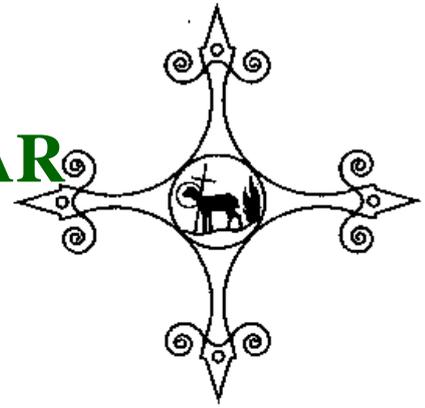




SAINT HELEN'S PARISH
16th SUNDAY of the YEAR
The Year of the Word

18th July 2021



He Set Himself to Teach Them at Some Length

THE WORD THIS WEEK

The image left us by this week's Scripture is that of the Good Shepherd. Sung in the psalm; promised in the Old Testament, along with warnings of the bad shepherds; and in the Gospel taking pity on the crowd, 'because they were like sheep without a shepherd.' What does a shepherd do? He gathers the flock and keeps them together, safe. He guides them. He leads them to good pasture and feeds them: - today's gospel passage sets the scene for the feeding of the five thousand, and of us, with physical and spiritual bread over the next five weeks.

TODAY'S SCRIPTURE: (*Psalter: Week 4*)

Gathering Antiphon:

See, I have God for my help.
The Lord sustains my soul.
I will sacrifice to you with a willing heart,
and praise your name, O Lord, for it is good..

Jeremiah 23: 1 – 16.

The remnant of my flock I will gather and I will raise up shepherds to look after them.

Response: Psalm 22.

R/. The Lord is my shepherd, there is nothing I shall want.

Ephesians 2: 13 – 18.

Christ Jesus is the peace between us and has made the two into one.

Acclamation for the Gospel:

Alleluia, Alleluia!

The sheep that belong to me listen to my voice,
says the Lord, I know them and they follow me.
Alleluia!

Mark 6: 30 – 34.

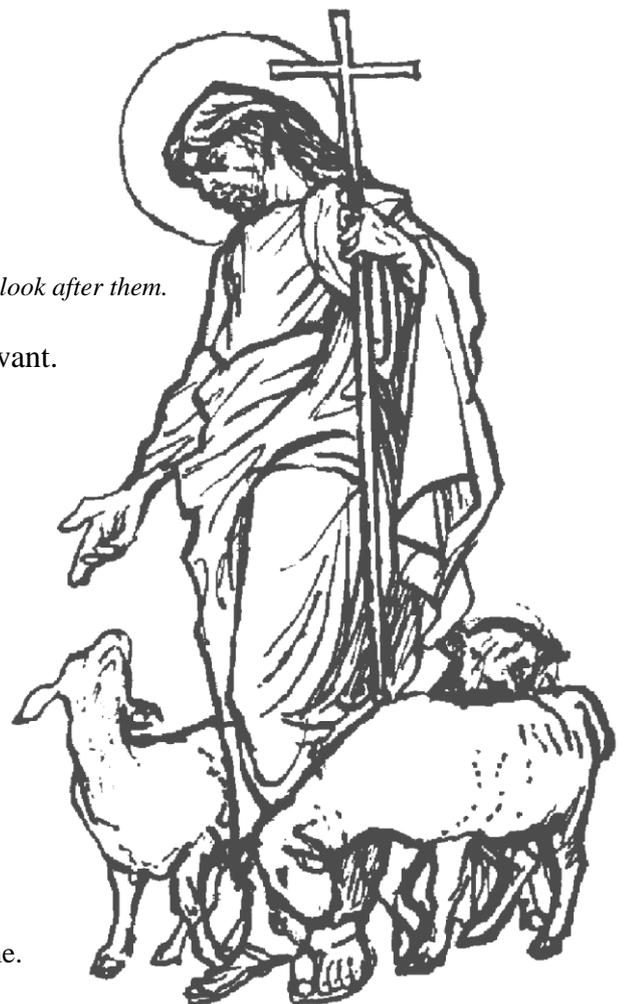
They were like sheep without a shepherd.

Prayer of the Faithful: R/. Lord, gather us and feed us.

Preface and Eucharistic Prayer: of Reconciliation, ii:

Communion Antiphon:

Behold, I stand at the door and knock, says the Lord.
If anyone hears my voice and opens the door to me,
I will enter their house and dine with them, and they with me.



MASS AND SERVICES DURING THE WEEK:

| | | | |
|-----------------------------|---|--|--|
| Sat 17 th July | 6.30pm | 16th SUNDAY of ORDINARY TIME for the People of the Parish (<i>Public Mass</i>) |  |
| Sun 18 th July | 10.30am 6.00pm | Glan Jones (MJ) (<i>Public Mass</i>) Antonia Pelopida (MG) (<i>Public Mass, Bargoed</i>) | |
| Mon 19 th July | 9.45am 10.00am | Morning Prayer of the Church Mass | |
| Tues 20 th July | 9.45am 10.00am | Morning Prayer of the Church Elena Antoniazzi (LA) (<i>Public Mass</i>) | |
| Wed 21 st July | 9.45am 10.00am 2 – 4 pm | Morning Prayer of the Church Daren Bray (CB) Exposition and Adoration |  |
| Thurs 22 nd July | 9.45am 10.00am | SAINT MARY MAGDALENE Morning Prayer of the Church Dilly Intention |  |
| Fri 23 rd July | 9.45am 10.00am | SAINT BRIDGET OF SWEDEN , Religious, Patron of Europe Morning Prayer of the Church Brother Theophin (VT) (<i>Public Mass</i>) |  |
| Sat 24 th July | 10.00am 6.30pm | Morning Prayer of the Church 17th SUNDAY of ORDINARY TIME for the People of the Parish (<i>Public Mass</i>) | |
| Sun 25 th July | 10.30am 2,00pm 6.00pm | Rita Bell (CP) (<i>Public Mass</i>) Baptism of Milosz Luczka for the People of the Parish (<i>Public Mass, Bargoed</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, please remember the sick, and all suffering in the pandemic and the lockdown, especially:

| | | | | |
|----------------|---------------------|------------------|-------------------|------------------|
| Eileen Morris | John Maguire | Graham Jenkins | Sandra Bray | Lloyd Jones |
| Mary Gordine | Isobel Cummins | Pauline Richards | Margaret Jones | Carol Morrissey |
| Claris Howell | Frank Price | Anne Morgan | Pat Starynski | Yvonne Grandon |
| Martyn Western | Marjorie Gurney | Carmen Agius | Lowela Teves | Keith Griffiths |
| Pino Emanuelli | Katrin Merry | Sian Thomas | Vinifred Benedict | Albert Carley |
| Mary Everson | Maura Coll | Gwyn Bishop | Christine Roberts | Christopher Bray |
| Lorraine Nolan | Mary & Wilson Brown | | | |

PRAYER CYCLE FOR OUR DIOCESE: Please pray for the People and Parish of Our Lady and Saint Patrick, Maesteg, with their Priest, Revd. Edmund Neizer, and their care for Maesteg Community Hospital and Saint Mary and Saint Patrick Primary School

THE YEAR OF THE WORD – THE GOD WHO SPEAKS

“The Prologue of John’s Gospel leads us to ponder the fact that everything that exists is under the sign of the Word. The Word goes forth from the Father, comes to dwell in our midst, and then returns to the Father in order to bring with him the whole of creation which was made in him and for him.”

(*Verbum Domini*, N. 121.)

THE
GOD
WHO
SPEAKS

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Prayer is the orientation of all the attention of which the soul is capable toward God.

Simone Weil, *Waiting for God*

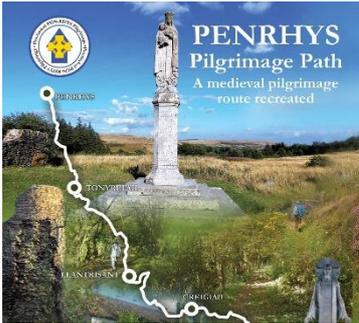


‘COME AWAY AND REST FOR A WHILE’

Jesus says in today’s Gospel. As School closes for the summer, we thank all the teachers, staffs, and families of our schools and wish them and the pupils a good rest for a while, after the hardest of years for them all.

HAPPY HOLIDAYS TO YOU ALL, and to families finding a break or change of routine, and maybe a trip away as well, or a visit to family: ‘You who used to be far away have been brought very close’ says Saint Paul in the epistle today. He adds ‘In Christ’ – let all our gatherings

and resting this summer be in the love of God and in Christ.



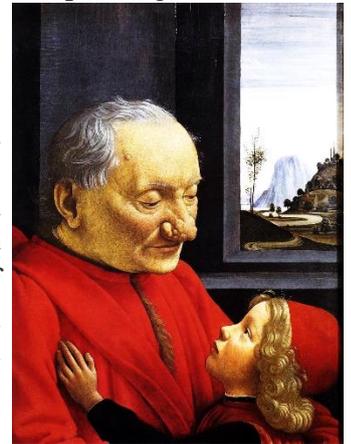
PENRHYS PILGRIMAGE – A CHALLENGE:

For the 5 Saturdays of the month of July, and in preparation for the Feast of Our Lady on 15th August, Father John is setting out mid-morning, to do a ‘stage’ of the new Pilgrimage way to Penrhys: **Will you join him?**

Next Saturday (24th July) we will meet at the Bullring, Llantrisant at 10.40 and set off at 11.00am to follow the route to Tonyrefail, or if we feel strong the extra mile to the Trebanog Arms. For more information / inspiration, please go to the Penrhys Pilgrimage Way website.

WORLD DAY FOR GRANDPARENTS AND THE ELDERLY:

Pope Francis has called for a ‘World Day for Grandparents and the Elderly’ on Sunday, July 25th. Identifying with the more senior members of our society, he says “The whole Church is close to you – to us – and cares about you, loves you and does not want to leave you alone!” As the Pope says, we should cherish the elderly and recognise that there’s no retirement age from the work of proclaiming the Gospel and handing down traditions to grandchildren. As well as remembering and praying together at Mass, what shall we do to celebrate grandparents and the elderly on that day?



‘LOVE-WHERE-YOU-LIVE LANSBURY PARK’, 27th to the 30th August –

The local Churches (that includes us!) will spend 4 intense days working with residents to bring out the best, clean and tidy, rub up and renovate, and enjoy and celebrate the environment together, and maybe have the opportunity to share the joy, hope, and love of the Gospel. This is an initiative we can’t miss out on, and an invitation we can not refuse.

To find out more, and get involved, whether you live in Lansbury, or neighbouring Mornington Meadows, or not, please go to

<https://www.message.org.uk/love-where-u-live-lansbury-park/>



THE REAL PRESENCE – THAT’S US! Jesus sends us out. Francis

reminds us we are ‘Missionary Disciples’. And we will recognise and celebrate how we are living it here in our Parish and town: on the weekend of the 17th 18th and 19th September we are all invited to join in a ‘home-made’/‘D.I.Y.’ mission celebration for ourselves, and our families, friends, and neighbours: Deep talks and silly games, parties and celebration of various sorts, memories of how it was, plans for how it will be, and enjoyment of how it is, and we are: Book the date!

WHEN THINGS GO BACK TO ‘NORMAL’ (whatever that was, or will be) we will need to start rebuilding, or maybe re-inventing, how we work together as a community and family.

Last week’s newsletter had a long list of just the first few ‘routine’ ministries and tasks needed to keep the Parish running: Many thanks to those who replied: If you haven’t yet, please look at the list on page 5 of last week’s newsletter on the website, and respond, before our parish stops working.



SAINT HELEN'S COMMUNITY CENTRE

| Date | Time | Event |
|---------------------------|------------------|-------|
| Sat 17 th July | 9.30am – 12.00pm | Dance |



SAINT HELEN'S VIRTUAL COMMUNITY:

| Date | Time | Event |
|---------------------------|----------------|--------------------------|
| Sat 17 th July | 6.30pm | SUNDAY MASS |
| Sun 18 th July | 10.30am | SUNDAY MASS |
| | 7.30pm | Parish Discernment Group |
| Sat 24 th July | 6.30pm | SUNDAY MASS |
| Sun 25 th July | 10.30am | SUNDAY MASS |

THE CATECHISM OF THE CATHOLIC FAITH
Part 1: **THE PROFESSION OF FAITH.** Section 2: **The Creeds**
Chapter One: **I Believe in God The Father**

Article 1 "**I believe in God the Father Almighty, creator of heaven and earth**"

Paragraph 1. **I believe in God**

(199) "I believe in God": this first affirmation of the Apostles' Creed is also the most fundamental. the whole Creed speaks of God, and when it also speaks of man and of the world it does so in relation to God. The other articles of the Creed all depend on the first, just as the remaining Commandments make the first explicit. The other articles help us to know God better as he revealed himself progressively to men. "The faithful first profess their belief in God." (*Roman Catechism I, 2, 2.*)

(Catechism of the Catholic Church 1992)

I can't always maintain my focus on God, of course. I'll suddenly discover that I've barely given God a thought in a good long while. Usually what gets my attention is that I'll notice how wretched I'm feeling—and then I'll realize I've forgotten God's presence. But I don't worry about it too much. I just turn back to God immediately. And having realized how miserable I am when I forget God, my trust in God is always that much greater.

(Brother Lawrence :: the Practice of the Presence of God)

Parish Directory

Safeguarding Officer: cmben@hotmail.com

Music: 07971848734.

Cafod: 20861930

Saint Helen's School: 20852532

Newsletter items: 20883192

caerphilly@rcadc.org

Website Additions: Website@sthelenscaerphilly.com

SVP: 20883462

Hall Bookings: 20883192

Marriage Care: appointments@marriagecare.co.uk

Cardinal Newman School: 01443 494110

Calendar Additions: calendar@sthelenscaerphilly.com

www.sthelenscaerphilly.com

Priest: Revd. John Kelly 20 883192

Bereavement support: 20863450

Piety shop: 20862998



Here are a few examples of [communities transformed by water](#), including a nice video of [Binga from Zimbabwe](#) delighted at a new water source – ‘I even whooped for joy.’ Thank you for your part in this work.

I wanted to remind you of the support and resources from CAFOD that are available to the whole Catholic community. You may already be using these resources, but I thought it might be helpful to flag them with you in case they’re of interest. Do feel free to pass them on to those who may be interested.

Family Prayer Resources for Summer

We will be offering a prayer focus for each week of the summer holidays with some simple ideas, designed to help parents explore faith with their children, in solidarity with our global family. This will be available from mid-July at <https://cafod.org.uk/Pray/Prayer-resources>

Laudato Si’ resources

With a range of resources around Laudato Si’, to study, reflect, pray and take action, this can be used at any time. This link will take you to the page on our website : [Laudato Si' encyclical resources | CAFOD](#)

The Live Simply Award

This is one of our most popular community activities. This award is given to parishes and communities that have taken significant steps to respond to the Church’s call to live simply. See this link for the information : [Livesimply award | CAFOD](#)

Synodal process

We are very aware of the preparations as part of the synodal process over the second half of 2021. We will be holding online sessions, open to all with experts sharing what is synod, why it is important and how parish communities are participating. You are welcome to join these sessions. Our first session on Tuesday 27 July at 7pm will feature a conversation with Christopher Lamb, Rome correspondent for *The Tablet*, about why Pope Francis is inviting us all to participate in the synod. [Click here to book onto the session.](#)

Many Catholic parishioners have been responding to Pope Francis’ call for a better kind of politics and meeting their MPs this summer. If you supported one of these CAFOD meetings, calling for more action to tackle the climate crisis and to help the poorest countries cope with the pandemic, thank you. Thank you also if you are supporting our [petition to the Prime Minister](#).

CAFOD

CAFOD
On the side of people in need

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