

# 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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Parish Priest:  
Fr Joseph Welch

Sundays: Yr C  
Weekdays: Yr 1

September is dedicated to  
Our Lady of Sorrows



## Sunday 31<sup>st</sup> August

22<sup>nd</sup> Sunday of the Year

09:30 — Foundation Masses:

*ad cautelam*

11:00 — Pro Populo

## Monday 1<sup>st</sup> September

Feria

10am — Holy Souls

## Tuesday 2<sup>nd</sup> September

St Stephen of Hungary

8am (TLM) — Mark Schrieber,  
Baron Marlesford RIP

## Wednesday 3<sup>rd</sup> September

St Gregory the Great

6pm — Emmanuel Hulewicz RIP

## Thursday 4<sup>th</sup> September

Funeral requiem Mass

12:15pm — Margaret Sugden-Jones RIP

## Friday 5<sup>th</sup> September

Feria

10am — Patrick Willis

## Saturday 6<sup>th</sup> September

Our Lady on Saturday

10am — Holy Souls

*Vigil of 23<sup>rd</sup> Sunday of the Year*

6pm — Joanna England's int.

## Sunday 7<sup>th</sup> September

23<sup>rd</sup> Sunday of the Year

09:30 — Pro Populo

11:00 — Renato Moreno RIP

### CONFESSIONS:

**Mon — Sat:** 30 minutes before each Mass

**& Sat:** 5pm — 5:45pm

**1<sup>st</sup> 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:** 2<sup>nd</sup> Sunday of the month at  
8am. (Next 2<sup>nd</sup> Sunday Mass: 14<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)*



### *Hurrahing in Harvest* by Gerard Manley Hopkins

*Summer ends now; now, barbarous in beauty, the stoops rise  
Around; up above, what wind-walks! what lovely behaviour  
Of silk-sack clouds! has wilder, wilful-wavier  
Meal-drift moulded ever and melted across skies?*

*I walk, I lift up, I lift up heart, eyes,  
Down all that glory in the heavens to glean our Saviour;  
And eyes, heart, what looks, what lips yet give you a  
Rapturous love's greeting of realer, of rounder replies?*

*And the azurous hung hills are his world-wielding shoulder  
Majestic - as a stallion stalwart, very-violet-sweet! -  
These things, these things were here and but the beholder  
Wanting; which two when they once meet,  
The heart rears wings bold and bolder  
And hurls for him, O half hurls earth for him off under his feet.*

Whether you have been away for a break or not, the holiday mood of summer begins to fade with the onset of September and many routine tasks begin once more. Our prayer life can suffer disruption when our other daily routines change, and it is, perhaps, worth having two separate prayer routines: routine A for normal life and an adjusted routine B for when we are on holiday. This second routine might be lighter or just revolve around a different set of prayers. In either case, a separate holiday routine of prayer can help us avoid getting annoyed with ourselves because we have not done all that we usually do.

In any case, once the holiday is over it is time to resume a proper routine once more. One of the single most important features of a good prayer life is that it should involve a regular pattern of morning and evening prayer even if, in our busy lives, we manage no more than that. This routine does not have to be heavy or long. What matters most is to stay in touch with God each morning and each evening, making a daily offering or consecration at the beginning of the day, and an act of thanksgiving for graces received at the end of the day followed by an examination of conscience and an act of contrition for graces wasted.

If you do not yet have such a routine, pick up a Catholic prayer book and find the set morning and evening prayers and begin with them.

*‘To proclaim thy mercy and faithfulness at daybreak  
and at the fall of night’ (Ps 91:2, Knox trans.)*



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

*Festivals of Faith: Sermons for the Liturgical Year*  
by John Henry Newman

#### From the Saints

‘Prayer is to the spiritual life what the beating of the pulse and the drawing of the breath are to the life of the body.’ *St. John Henry Newman*

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

Make your home an expletive-free space. Banish all swear words and blasphemies!

#### Please can you offer some time on a regular basis to your parish?

We need help 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.

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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/)

**CATHOLIC MOTHERS’ GROUP** Monday, 8<sup>th</sup> September at 11am, after the 10am Mass and rosary.

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

**Thursday Lunches** on 2<sup>nd</sup> Thursday of the month. Volunteers lunch-makers needed, please, for September, October, November, and December.

**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, Denys Bell, Jim Convey, Sue Coppens-Browne, Larry Crowley, Alan Cutbush, Ciro Dellabella, Evelyn Flach, Halina Gajewska, Oliver Merlehan, 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: John Banham, Dorothy Flynn, Jeanette Moore, Winifride Adamson, Edward Robinson, Wilfred Gibson, Elsie Weech, Frances Morris, Thomas High, John Redmond, Sean O’Farrell, David Fahy, Douglas Barber, Mary Connolly, Edward Dow, Rose Marklew, Gregory Cushman, Gertrude Wallace, Charles Prime, Olive Denny, James Pyer, Mary Doig, Elizabeth Smith, Beatrice Forsdyke, Stephen Miller, and Sally Mitchell. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

## Fr Joseph writes:

### St John Henry Newman on becoming Perfect

St John Henry Newman (1801-1890) was received into the ‘One True Fold’ of the Catholic Church (to use the saint’s own words) on 9<sup>th</sup> October 1845 having made his first Confession at Littlemore, just outside Oxford, to Blessed Dominic Barberi, the Passionist priest and missionary. St John Henry was devoted to St Philip Neri (1515-1595) who founded the Congregation of the Oratory, and he brought St Philip’s idea of the Oratory to England, setting up an Oratory in 1848 in Birmingham. He is famous for his extensive writings, but was also an ardent servant of the poor, especially in the rundown district of Ladywood in the streets behind the Oratory house in Edgbaston. He was beatified by Pope Benedict XVI in 2010, canonized by Pope Francis in 2019, and Pope Leo has authorized his being made a Doctor of the Church.

It seemed fitting to reprint once more St John Henry’s famous spiritual advice for becoming holy. He wrote:

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*‘It is the saying of holy men that, if we wish to be perfect, we have nothing more to do than to perform the ordinary duties of the day well. A short road to perfection—short, not because easy, but because pertinent and intelligible. There are no short ways to perfection, but there are sure ones.*

*I think this is an instruction which may be of great practical use to persons like ourselves. It is easy to have vague ideas what perfection is, which serve well enough to talk about when we do not intend to aim at it; but as soon as a person really desires and sets about seeking it himself, he is dissatisfied with anything but what is tangible and clear, and constitutes some sort of direction towards the practice of it.*

*We must bear in mind what is meant by perfection. It does not mean any extraordinary service, anything out of the way, or especially heroic—not all have the opportunity of heroic acts, of sufferings—but it means what the word perfection ordinarily means. By perfect we mean that which has no flaw in it, that which is complete, that which is consistent, that which is sound—we mean the opposite to imperfect. As we know well what imperfection in religious service means, we know by the contrast what is meant by perfection.*

*We, then, are perfect who do the work of the day perfectly, and we need not go beyond this to seek for perfection. You need not go out of the round of the day. I insist on this because I think it will simplify our views, and fix our exertions on a definite aim. If you ask me what you are to do in order to be perfect, I say:*

- Do not lie in bed beyond the due time of rising;
- Give your first thoughts to God;
- Make a good visit to the Blessed Sacrament;
- Say the Angelus devoutly;
- Eat and drink to God’s glory;
- Say the Rosary well;
- Be recollected;
- Keep out bad thoughts;
- Make your evening meditation well;
- Examine your conscience daily;
- Go to bed in good time.

*And you are already perfect.’*

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St John Henry’s feast day is 9<sup>th</sup> October.

