

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
IP4 1BD

Tel: 01473 252596
parishpriest@stpancraschurch.org.uk
www.stpancraschurch.org.uk

Parish Priest:
Fr Joseph Welch

Sundays: Yr C
Weekdays: Yr 1

September is dedicated to
Our Lady of Sorrows



Sunday 14th September

The Exaltation of the Cross

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

09:30 — Pro Populo

11:00 — Frederick Willis

Monday 15th September

Our Lady of Sorrows

10am — Ann Jones RIP

Tuesday 16th September

Ss Cornelius & Cyprian

8am (TLM) — Margaret & James
Cleary RIP

Wednesday 17th September

St Robert Bellarmine

6pm — Benedict Trindade RIP (1/2)

Thursday 18th September

Feria

12:15pm — Holy Souls

Friday 19th September

St Januarius

10am — Rupert England

Saturday 20th September

St Andrew Kim Tae-gon & Comps.

10am — Jan Patrick RIP

Vigil of the 25th Sunday of the Year

6pm — Holy Souls

Sunday 21st September

25th Sunday of the Year

09:30 — Pro Populo

11:00 — Jan Patrick RIP

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.

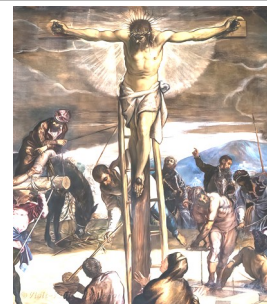
TLM Masses: 2nd Sunday of the month at
8am. (Next 2nd Sunday Mass: 11th Oct.)

HOLY YEAR 2025

SPES NON CONFUNDIT

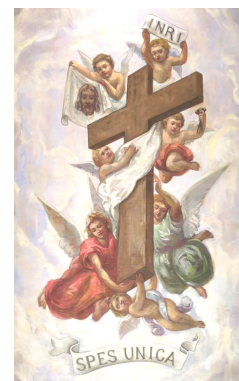
*‘And hope confounds not, because the charity of
God is poured forth in our hearts by the Holy Spirit
who is given to us.’ (Rom 5:5)*

Christ Crucified Radiates Hope to a Fallen World
The Crucifixion by Tintoretto (1565)



EXALTATION OF THE CROSS

The feast of the Exaltation (or Triumph) of the Cross celebrates the finding of the True Cross by St Helena (Emperor Constantine’s mother) in AD 326 as well as the consecration of the basilica of the Holy Sepulchre in Jerusalem in AD 335 on 13th September which was followed the next day by the True Cross being shown (or ‘exalted’) for the first time for the people’s veneration. Our own relic of the True Cross (two tiny splinters) will be placed on the altar during Mass and we will venerate the relic at the end of each Mass.



THE ANNUAL ECUMENICAL PILGRIMAGE WALK

to St Mary the Elms in honour of Our Lady of Grace of Ipswich will take place this afternoon beginning at 3pm St Peter’s on the Quay. See poster for more details.

OUR LADY OF SORROWS

The whole month of September is dedicated to Our Lady of Sorrows with the Feast itself falling on 15th September, the day after the feast of the Exaltation of the Cross. It is one of the few feast days in the Church’s year where a Sequence is recited immediately before the Gospel at Mass.

THERESA CLEARY We offer prayers for the speedy recovery of Theresa Cleary who has had a fall and is currently in hospital. Theresa does a lot for the parish and whilst she is absent (and perhaps beyond) we need to start looking for an **organist for the 9:30 Mass** and for a new volunteer to help with **counting the Sunday collection**. If you, or anyone you know, might be able to help with either of these important roles in the parish please contact Fr Joseph. 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
Carlo Acutis: 5 Steps to being a Saint
by Monsignor Anthony Figueiredo

From the Saints

‘The only thing we really have to fear is sin’
St Carlo Acutis
(Quoted by Pope Leo at the canonization Mass.)

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

Use your computer for work and in the pursuit of holiness, but start to cut out time-wasting browsing!

Second Collection next week

for Home Mission Sunday, funding the vital work of spreading the Catholic Faith here in the UK. Please give generously. Thank you.

RETRouvaille helps couples find hope and healing for their marriage. Next date: 17th—19th October. Please visit www.retrouvaille.org.uk for more details or call 0788 7296983

ROME & NETTUNO PILGRIMAGE

Our parish pilgrimage to Rome for the Holy Year, and to Nettuno to venerate the original statue of Our Lady of Ipswich, will take place from Monday 22nd to Friday 26th September. **Please note that there will be no Masses in our church during that week.** We shall pray for the whole parish while we are there. Please write down your prayer intentions and give them to Fr Joseph to be placed at Our Lady’s feet.

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 Mr Denys Bell of this parish who died on Wednesday, 10th September fortified by the rites of Holy Mother Church.

Please also pray for the repose of the souls of those who have died recently, and for all whose anniversaries occur at this time: Florence Brown, Thomas McGovern, James Pettigrew, Maria Marico, Florence Evans, Charles Covell, Mary Bulbeck, Edna Walker, Margaret Holman, Marija Lukashuk, Giuseppina Iachetta, Mary McBride, Nunzio Ragucci, Christine Peachey, Margaret Sullivan, Valeria Rosieradyra, Ursula Anderson, Charles Henley, Bertie Walker, Frederick Wallace, Francis Tynan, Thomas Devine, Jean Orme, Anastasia List, Martin Connolly, Eunice Bartlett, Angel Mahalia, Sheila Jokic, Pauline Roberts, and Jan Patrick. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: We continue with our new series of columns on The Church.

The Church pt II — God’s Creation

In his hymn, *Firmly I believe and Truly*, St John Henry Newman sings,

*And I hold in veneration,
for the love of Him alone,
Holy Church as His creation,
and Her teachings as His own.*

Each line of this verse carries some weighty theology, but we shall start by considering the idea that the Catholic Church is God’s creation.

‘In the beginning God created heaven and earth’ (Gen 1:1) and, as the Psalm says, ‘The heavens shew forth the glory of God, and the firmament declares the work of His hands’ (Ps 18:1). God created the world to share with others what He Himself already possessed. By bringing others into being, God gave to each creature a share in His existence, His beauty, and His goodness. God was not obliged to do this, nor was it inevitable that He would do this. He chose to create the world. He created the world, and all the creatures in it, through an act of His will.

Specifically, He made each human being to know Him, love Him, and serve Him in this life so that we might be happy with Him forever in the next. In other words, God wills each person to exist so that he may participate in the knowledge, the love, and the work of God during his life on earth and so come to participate in His glory and splendour for all eternity in the life of heaven.

The natural world provides us with everything we need for our earthly existence. However, in order to participate in the life of God whilst we still live here on earth—and even more so, in order to participate in the life of God in heaven—God also created His Church.

Just as the natural world provides us with life, and with all that we need to sustain our natural life on earth, so the Church provides us with all the gifts we need for supernatural life, that is, for the life that raises us up to a new level of participation in the goodness of God.

At the beginning of the Book of Genesis we read that it was the Spirit of God that hovered over the waters and brought about creation (Gen 1:2). In other words, it is the Holy Spirit who is the Giver of Life. At the Annunciation in St Luke’s Gospel we read that the Blessed Virgin will conceive and bear a Son because the Holy Spirit shall come upon her, and the power of the most High shall overshadow her (Lk 1:35). It is through the power of the Holy Spirit that the Word, who is life itself (Jn 14:6), is brought into this world to redeem it and to give it supernatural life. And it is through the power and the coming down of the Holy Spirit (whom Our Lord, in Jn 14:15-31, promises during the Last Supper that He will send) that the supernatural life of grace will be poured into the world and into the hearts and souls of God’s people.

These acts of creation, both natural and supernatural, culminate in the creation of a supernatural realm, the Kingdom of God here on earth, and that new Kingdom is the Catholic Church, born from the wounded side of Our Lord on the Cross, from which all grace flows.