

SAINT HELEN'S PARISH
Palm Sunday
of The Passion of Our Lord
 Season of Lent + Easter
 The Year of the Word



28th March 2021



**He Humbled Himself,
 but God Raised Him High**

TODAY'S SCRIPTURE: (Psalter: Week 2)

Blessing of the Palms:

Mark 11: 1 – 10.

Blessings on him who comes in the name of the Lord.

Isaiah 50: 4 – 7.

I did not cover my face against insult – I know I shall not be shamed.

Response: Psalm 21.

R/. My God, my God, why have you forsaken me?

Philippians 2: 6 – 11.

He humbled himself, but God raised him high..

Acclamation for the Gospel:

Praise to you, O Christ, king of eternal glory.

Christ was humbler yet,

even to accepting death, death on a cross.

But God raised him high

and gave him the name which is above all names.

Praise to you, O Christ, king of eternal glory.

Mark 14: 1 – 15: 47

Prayer of the Faithful: R/. O Lord, make haste to help us.

Preface: of the Passion of Our Lord. *Eucharistic Prayer:* ii.

Communion Antiphon:

Father, if this chalice cannot pass without me drinking it,
 your will be done.



THE WORD THIS WEEK

the long reading of the Passion dominates the celebration, and in a sense its meaning is obvious. Do not allow this, however, to detract from the other readings, which give the vital context necessary for understanding the Passion as more than just a long story. It is our story, the tale of how God achieved OUR salvation by the supreme sacrifice of Jesus Christ, and through this week draws us into both the passionate sacrifice and the triumphal victory.



CELEBRATING EASTER: Restrictions continue, so once again we will have to book for the great feasts of the Triduum, and accept that maybe **we will not all be able to attend all the ceremonies in person.**

Here are the phone numbers you will need to call to book your place: Please note, **only** ring on **Monday**, **only** between the hours of **11am and 7pm.**

Maundy Thursday (7.30) **or** Good Friday (3.00) please ring 02920 868606;

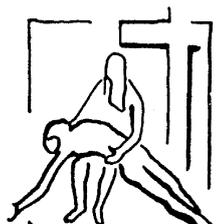
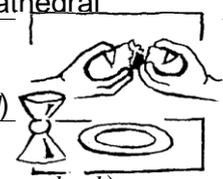
The great Vigil and Easter Mass (Saturday 8.30pm) **or**

Easter morning Mass (10.30am): please ring 02920 861930.

MASS AND SERVICES DURING THE WEEK:



Sat 27 th March	6.30pm	PALM SUNDAY of OUR LORD'S PASSION Private Intention (<i>Public Mass</i>)
Sun 28 th March	10.30am 6.00pm	for the People of the Parish (<i>Public Mass</i>) for the People of the Parish (<i>Public Mass, Bargoed</i>)
Mon 29 th March	9.45am 10.00am	Morning Prayer of the Church for all who are sick or housebound
Tues 30 th March	9.45am 10.00am 11.30am	Morning Prayer of the Church Thomas Periera (TT) Mass of the Chrism, Saint David's Cathedral
Wed 31 st March	9.45am 10.00am 2- 4pm	Morning Prayer of the Church Pat Emanuelli (SW) Exposition and Adoration (<i>Open to All</i>)
Thurs 1 st April	7.30pm	MAUNDY THURSDAY Celebration of Our Lord's Supper (<i>Please book</i>)
Fri 2 nd April	10.00am 3.00pm 6.00pm	GOOD FRIDAY (Day of Fasting and Abstinence) Office of Readings and Morning Prayer of the Church Celebration of Our Lord's Passion (<i>Please book</i>) Evening Prayer of the Church
Sat 3 rd April	10.00am 6.00pm 8.30pm	HOLY SATURDAY Office of Readings and Morning Prayer of the Church EASTER SUNDAY OF OUR LORD'S RESURRECTION Vigil and Mass of Easter (<i>Public Mass, Bargoed</i>) Vigil and Mass of Easter (<i>Please book</i>)
Sun 4 th April	10.30am	Morning Mass of Easter (<i>Please book</i>)



THE SACRAMENT OF RECONCILIATION:

At any time by arrangement with the priest.

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	Gwyn Bishop	Christine Roberts		



PRAYER CYCLE FOR OUR DIOCESE: This week the Parishes of the Diocese will be praying for us in Saint Helen's Parish: In turn, let us take this as an opportunity to pray for the whole Archdiocese of Cardiff, with our Archbishop and all the People, Priests, and Parishes of the Diocese.

THE YEAR OF THE WORD – THE GOD WHO SPEAKS

“Living God, you walk alongside us and speak to us throughout the Scriptures. Your Son, Jesus Christ, listens to our hopes and fears and shows us how to live for one another. Send us the Holy Spirit to open our hearts and minds so that we may be your witnesses throughout the world.”

(*The Year of the God who Speaks*)



“**WALK WITH ME**” for Eastertide on sale in the porch, £1, or free to those who wish to pray.



Today is **PALM SUNDAY OF OUR LORD'S PASSION**: But this year we will not have the usual blessing of Palms and procession from outside. Nevertheless, you can still pluck a budding or blossoming bough to bring to church for a blessing, and thank God for yourselves, putting it in a place of honour in your house. If you are not coming to Church, why not put a cross next to the branch, and a candle, and gather as a family to read through the Passion story in Saint Mark's Gospel (Mark 14:1 – 15:47), and pray together.



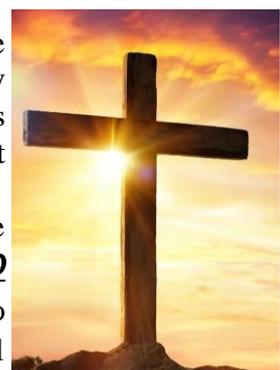
As usual there will be a **Collection for the S.V.P.** after the Palm Sunday Mass, or through the letterbox if you are not able to come to Mass. Please support this our main parish charitable arm for the local community, along with the Food Bank. The Archbishop has suggested that these two could be the main beneficiaries of our Lenten Almsgiving.

Palm Sunday takes us into **HOLY WEEK**, with the end of Lent on Maundy Thursday morning, and the beginning of **THE SACRED PASCHAL TRIDUUM** that evening.



On Maundy Thursday, the day of **OUR LORD'S SUPPER**, if you can't be at the Mass, remember after joining the live-stream to have a fine 'pass-over celebration' family meal, if possible in the evening. Start with the grace: "Blessed are you, Lord God of all creation; through you goodness we have this bread to share, fruit of the earth and work of human hands", and take a bread roll or small baguette, break it and give a piece to each person to share. Don't forget to say a grace for the drink too, as you pour it out: "Blessed are you, Lord God of all creation; through your goodness we have this wine/juice/cola to share, fruit of the earth and work of human hands",

On Good Friday, the day of **OUR LORD'S PASSION**, if you cannot share in the afternoon liturgy, as well as the live-stream you can make a 'prayer focus' with a family cross and a candle, and at a convenient time gather the family to read together Saint John's telling of the Passion of Jesus as a victory procession, John 18:3 – 19:42. And you might stop to listen to Bach's Saint John Passion.



On Holy Saturday, after a day in the tomb with Christ, the Church gathers for the great **EASTER VIGIL AND MASS**. If you cannot join in, in person or live-stream, try to gather as a family with a large candle, the children's Baptismal candles, and a candle each for the adults. By their light, read some of the old testament readings, at least the 3rd one, Exodus 14:15 – 15:1; then the Mass reading, Romans 6:3-11. Then sing a good Alleluia and read the Gospel, Mark 16:1-7. And have a late night party!

And on Easter Sunday, if you don't get to the **MORNING MASS**, then after the Easter Egg hunt, or just before your Easter meal, read together the disciples' race, discovery, and joy: John 20: 1-9.

Orders of Service / Guides to the Celebrations for those who follow on the live-stream will be available on the Parish website for the three days.

THE CATECHISM OF THE CATHOLIC FAITH

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

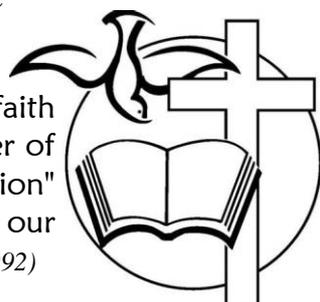
Chapter 3: **Man's Response to God.** Article 2: **We Believe.**

1. "Lord, look upon the faith of your Church"

(169) Salvation comes from God alone; but because we receive the life of faith through the Church, she is our mother: "We believe the Church as the mother of our new birth, and not in the Church as if she were the author of our salvation" (*Faustus of Riez, De Spiritu Sancto 1,2:PL 62,II*). Because she is our mother, she is also our teacher in the faith.

(*Catechism of the Catholic Church 1992*)

JOURNEY INTO FAITH



VIRTUAL COMMUNITY:

Date	Time	Event
Sat 27 th March	6.30pm	Palm Sunday Mass
Sun 28 th March	10.30am 11.30am	Palm Sunday Mass 'Coffee Morning': <i>Via Saint Helen's Facebook</i>
Thurs 1 st April	7.30pm	THE MASS OF THE LORD'S SUPER
Fri 2 nd April	10.00am 3.00pm 6.00pm	Office of Readings and Morning Prayer THE CELEBRATION OF OUR LORD'S PASSION Evening Prayer pf the Church
Sat 3 rd April	10.00am 6.30pm	Office of Readings and Morning Prayer THE GREAT VIGIL AND MASS OF EASTER
Sun 4 th April	10.30am	EASTER MASS IN THE DAY



CONGRATULATIONS to our senior citizen secret walker who has nearly completed her 10,000 steps a day for 40 day, in solidarity with those who have to walk that far or further for their daily supply of water. If you wish to join in by sponsoring her, please put something in an envelope, mark it 'Walk for Water' and put it in the collection or post it through the presbytery letter-box. Thank you.



"Spread the Gospel: Developing a Missionary Parish."

The Diocesan Evangelisation Commission has through the year of lockdown created this tool and piloted it in several parishes, reviewing, and amending it. The Programme has now been approved by His Grace, Archbishop George Stack. It is a seven-week programme, running for one and half hours via Zoom on one evening a week, delivered by members of the Evangelisation Commission. The dates will be Wednesday, April 21st and 28th, May 5th, 12th and 19th, June 9th and 16th, 2021.

The Programme is open to all parishioners and clergy across the Archdiocese.

The new Programme will remind participants of the Great Commission and the basic Gospel message. It will cover a rudimentary history of the early church and will consider important messages from recent papal papers, how to give witness testimonies, evangelise non-church going Catholics with practical approaches and tools for building a parish team to evangelise.

The Genesis Mission will be an important follow-on activity offered to participants, providing the necessary skills for successful encounters.

For more information and to register for the Programme, please email Madeleine Walters at madeleine.walters@rcadc.org.

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

Bereavement support: 20863450

Hall Bookings: 20883192

Piety shop: 20862998

Marriage Care: appointments@marriagecare.co.uk

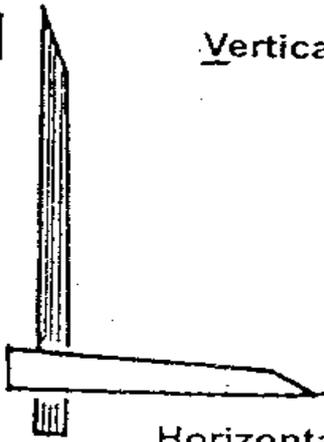
Cardinal Newman School: 01443 494110

Calendar Additions: calendar@sthelenscaerphilly.com

www.sthelenscaerphilly.com



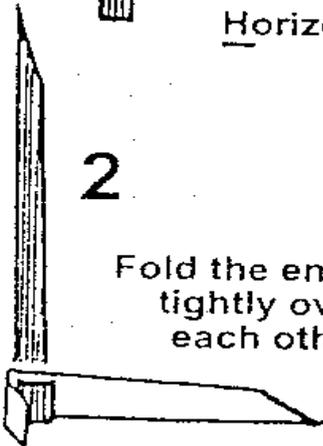
1 Vertical



Horizontal

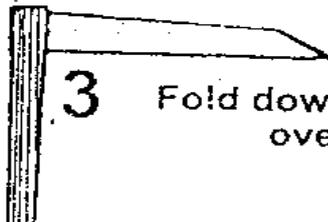
2

Fold the ends
tightly over
each other



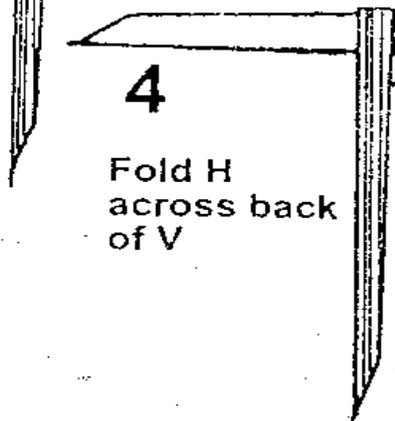
3

Fold down V
over H



4

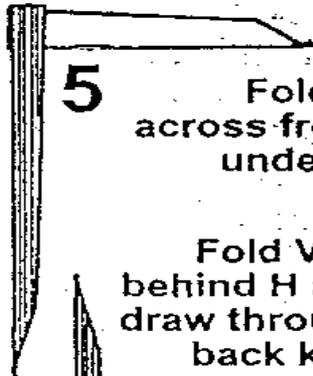
Fold H
across back
of V



Hint: use only one palm, split right down the centre into two for H and V. If you use two palms, they are too thick and stiff.

5

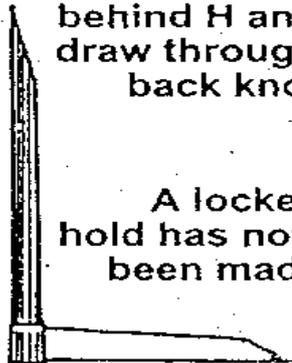
Fold H
across front
under V



Fold V up
behind H and
draw through
back knot

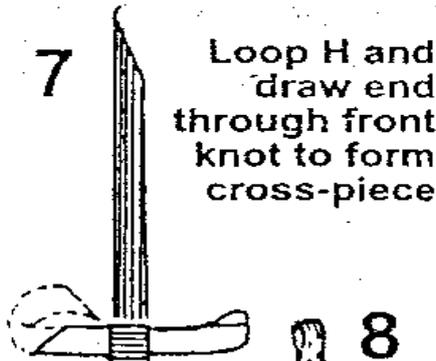
6

A locked
hold has now
been made



7

Loop H and
draw end
through front
knot to form
cross-piece



8

Loop V and
draw end
through
back knot to
form long
part of shaft

