

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

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www.stpancraschurch.org.uk



Parish Priest:
Fr Joseph Welch

Sundays: Yr A
Weekdays: Yr 2

June is dedicated
to the Sacred Heart of Jesus

Sunday 14th June 2026

Dom. III post Pentecosten

8am (TLM) — Maria de Lourdes
Nogueira RIP

11th Sunday of the Year

09:30 — First Communion children

11:30 — Pro Populo

Monday 15th June

Feria

10am — Helen Abbott

Tuesday 16th June

Feria (Mass of 3rd Sunday after Pentecost)

8am (TLM) — Special int.

Wednesday 17th June

Votive Mass of St Joseph

6pm — Private int.

Thursday 18th June

Feria

12:15pm — Sue Coppens-Browne RIP

Friday 19th June

St Romuald

10am — Holy Souls

Saturday 20th June

St Alban

10am — Jaqueline Lothian RIP

Vigil of the 12th Sunday of the Year

6pm — Holy Souls

Sunday 21st June 2026

12th Sunday of the Year

09:30 — Antelmo Alves Almada 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: 12th July)

PARISH FIRST HOLY COMMUNIONS

Please pray for our children as they receive Our Lord Jesus Christ, in the form of the Blessed Sacrament, into their souls for the very first time. May God preserve them in their purity of heart and protect them from all harm, especially the harm of sin:

O Jesus, who hast loved us with such exceeding great love as to give us the ineffable gift of the Holy Eucharist, inflame us with a burning zeal to promote Thy glory by preparing worthily the little children who are to approach Thy holy altar for the first time. Protect, O Sacred Heart of Jesus, these young souls from the assaults of evil, strengthen their faith, increase their love, and endow them with all the virtues that will make them worthy to receive Thee. Amen.

DIOCESAN JUBILEE 1976—2026

The main Mass in celebration of our
Diocesan Jubilee will be at the Cathedral on

Friday, 26th June at 12 noon

in the presence of

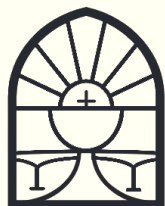
*His Excellency, Archbishop Miguel Buendia,
the Apostolic Nuncio to the Court of St James*

Entrance by pre-booked ticket only. Our parish has been allocated just 15 tickets. If you would like to go, please contact Fr Joseph straightaway.

DIOCESAN JUBILEE 1976—2026

IPSWICH DEANERY

EUCCHARISTIC CONGRESS 6th—13th September 2026



A week-long series of events including Adoration of the Blessed Sacrament, a Eucharistic procession through the town, keynote speakers, and Mass with the Bishop of East Anglia on Sunday 13th September at the Corn Exchange.

The aim of the Eucharistic Congress is to deepen our belief in, and our devotion to, the real presence of Our Lord Jesus Christ in the Blessed Sacrament, and through this deeper devotion to foster a renewed spirit of faith and fervour across the parishes of our deanery in this golden jubilee year of our diocese.

For more details, and to book tickets, please go to:

eucharisticcongressipswich.org



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.

TWO SECOND COLLECTIONS

Next weekend — 20th/21st June
in support of Life Charities' **Day for Life**

Next Sunday, 21st June, we mark the Day for Life under the theme "The Wonder of the Child in the Womb." The theme also recognises the loss of children who died before birth and the grief of their parents. The bishops' message and prayers can be found on the Day for Life website: www.dayforlife.org. The second collection will go towards the Day for Life Fund, which distributes grants to organisations that promote respect for life from conception until natural death. You can also donate online via the Day for Life website.

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The following weekend — 27th/28th June
for Peter's Pence

CAN YOU PLAY THE ORGAN OR A KEYBOARD? If you can help with the hymns at the 9:30 Mass on Sunday mornings, either occasionally or regularly, please speak to Fr Joseph. Thank you.

GARDENER Can you spare a few hours to keep our flower borders and green patches tidy? If so, please contact Fr Joseph. Thank you.

PARISH MAGAZINE The deadline is still a little way off yet (13th September) but we would like to encourage new contributors with any interesting articles you may have about your travels, pilgrimages, and holidays, as well as poems, jokes, recipes, gardening tips, memories of our parish, and so forth. Contributions should be sent to: st.pancras.magazine@outlook.com

Sick List Prayers are asked for Peter Arms, Jim Convey, Vincent Convey, Larry Crowley, Alan Cutbush, Ciro Dellabella, Evelyn Flach, Halina Gajewska, Katherine Humphries, Olivia Katina, 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 Jaqueline Lothian, Sue Coppens Browne, and Richard Sagrera, all of whom have died recently, and for all whose anniversaries occur at this time: Josephine Ahmed, John Clarke, George Scicluna, Alberto de Pasquale, Chinedu Akachi Ekwunife, Victor Fennell, George Gallaway, Bridget Maile, Joseph Patten, Margaret Skinner, Margaret Burns, James Flanagan, John Sweeney, Elizabeth Ingram, Teobaldo Merico, Henry Brock, Nicholas Aylward, George Selby, Mary Brookes, Margaret Denton, Ann Thomas, Margaret Bradley, Amy Moul, Jeremiah Whelan, Elene Roome, Fioravanti Masullo, John Crowley, Angela Mariani, Lorna Newton, Peter Scully, Neil Ward, Annie Bates, Monica Barnett, and Rosalia Catalanotto. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

Fr Joseph writes: We continue to prepare for our local Eucharistic Congress in September by reflecting on the Blessed Sacrament using the translation of the *Lauda Sion* by Fr Edward Caswall (d.1878). Today, the tenth verse:

WHEREFORE NOW, WITH ADORATION

Wherefore now, with adoration,
We the Host of our salvation
Consecrate from bread and wine.

The reality of the change from bread and wine into the Sacred Body and Precious Blood of Our Lord (about which we shall say more later) is the cause of our adoration. But the words of this verse make it clear that it is the one who consecrates the Host who is, at this point, doing the adoring.

As he utters the sacred words of consecration, the priest pauses, bends low over the altar, and lowers his voice almost to a whisper. Conscious of the supernatural reality before his eyes – and in his hands – the priest is lost in adoration and contemplation even as he is effecting this miracle. Who is he that he should be charged with such an extraordinary gift as to be able to bring down upon the altar the Incarnate Son of God Himself? What has he done to deserve such a privilege? Nothing in his life, no amount of prayer or priestly training or study, prepared him for the first time he brought about this sacramental mystery at his first Mass. No intellectual understanding, no imaginings, paved the way for that sense of awe that he felt on that occasion, and continues to feel at every Mass he says. His fingers might shake with nerves, his voice might quiver with apprehension, but his heart is bursting with equal measures of profound joy and a sense of utter unworthiness.

The word Host (from the Latin, *hostia*) means 'victim.' Christ is the victim of our salvation. He laid down His own life (Jn 10:17-18) so that we might have life. He became for us the Lamb of God and offered Himself as the Paschal Victim, slain upon the altar of the Cross, immolated as the ransom for a fallen race. No one deserved to be sacrificed less than Our Lord who is Innocence itself.

As the priest whispers those sacred words at Mass, and consecrates 'the Host of our salvation,' he is conscious of being drawn into a supernatural reality, and of participating in something altogether above him, something altogether divine. He is aware that, whilst he is the instrument of God's sacramental work by virtue of his ordination, he is nonetheless almost a mere observer of a mystery playing out before his eyes as the Incarnate Son of God offers Himself as Victim to the Father. By performing the actions and speaking the words of the mystical drama, the priest is entering into a transcendent and divine operation that continues eternally in the heavens with Christ as the mediator between Man and God (Heb 9:15) whether he, the priest, is present or not. What his words and gestures accomplish is the bringing down to earth, in sacramental form, of this mystical sacrifice that is playing out in the heavens for all eternity.

Little wonder that every morning, among the priest's first prayers of the day, are the words, 'Come let us adore and fall down, and weep before the God that made us' (Ps 94:6).