



SAINT HELEN'S PARISH 19th SUNDAY of the YEAR

7th August 2022



See that You are Dressed for Action

TODAY'S SCRIPTURE: (*Psalter: Week 3*)

Gathering Antiphon:

Look to your covenant, O Lord, and forget not the life of your poor ones for ever.
Arise, O God, and defend your cause, and forget not the cries of those who seek you.

Wisdom 18: 6 – 9.

*By the same act with which you took vengeance on our foes
you made us glorious by calling us to you.*

Response:

Psalm 32.

Ring out your joy to the Lord, O you just;
for praise is fitting for loyal hearts.
They are happy, whose God is the Lord,
the people he has chosen as his own.

The lord looks on those who revere him,
on those who hope in his love,
to rescue their souls from death,
to keep them alive in famine.

Our soul is waiting for the Lord.
The Lord is our help and our shield.
May your love be upon us, O Lord,
as we place all our hope in you.



Hebrews 11: 1 – 2. 8 – 19.

Abraham looked forward to a city founded, designed and built by God.

Acclamation for the Gospel:

Alleluia, Alleluia. Alleluia!
Stay awake and stand ready,
because you do not know the hour
when the Son of Man is coming.
Alleluia, Alleluia. Alleluia!

Luke 12: 32 – 48 (or 35 – 40).

You too must stand ready.

Prayer of the Faithful: *R/. May your love be upon us, O Lord.*

Preface: of Sundays vi. **Eucharistic Prayer:** i.

Communion Antiphon: The bread that I will give, says the Lord,
is my flesh for the life of the world.

THE WORD THIS WEEK

Jesus encourages us to 'have our lamps lit' and be 'dressed for action', to be among those 'found awake'. For the early Christians, as for the first, secret, Passover celebrations in the book of wisdom, there was an urgency about God's likely intervention.

But for us, the urgency has faded. So we need to hear the warning at the end of the passage. In this long waiting, this feeling of 'already, but not quite yet', we need the faith and trust of Abraham and Sarah: For the next four weeks that will be developed in the Letter to the Hebrews.







DATES FOR YOUR DIARY:

Sunday 14 th August:	Penrhys Pilgrimage + Mass
Friday 19 th August:	Saint Thomas Pilgrims visit
Sunday 21 st August:	Saint John Kemble Pilgrimage
Sunday 28 th August:	Saint David Lewis Pilgrimage

This Sunday **Morning Mass** will be on the large lawn behind the church building.
Next Sunday in addition to the regular Mass times, we will celebrate a **PILGRIM MASS**
beneath the statue of **Our Lady of Penrhys**.



MASS AND SERVICES DURING THE WEEK:

Sat 6 th August	6.30pm	19th SUNDAY IN ORDINARY TIME for the People of the Parish	
Sun 7 th August	10.30am 6.00pm	For the People of the Parish with Baptism of Georgie and Archie Walton Marylynn Griffiths (KZ) (<i>Bargoed</i>)	
Mon 8 th August	9.45am 10.00am	Saint Dominic , Priest Morning Prayer of the Church Colin Lunn Intention (SW)	
Tues 9 th August	9.45am 10.00am	Saint Theresa Benedicta of the Cross , Martyr, Patron of Europe Morning Prayer of the Church Dan McGee	
Wed 10 th August	9.45am 10.00am 2 – 4 pm	Saint Lawrence , Deacon + Martyr Morning Prayer of the Church Rosa Jones Adoration	
Thurs 11 th August	6.45pm 7.00pm	Saint Clare , Virgin Evening Prayer of the Church Sister Joan Phillips (TT)	
Fri 12 th August	9.45am 10.00am	Morning Prayer of the Church CB + CT Intention	
Sat 13 th August	5.45 – 6.15 6.30pm	Sacrament of Reconciliation THE ASSUMPTION OF OUR LADY for the People of the Parish	
Sun 14 th August	10.30am 3.00pm 6.00pm	For the People of the Parish Pilgrim Mass at Penrhys For the People of the Parish (<i>Bargoed</i>)	

SACRAMENT OF RECONCILIATION: Saturday 5.45 – 6.15pm, or at any time by arrangement with the priest.

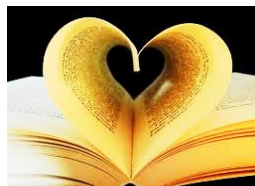
The PARISH PRAYER LIST: Please remember all who are ill or housebound, and those in hospital. **PLEASE PRAY ALSO** for Dan MaGee, and for Chris Jones’ mother Rosa, who died this week. May they rest in Peace.

CAFOD 100 club: 1st prize No. 93 M.Boase; 2nd prize No.41 M.Carr; 3rd prize No.99. G.Taylor.

AN EVANGELISATION MISSION, Cardiff, 9th/10th August, with training in the morning and practice in the afternoon. We are invited and urged to participate in this Mission: all of it, one day, or a part or parts of a day. For more information and to book, please email madeleine.walters@rcadc.org.

A HOLY HOUR FOR VOCATIONS, this Wednesday 7.00pm at the Aquinas Hall University Chaplaincy behind 62 Park Place, Cardiff. We are all invited.

THE MASS: Bishop Barron’s exploration and explanation of the Mass and it’s parts continues on Thursday, 7.30pm in the hall (with a glass of wine, and reactions). All are invited and welcome



The Parish BOOK CLUB chose ‘The Island of Missing Trees’ by Elif Shafak as this month’s read: all are welcome to join in.



FEASTDAY MASS AT PENRHYS: As well as the outdoor Mass here this Sunday, we are invited to celebrate the feast of the Assumption of Our Lady on 14th August in a Pilgrims Mass, 3.00pm, under her statue at Penrhys (or in Llanfair chapel if it rains). For a place on the **bus**, please sign up on the list in the porch, today.

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

SAINT HELEN'S COMMUNITY

Date	Time	Event
Sun 7 th August	11.30am	Tea & Coffee, Biscuits & Company
Thurs 11 th August	2.00pm 7.30pm	The Sunshine Club 'The Mass' with Bishop Barron
Sun 14 th August	11.30am	Tea & Coffee, Biscuits & Company

An AUGUST EVANGELISATION MISSION:

Monday, August 8th - Team arrives from Plymouth

Introductory talk at 7pm probably in the Mostyn Room.

It will also be on Zoom for people living at some distance from Cardiff.

Tuesday, August 9th

Morning - Training in the Mostyn Room 10.30am - 12.15pm with breaks

12.45pm - Mass in the Cathedral

1.15pm - Lunch in the Cornerstone

2pm - 3.30pm - Mission in the street, accompanied by a member of the team.

7pm - 9pm Open Church in the Cathedral - inviting people into the Cathedral to light a candle, say a prayer and maybe talk to one of us.

Wednesday, August 10th

Feedback from Monday in the Mostyn Room and further training 10.30am -12.15pm with breaks

12.45pm - Mass in the Cathedral

1.15pm - Lunch in the Cornerstone

2pm - 3.30pm - Mission in the street, accompanied by a member of the team.



Retrouvaille: A Programme for Couples Struggling in their Marriages

Help Your Marriage - Do you feel alone? Are you frustrated or angry with each other? Do you argue ... or have you just stopped talking to each other? Does talking about it only make it worse? Retrouvaille is a programme to support couples who have difficulties in their marriage. It brings a positive focus, new hope and helps nourish and grow your marriage. Tens of thousands of couples headed for divorce have successfully saved their marriages by attending and using the tools provided. The programme helps spouses uncover or re-awaken the love, trust and commitment that originally brought them together. It helps them through difficult times whether they are disillusioned or in deep misery. There is no group therapy or group work. For confidential information about 'Retrouvaille' or to register for the next programme commencing with a Virtual weekend on 13 - 16 October 2022 or a Face to Face weekend in Welwyn Garden City on 24 - 26 February 2023, call or text 07887 296983 or 07973 380443 or email retrouvailleukinfo@gmail.com - or visit www.retrouvaille.org.uk

Parish Directory

Priest: Revd. John Kelly 20 883192

Safeguarding Officer: cmben@hotmail.com

SVP: 07704 292 945

Hall Bookings: 07533 082601

Bereavement support: 20863450

Music: 07971848734.

Piety shop: *post vacant*

CAFOD: 20861930

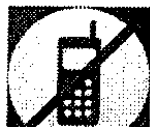
Marriage Care: appointments@marriagecare.co.uk

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



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