



SAINT HELEN'S PARISH
6th EASTER, ALLELUIA!
 SEASON of LENT & EASTER

22nd May 2022



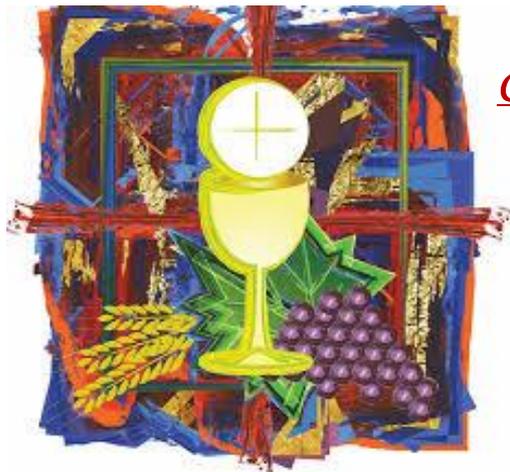
Alleluia Alleluia Alleluia

We shall Come and Make our Home with Them

THE WORD THIS WEEK

The rigorists upset people by demanding perfection: The tradition of the Church knows that God works with us where we are. In a trinitarian declaration Jesus promises to come and be at home with us, and bring his peace and calm. But he doesn't pretend that that comes without the cross.

TODAY'S LITURGY: *Please take and follow the Order of Service*
 (*Psalter: Week 2*)



COMMUNION CELEBRATIONS, ALLELUIA!

This Saturday evening 5 of our children will join us in Sacramental Communion for a first time, and on Sunday morning another 13: We rejoice with them and their families.–

Thank you for being here with them to celebrate with them and encourage them. Please pray for them and their families now, here at Mass, and for the future as we see them again sharing communion a second, and third , and time.

This is a 'whole Parish event'!

Please pray for:

Jacob Baralos
 Krystyna Comito
 Megan Davies
 Benjamin Francis
 Lilly Franklin
 Zack Garner-Jones

Caleb Howell
 Joanna Jom Thomas
 Erin Jones
 Freya Howley
 Lilly McGee
 Esme Morris

Elin Newton
 Alfie O'Brien
 Sophia Perks
 Imogen Renault
 Jake Sunil
 Oliver Wyatt

“When the priest elevates the consecrated bread and wine, we are looking upon the Body and Blood of Christ.

When we approach the minister of Communion and gaze upon the host before receiving it, we are gazing upon our Lord and God.

When we receive the Body and Blood of Christ in Communion, we receive Christ into our very being.

But the reality is much more than that:

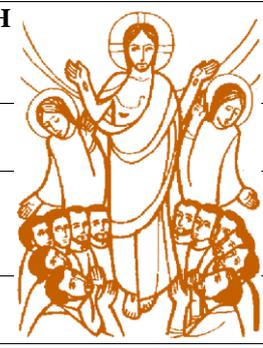
Upon receiving the Eucharist, we become part of the Body of Christ.”

Jim McManus :: 'Going to Mass'



MASS AND SERVICES DURING THE WEEK:

Sat 21 st May	6.30pm	6th EASTER for the Communion Children and Families
Sun 22 nd May	10.30am 6.00pm	For the People of the Parish Williams Family (MW) (<i>Bargoed</i>)
Mon 23 rd May	9.25am 9.45am	DEDICATION OF THE CATHEDRAL CHURCH Rosary Hazel Bradley (KC)
Tues 24 th May	9.40am 10.00am	Rosary Keneth & Doreen Jewell (AJ)
Wed 25 th May	2.00 – 4.00pm 7.00pm	Adoration THE ASCENSION OF THE LORD Jill Goldsmith (GG)
Thurs 26 th May	10.00am	for the People of the Parish (<i>Start of the Pentecost Novena</i>)
Fri 27 th May	9.40am 10.00am	Rosary Steel Family Intention (VS)
Sat 28 th May	10 - 11am 6.30pm	Sacrament of Reconciliation 7th EASTER for the Gift of the Spirit
Sun 29 th May	10.30am 2.00pm 6.00pm	for the People of the Parish Baptism of Arlo Gregory for the People of the Parish (<i>Bargoed</i>)



THE SACRAMENT OF RECONCILIATION:

Saturday 10.00 – 11.00am, or at any time by arrangement with the priest.

The PARISH PRAYER LIST:

Please remember at this time all who are ill, short term with Covid or with winter bugs, and those suffering long-term or chronic sickness.

We pray also for all suffering in Ukraine, citizens, soldiers on both sides, and the refugees:

- | | | | | |
|----------------|-----------------|-------------------|------------------|-----------------|
| 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 | Vinifred Benedict | Albert Carley | Mary Everson |
| Maura Coll | Gwyn Bishop | Christine Roberts | Christopher Bray | Loraine Nolan |
| Ann Head | Jim McGowan | Wilson Brown | Sharon Jones | |

PLEASE PRAY ALSO

for **Frank Doherty** of Llanbradach who died last week. His requiem will be on June 1st. We offer our condolence to his children, Sharon and Christopher.

Alleluia Alleluia Alleluia

“Preparation for Communion begins long before a child starts formal religious instruction. It begins at home, in the family – the ‘Domestic Church’.

At Baptism parents are blessed and commissioned to be the first teachers of the faith for their children. Preparation begins here, at the beginning of a child’s life in Christ, in simple steps, and continues in the family even as they attend formal preparation. It is not complicated. Parents are preparing their children for Communion when they show them what it means to love as Christ loves, to pray, to make little sacrifices for each other, to go to Mass, to ask forgiveness, to live in relationship within the family, with others, and with Christ.”

‘We Share in the Eucharist’

Love towards God cannot be taught. For neither have we learned from another to rejoice in the light and to cling to life, nor did anyone else teach us to love our parents or those that brought us up. In the same way, or much more so, the learning of the divine love does not come from outside, but when man was created a certain Word was disseminated among us, having within itself the tendency towards Love. The pupils in the school of God’s commandments, having received this Word, are by God’s grace enabled to exercise it with care, to nourish it with knowledge, and to bring it to perfection.

Saint Basil the Great

Somebody or Everybody, Anybody or Nobody.

The team had some important tasks to cover.

Everybody was sure somebody would do it, because really anybody could have done it, But in the end nobody did it, because everybody thought somebody was bound to get on and do it.

At that everybody got angry because surely it was somebody's job.

But since everybody thought anybody who could do it would do it, so surely somebody would, everybody felt that somebody else was the somebody who would or maybe should do what anybody could do, and so nobody actually did do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

In the real world, "anybody" really means "Nobody."

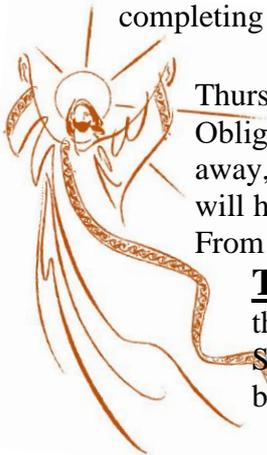
In every organization, including the church, if we expect things to get done, we have to be clear about Who is doing What.

Everybody has to be ready to be the somebody who puts their name down to do the What which anybody could do but nobody else has volunteered to do.

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which He looks with Compassion on this world,
Yours are the feet with which He walks to do good
Yours are the hands, with which He blesses all the world.
Christ has no body now on earth but yours.

Saint Teresa of Ávila (attributed)

THE PARISH FINANCE AND BUILDINGS COMMITTEE meets on Tuesday, 7.30pm in the Hall, to review among many concerns and details, the update to the external lighting, completing the painting of the outside of the church, and the multiple financial knocks and squeezes.



Thursday is the feast of **THE ASCENSION OF OUR LORD**, a 'HolyDay of Obligation', inviting us to hear with confidence what Jesus tells us this Sunday, that "I am going away, and shall return", and to encourage us to prepare for his promise of the Holy Spirit. We will have a Vigil Mass on **Wednesday, 7.00pm**, and a morning Mass on **Thursday 10.00am**. From there we will set out on:

THE PENTECOST NOVENA, nine days of intense prayer for the gift and gifts of the Holy Spirit. This year we focus also on our nine young Parishioners preparing for the Sacrament of Confirmation, and join them in their prayer for the Spirit. Novena payers will be distributed at the Ascension Mass.

The return of **THE PARISH QUIZ!** On Friday evening, 7 for 7.30: Bring all your accumulated knowledge and new learning from two years of lock-down, and be ready to be frustrated at Bernard's convoluted mind. We hope to have the usual generous bar, and fish and chips on order.

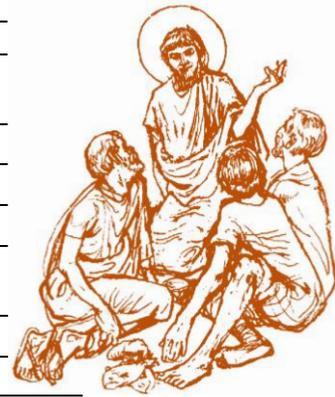


'RELAXED MASS': next Sunday, 10.30am, as we pray for the outpouring of the Holy Spirit who blows where she wills, and sometimes ruffles our neat feathers, we will leave the children wander and explore and ruffle the routines of ritual; and we maybe will explore a little as adults, too.

And for an exciting **Pentecost/Jubilee weekend**, see the notice in the porch.

SAINT HELEN'S COMMUNITY

Date	Time	Event
Sun 22 nd May	11.30am 1.00 – 4.00pm	Coffee, tea, and biscuits after Mass Party
Tues 24 th May	10.30 – 12.30	Music Appreciation
Wed 25 th May	9.30 – 11.30 am	Parents and Toddlers
Thurs 26 th May	2 – 4pm	Sunshine (Senior Citizens) Club
Fri 27 th May	1.15 – 3.15pm 7 for 7.30pm	History Group The Parish Quiz
Sat 28 th May	9.30 – 11.30am	Dance
Sun 29 th May	11.30am	Coffee after Mass



OFFERTORY COLLECTION	15 th May	
Gift Aid	£	25.00
Other Envelopes	£	20.00
Loose	£	145.60
Total	£	180.60
		Thank you

CONGRATULATIONS to the winners of the April draw of the (resurrected) **CAFOD 100 CLUB**: 1st prize: No.11. A Carr £75. 2nd prize: No.69. L Antoniazzi £50. 3rd prize No.47. A Carley £25. There are still spare numbers for those who still wish to join.

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 ii. **The Father.** ii. **the Revelation of God as Trinity**

The dogma of the Holy Trinity

(254) The divine persons are really distinct from one another. "God is one but not solitary." (*Fides Damasi: DS 71.*) "Father", "Son", "Holy Spirit" are not simply names designating modalities of the divine being, for they are really distinct from one another: "He is not the Father who is the Son, nor is the Son he who is the Father, nor is the Holy Spirit he who is the Father or the Son." (*Council of Toledo XI (675): DS 530:25.*) They are distinct from one another in their relations of origin: "It is the Father who generates, the Son who is begotten, and the Holy Spirit who proceeds." (*Lateran Council IV (1215): DS 804.*) The divine Unity is Triune.

(*Catechism of the Catholic Church 1992*)

50 DAYS FOR OUR DELIGHT: FOR CHRIST IS RISEN AS ALL THINGS TELL. GOOD CHRISTIAN, SEE YE RISE AS WELL. ☼☼☼

Parish Directory

Safeguarding Officer: cmben@hotmail.com **SVP:** 20883462 **Bereavement support:** 20863450

Music: 07971848734.

Hall Bookings: 07533 082601

Piety shop: 20862998

CAFOD: 07791318809/07726968374

Marriage Care: appointments@marriagecare.co.uk

Saint Helen's School: 20852532

Cardinal Newman School: 01443 494110

Newsletter items: 20883192

Calendar Additions: calendar@sthelenscaerphilly.com



caerphilly@rcadc.org

www.sthelenscaerphilly.com

Website Additions: Website@sthelenscaerphilly.com



Saint Helen is a Parish of the Archdiocese of Cardiff, a Registered Charity, No. 1177272

An invitation from the Bishops of England and Wales

This is the bread come down from heaven (John 6:58)

A beautiful hallmark of the Catholic faith is the profound desire to participate in the Holy Mass and share in the Eucharist. We do so with deep gratitude and joy. The Eucharist gives the Church her identity – “The Eucharist makes the Church, and the Church makes the Eucharist.” It enables us to worship Almighty God, to support each other on our journey of faith, and to be a visible sign of faith in the world. This hallmark is supported and strengthened by the precept that our fundamental Christian duty is to worship God by participating in the celebration of Mass. Attending Mass on Sundays and Holy Days is the greatest of all privileges, sometimes referred to as “the Sunday Obligation.”

Since the beginning of the Covid pandemic, until the present time, we have shared with you our judgment that the situation of the last two years has meant that the Sunday Obligation has been impeded and has needed to be fulfilled in other ways. We thank God that this situation has now changed. The pressing challenges of the pandemic have lessened significantly. Most people have resumed the wide range of normal activities, no longer restricted by the previous Covid measures. We therefore believe that the reasons which have prevented Catholics from attending Mass on Sundays and Holy Days of Obligation no longer apply.

We understand there will still be some members of our congregations who, for reasons of health, do not feel safe enough to return to Mass. It has always been the understanding of the Church that when the freedom of any Catholic to attend Mass in person is impeded for a serious reason, because of situations such as ill health, care for the sick or legitimate fear, this is not a breach of the Sunday Obligation.

Our Catholic people and parishes have benefitted during these difficult times from the online streaming of Mass and other services. “Virtual viewing” of Mass online does not fulfil the Sunday Obligation. It may, however, be a source of continual spiritual comfort to those who cannot attend Mass in person, for example those who are elderly and sick, for whom the obligation does not apply. In this context, we recognise gratefully the ministry of those who administer Holy Communion to the elderly, sick and housebound.

We are grateful to our clergy, religious and lay faithful who have served our parishes, schools and communities with dedication and distinction throughout this pandemic. Now we look forward with renewed faith and confidence.

In the Holy Sacrifice of the Mass, the Lord’s Supper, the Lord Jesus entrusted to us the precious gift of Himself. With humility, we glory in being a Eucharistic people for whom attendance at Mass is essential. Looking forward to the forthcoming feast of Pentecost, we now invite all Catholics who have not yet done so to return to attending Mass in person.

As the Church needs the witness of the presence of each person, so too each believer needs to journey in faith and worship with their fellow disciples. Nourished by our encounter with the Risen Lord Jesus, fed with His Word and His Body and Blood in Holy Communion, and supported by the presence of each other, we receive strength week by week, to serve the Lord and glorify Him with our lives.

Approved by the Plenary Assembly of the Bishops’ Conference, Friday 6 May 2022

THE PARADOX OF ABUNDANCE:

Over 800 million people go hungry each day. Yet the world produces over 4 billion tonnes of food and we only need 3.7 billion tonnes to feed everyone. From all this food produced, a third is wasted. Saint John Paul II called this ‘the paradox of abundance.’

Clearly the currently global food system is not working. But as Pope Francis said, "Each of us has a role to play in transforming food systems for the benefit of people and the planet." Let's respond to his call! CAFOD's new campaign is called Fix the Food System.

See www.cafod.org.uk/food for more information, including an invitation for parish groups to learn about the impact of our food with our *Fix the Food System: a 7-station journey* resource.

Or you can contact CAFOD Wales: southwales@cafod.org.uk



'FIGHT THE ANTI-REFUGEE LAWS'

Hundreds of organisations, including many Catholic Churches and Groups, have come together to make a stand through the ‘Fight the #AntiRefugeeLaws’. Why?

In April 2022 the Nationality and Borders Bill passed in Parliament, turning the anti-refugee bill into the anti-refugee laws. The Government chose to punish refugees rather than protect them. These laws represent the biggest attack on the refugee protection system that we have ever seen and will close the door to desperate people who arrive in the UK to seek safety.

These laws mean that only refugees arriving through extraordinarily restricted “official” routes, such as refugee resettlement, will be allowed to claim protection. All others will be deemed “inadmissible” to claim asylum and the Government will seek to deport them. If they cannot be deported, they may be allowed to claim asylum in the UK but if they receive refugee status as a result they will not be given the right to settle. Instead, they will be regularly reassessed for removal, with limited rights to family reunion and benefits.

‘Fight the #AntiRefugeeLaws’ believe that people seeking protection from war and persecution should be welcomed and that everyone’s claim for asylum should be treated equally and fairly, and that the UK should offer sanctuary to those who need it.

To find out more go to <https://www.refugee-action.org.uk/campaigns/stand-up-for-asylum/>.

Constructing a crisis

It's not easy running an asylum system that protects people fleeing war and persecution and gives them a fair hearing on their application for refugee status. So it's no surprise that some politicians see it as a thankless task and turn instead to fabricating problems, such as a **BÖRDER KRISÍS**, to give them cover for the solutions they prefer (such as the #AntiRefugeeLaws).

BÖRDER KRISÍS

