples find hope and healing for their marriage. Next date: 17<sup>th</sup>—19<sup>th</sup> October. Please visit [www.retrouvaille.org.uk](http://www.retrouvaille.org.uk) for more details or call 0788 7296983

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**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: Natalie Kozak, Helen Sullivan, Lilian Ward, Margaret Reeve, Horace Fox, Maurice-Joseph Deenihan, George Nevill, Maria Bombita Buan, Alfred Elbrick, Daisy Taylor, Pierre Osborn, Sean O’Farrell, Mary Lambert, Elsie Rauch, John Southworth, John Langford, Eva Gammage, Antoinetta Palumbo, Martin Deenihan, and James Church. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

**Fr Joseph writes:** This week, in our series on The Most Precious Blood, we consider Christ as the Paschal, or Passover, Lamb.

### The Precious Blood of Our Lord Jesus Christ pt VI

Chapter 10 of the Letter to the Hebrews begins: ‘For the law [was] a shadow of the good things to come, not the very image of the things’ (Heb 10:1). As we already know, Christ is the ‘image of the invisible God’ (Col 1:15). Meanwhile, the Passover Lamb in the Old Testament was a foreshadowing of Christ’s sacrifice. In itself, the Old Testament Passover sacrifice could signify penitence but could not actually wash away sin. In other words, even something as commanding as the annual Passover ritual was still only a preparation for the real Passover Lamb who would appear in the fullness of time.

The blood of the Passover lamb that is sprinkled on the lintels and doorposts of the People of Israel on the night that the Angel of Death passes over their households is likened by St John Chrysostom (in his *Catecheses*) to ‘the true Blood on the lips of believers, the doors of the temple of Christ.’ That is, our lips, which are the doorposts to our bodies which are the temples of the Holy Spirit (1 Cor 6:19), are smeared with the Precious Blood of Our Lord whenever we receive the Blessed Sacrament in Holy Communion (even if we only receive the Sacred Host because the Host alone is the Body and the Blood, as well as the Soul and the Divinity of Christ Our Lord). For Christ Himself is the unblemished male Lamb who has been prepared for sacrifice. It is His most Precious Blood that is shed during His torments and upon the Cross. But His Blood is not so much a sign (although it is a sign as well) but more than a sign: it is the reality by which our sins are washed away, as it says in the Book of the Apocalypse, ‘These are they who... have washed their robes, and have made them white in the blood of the Lamb’ (Apoc 7:14).

Just as the blood of the Passover lamb in the Old Testament is drained from the sacrificed body of the lamb, so, too, Christ’s Precious Blood pours forth from His Body on the Cross: body and blood are separated, and with the loss of the life-blood the body dies. This is why the Sacred Host and the Chalice of the Precious Blood are consecrated separately in the Mass: in death, the body and the blood have separated. But in Christ’s resurrection (which is the promise, the seal, and the guarantee of eternal life which is consummated in the work of the Cross) the body and blood are reunited. This is why the priest, just before the *Agnus Dei* of the Mass (the prayer, ‘Lamb of God, who takes away the sins of the world,’ etc), drops a particle of the Sacred Host into the Chalice, reuniting the Body with the Blood, and therefore signifying the resurrection, with the words, ‘May this sacramental mingling of the Body and Blood of Our Lord Jesus Christ be for us who receive it a source of eternal life. Amen.’

The imagery of the sacramental Body of Christ is chiefly concerned with feeding and nourishing our souls, whereas the imagery of the sacramental Blood of Christ is chiefly concerned with washing away our sins. And as Pope Pius IX said, ‘Place on thy heart one drop of the precious blood of Jesus and [we need] fear nothing.’