

SAINT HELEN'S PARISH
1st SUNDAY of LENT (Year B)
 Season of Lent + Easter
The Year of the Word

21st February 2021



Children's Liturgy of the Word:

https://docs.google.com/presentation/d/17OSm1YTg4Q62Bsea-hi56_BYYs-JmjBxp6eVjmJ3eYE/edit

Here is the Sign of the Covenant

TODAY'S SCRIPTURE: (Psalter: Week 1)

Gathering Antiphon (6.30pm):

When he calls on me, I will answer him,
 I will deliver him and give him glory,
 I will grant him length of days.

Genesis 9: 8 – 15.

*God's covenant with Noah
 after he had saved him from the waters of the flood.*

Response: Psalm 24.

*R/. Your ways, Lord, are faithfulness and love
 for those who keep your covenant.*

1 Peter 3: 18 – 22.

That water is a type of the baptism which saves you now.

Acclamation for the Gospel:

Praise to you, O Christ, King of eternal glory.
 Man does not live on bread alone,
 but on every word that comes from the mouth of God.
 Praise to you

Mark 1: 12 – 15.

Jesus was tempted by Satan and the angels looked after him.

Prayer of the Faithful:

R/. Lord, teach us your paths.

Preface: of Lent 1 **Eucharistic Prayer:** ii.

Communion Antiphon:

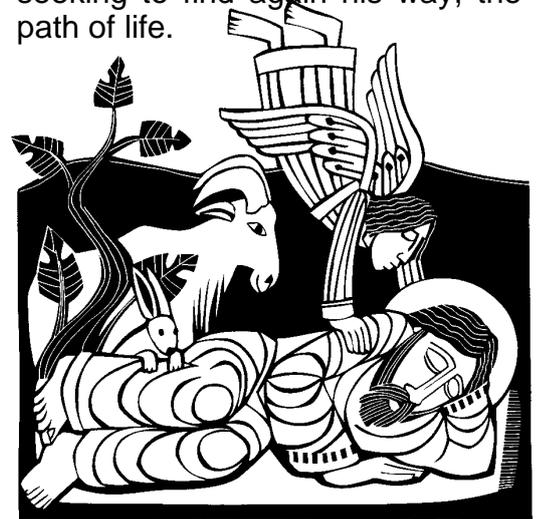
God so loved the world that he gave
 his Only Begotten Son,
 so that all who believe in may not perish,
 but may have eternal life.

THE WORD THIS WEEK

The Rainbow, sunlight shining through the raindrops, is the sign of the first Covenant, with Noah, after the flood.

This Lent we trace the history of the Covenants, leading up to the new and eternal Covenant, in Jesus Christ, into which we are Baptised at Easter and Confirmed at Pentecost.

Having been shriven on Shrove Tuesday, we set out to walk with Christ these 40 days of repenting, seeking to find again his way, the path of life.



Lent What is the point of Lent? – *the Great Three-Days of entry into Christ's saving death-and-Resurrection.*

EASTER

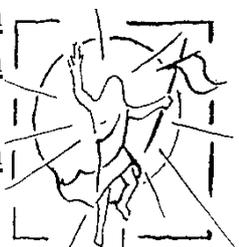
Maundy Thursday **Mass of Our Lord's SUPPER**
 Good Friday **Celebration of Our Lord's PASSION**
 Holy Saturday **THE EASTER VIGIL AND MASS**
OF OUR LORD'S RESURRECTION
 Easter Sunday **Easter Mass of Our Lord's RESURRECTION**

7.30 pm

3.00 pm

8.30 pm

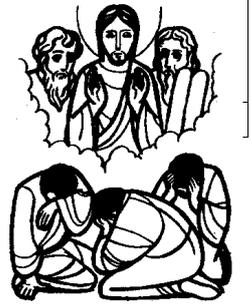
10.30 am



MASS AND SERVICES DURING THE WEEK:



Sat 20 th February	6.30pm	1st SUNDAY OF LENT for the People of the Parish (<i>Public Mass</i>)
Sun 21 st February	10.30am	for our Schools (<i>Public Mass</i>)
Mon 22 nd February	9.45am 10.00am	The CHAIR of SAINT PETER the APOSTLE Morning Prayer of the Church Anne Chamberlain (SVP)
Tues 23 rd February	9.45am 10.00am	Morning Prayer of the Church Anita Doyle (SW)
Wed 24 th February	9.45am 10.00am 2– 4pm	Morning Prayer of the Church Private Intention (CK) Exposition and Adoration (<i>Open to All</i>)
Thurs 25 th February	9.45am 10.00am	Morning Prayer of the Church Angela Taylor (GT)
Fri 26 th February	9.45am 10.00am 7.00pm	Morning Prayer of the Church Carmel Periera (TT) Zoom Way of the Cross
Sat 27 th February	10 –11 am 6.30pm	out-of-doors Reconciliation 2nd SUNDAY OF LENT Mona + Gordon Clinch (JO'B) (<i>Public Mass</i>)
Sun 28 th February	10.30am	for the People of the Parish (<i>Public Mass</i>)



THE SACRAMENT OF RECONCILIATION:

At any time by arrangement with the priest.

Or Saturday 10am – 11 am, 'Drive-by' Reconciliation: Father will be seated by the back door of the church – walk up (or drive up if it is raining) beside him, confess your sins, ask for a sign of penance and conversion, receive absolution, and walk or drive on. Please remember to stay well back from the 'confessional' until it is your turn.

The PARISH PRAYER LIST: Among all those we pray for in this time,

we continue to remember all suffering from the virus and its effects. We remember also:

Eileen Morris	John Maguire	Graham Jenkins	Sandra Bray	Lloyd Jones
Mary Gordine	David Mabey	Isobel Cummins	Pauline Richards	Margaret Jones
Carol Morrissey	Claris Howell	Anne Morgan	Pat Starynski	Yvonne Grandon
Martyn Western	Marjorie Gurney	Carmen Agius	Lowela Teves	Joe Marengi
Pamela and Keith Griffiths	Mary & Wilson Brown	Pino Emanuelli	Katrin Merry	
Sian Thomas	Winifred Benedict	Albert Carley	Mary Everson	Maura Coll
Pat Doheny	Paul Barnaby			

PRAYER CYCLE FOR OUR DIOCESE: Please pray for the People and Parish of The Immaculate Conception, Tredegar, with their Priest, Rev Richard Aziati (Archdiocese of Accra), and their school, Saint Joseph's Primary, Tredegar.

PLEASE PRAY for the repose of the soul of **Pat Emanuelli** who died on Friday evening. We offer our condolence to Pino, Mario, and the Family. May she rest in peace.

THE YEAR OF THE WORD – THE GOD WHO SPEAKS

“And so, this is the gift and duty for each one of us during the season of Lent: to listen to Christ, like Mary. To listen to him in his Word, contained in Sacred Scripture. To listen to him in the events of our lives, seeking to decipher in them the message of Providence. Finally, to listen to him in our brothers and sisters, especially in the lowly and the poor, for whom Jesus himself demands our concrete love.”

(Pope Emeritus Benedict xvi)

Children's Liturgy of the Word:

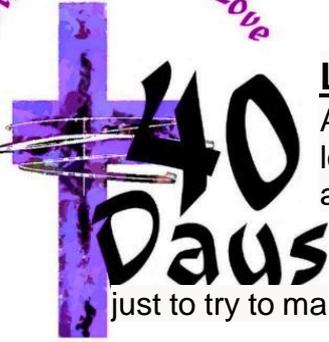
https://docs.google.com/presentation/d/17OSm1YTg4Q62Bsea-hi56_BYys-JmjBxp6eVjmJ3eYE/edit

Are you enjoying this prayer and celebration time? Have you interacted with it? Tell Claire!

THE
GOD
WHO
SPEAKS

Y
DUW
SYN
SIARAD

Prayer Fasting Works of Love



LENT 2021 taking us to the New Life of **EASTER**.

A different challenge this year, after what feels like a year-long 'Lent' of lockdown! How should we mark it, what should we do? So much has already been taken from us, do we need more 'giving up'? Might it not be better to start putting good things (back) in place? Good habits and routines, of prayer, of care, of charity? How shall we use this Lent, not just to try to make ourselves better, but also make a better world, and a better Church?

CAFOD

un byd yn unig just one world

Friday is LENT FAMILY FAST DAY:

Abdella lives in an extremely remote and mountainous part of Ethiopia. It takes him ten hours a day to collect water. He says his life is being wasted as he has no time for anything else. Give today to reach vulnerable communities around the world with water and to provide other vital support.

Donate online at cafod.org.uk/give or by using the fastday envelopes in the porch. You can also easily give via text. Text LENT to 70460 to donate £10.* One of our Senior Parishioners is also walking alongside Abdella this Lent by challenging themselves to walk 7,500 steps, every day, for 40 days. You can sponsor them through the form available on the link below, or just put something in an envelope, marked 'Walk for Water' and post it through the presbytery letterbox':



**Texts cost £10 plus one standard rate message and you'll be opting in to hear more about our work and fundraising via telephone and SMS. If you'd like to give £10 but do not wish to receive marketing communications, text LENTNOINFO to 70460. For more information please see our Privacy Policy: cafod.org.uk/Legal-information/Privacy-notice*

LENT FAST DAY
Friday 26th February



CAFOD

un byd yn unig just one world

OOoops! A WEEK LATE!

Another way to get involved was a national 'Walk for Water



Last Saturday, each of starting out from where we were and doing 5 miles (or more or less according to fitness, age, ability, time, or weather conditions!) with sponsorship from family and friends, but all starting out at **2pm** in solidarity with a unity of time though not of place. **But** someone forgot to put it in the newsletter: So Father will do his 5 miles *this* Saturday, starting at 2pm. If you wish to sponsor him, please put any donation through the letterbox in an envelope marked 'Cafod walk for Water'. And anyone else wanting to walk, start at 2pm!

FRIDAY WAY OF THE CROSS: 7pm, shared with Saint Catherine, Mill Road. To log in this week, please go to <https://beneficeofeglwysilanandcaerphilly.org.uk/services/>, and scroll down to find the blue button which says "Click here to join any Zoom Service".

You may also follow: 'The Way of the Cross by St Francis of Assisi' – [youtube.com](https://www.youtube.com) PDF from the Diocese of Ossory – [Stations of The Cross for Our Times](#).

The PARISH FINANCE AND BUILDINGS COMMITTEE meets on Friday 7.00pm.

"WALK WITH ME" for Lent now available in the porch: £1 each, or free if you are going to pray it every day.

An invitation down memory lane:

'I WAS THERE':

When Pope John Paul II came to Wales. Radio Wales, Thursday 4 March, 6:30pm.





www.healingmission.org



RECEIVE • REFLECT • RESPOND

**feeling
anxious,
hurting?**

FEBRUARY 2021

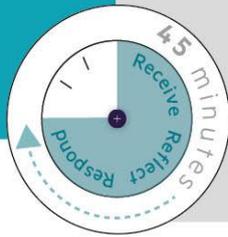
Thurs **4** • 7.30 PM

Fri **12** • 10 AM

Wed **17** • 2 PM

Thurs **25** • 7.30 PM

why not spend
some time with
Jesus ?



Wherever you
are in the world,
bring your concerns
to God in this guided
online session led by
Revd John Ryeland

▶ scripture meditation ▶ led encounter
▶ prayer ▶ time to reflect
in a small group

£FREE
donations are welcomed

Numbers are limited
so please book early

book now for online ZOOM session

www.healingmission.org/ministrysession



Retrouvaille England and Wales

Retrouvaille in England and Wales

Registered Charity No. 1110330

A Lifeline for Marriages

Is your marriage stressed, unloving, cold?

Do you want to improve your communication?

Have you separated, divorced, are you thinking of doing so?

Do you want to try again?

The Retrouvaille programme may be just what you need!

Next programme commences with a weekend

25th.28th Feb 2021

For more information

Tel or Text 0788 729 6983 or 0797 338 0443

(Complete confidentiality assured.)

Email: retrouvailleukinfo@gmail.com

Website : www.retrouvaille.org.uk

VIRTUAL COMMUNITY:

Date	Time	Event
Sat 20 th Feb	6.30pm	Sunday Mass
Sun 21 st Feb	10.30am 11.30am	Sunday Mass 'Coffee Morning': Via Saint Helen's Facebook
Thur 25 th Feb	7.30pm	Sharing the Sunday Scriptures
Fri 26 th Feb	7.00pm 7.45pm	Way of the Cross: Zoom Code via facebook Finance and Buildings Zoom
Sat 27 th Feb	6.30pm	Sunday Mass
Sun 28 th Feb	10.30am	Sunday Mass



THE CATECHISM OF THE CATHOLIC FAITH

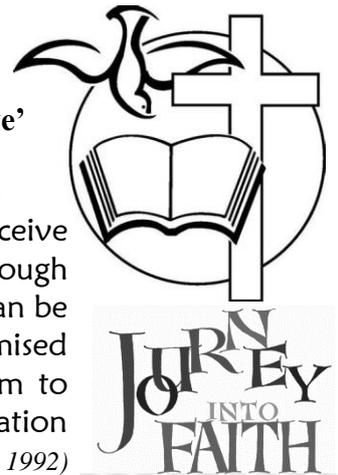
Part 1: **THE PROFESSION OF FAITH.** Section 1: 'I Believe' – 'We Believe'

Chapter 3: **Man's Response to God.** Article 1: **I Believe.**

III: The Characteristics of Faith Faith – the Beginning of Eternal Life

(164) Now, however, "we walk by faith, not by sight" (2 Corinthians 5:7); we perceive God as "in a mirror, dimly" and only "in part" (1 Corinthians 13:12). Even though enlightened by him in whom it believes, faith is often lived in darkness and can be put to the test. The world we live in often seems very far from the one promised us by faith. Our experiences of evil and suffering, injustice and death, seem to contradict the Good News; they can shake our faith and become a temptation against it.

(Catechism of the Catholic Church 1992)



"Lord, who can grasp the wealth of just one of your words? What we understand is much less than what we leave behind, like thirsty people who drink from a fountain. For your word, Lord, has many shades of meaning, just as those who study it have many different points of view. The Lord has coloured his words with many hues so that each person who studies it can see in it that he loves. He has hidden many treasures in his word so that each of us is enriched as we meditate on it.

"The word of God is a tree of life that from all its parts offers you fruits that are blessed.

"He who comes into contact with some part of the treasure should not think that the only thing contained in the word is what he himself has found. He should realise that he has only been able to find that one thing from among many others ... but because he could not exhaust it, he should give thanks for its riches." (from the Commentary of Saint Ephraem on the Diatessaron)

Parish Directory

Priest: Revd. John Kelly 20 883192

Safeguarding Officer: 20864112

Music: 07971848734.

Cafod: 20861930

Saint Helen's School: 20852532

Newsletter items: 20883192

caerphilly@rcadc.org

Website Additions: Website@sthelenscaerphilly.com

Chair of Parish Council:

SVP: 20883462

Hall Bookings: 20883192

Marriage Care: appointments@marriagecare.co.uk

Cardinal Newman School: 01443 494110

Calendar Additions: calendar@sthelenscaerphilly.com

www.sthelenscaerphilly.com

Bereavement support: 20863450

Piety shop: 20862998

