

# SAINT HELEN'S PARISH

## 4<sup>th</sup> SUNDAY IN ORDINARY TIME

29<sup>th</sup> January 2023

BLESSED ARE  
THE  
PURE IN HEART  
FOR THEY SHALL  
SEE GOD

### HOW HAPPY!

#### **THE WORD THIS WEEK**

How Happy – ‘Beati’ in Latin, ‘Blessed’! But not maybe in the way that we, or others, might expect: ‘seeking humility and integrity’, rather than riches and celebrity. Telling no lies. Not wise or influential, noble or famous. Foolish, with nothing to boast about but the Lord. Jesus goes up the hill, and sits like Moses and the great teachers, but when he begins to speak, it was all these paradoxes that he taught them.

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

**Gathering Antiphon:** Save us, O Lord our God, and gather us from among the nations, to give thanks to your holy name, and make it our glory to praise you.

#### **Zephaniah 2: 3; 3: 12 – 13.**

*In your midst I will leave a humble and lowly people.*

**Response: Psalm 145.**

It is the Lord who keeps faith for ever,  
who is just to those who are oppressed.  
It is he who gives bread to the hungry,  
the Lord, who sets prisoners free.

It is the Lord who gives sight to the blind,  
who raises up those who are bowed down,  
the Lord, who protects the stranger  
and upholds the widow and orphan.

It is the Lord who loves the just  
but thwarts the path of the wicked.  
The Lord will reign for ever,  
Zion's God, from age to age.

#### **1 Corinthians 1: 26 – 31.**

*God chose what is foolish by human reckoning.*

*Acclamation for the Gospel:*

Alleluia, Alleluia. Alleluia!

Blessed are you, Father,  
Lord of heaven and earth,  
for revealing the mysteries of the kingdom  
to mere children.

Alleluia, Alleluia. Alleluia!

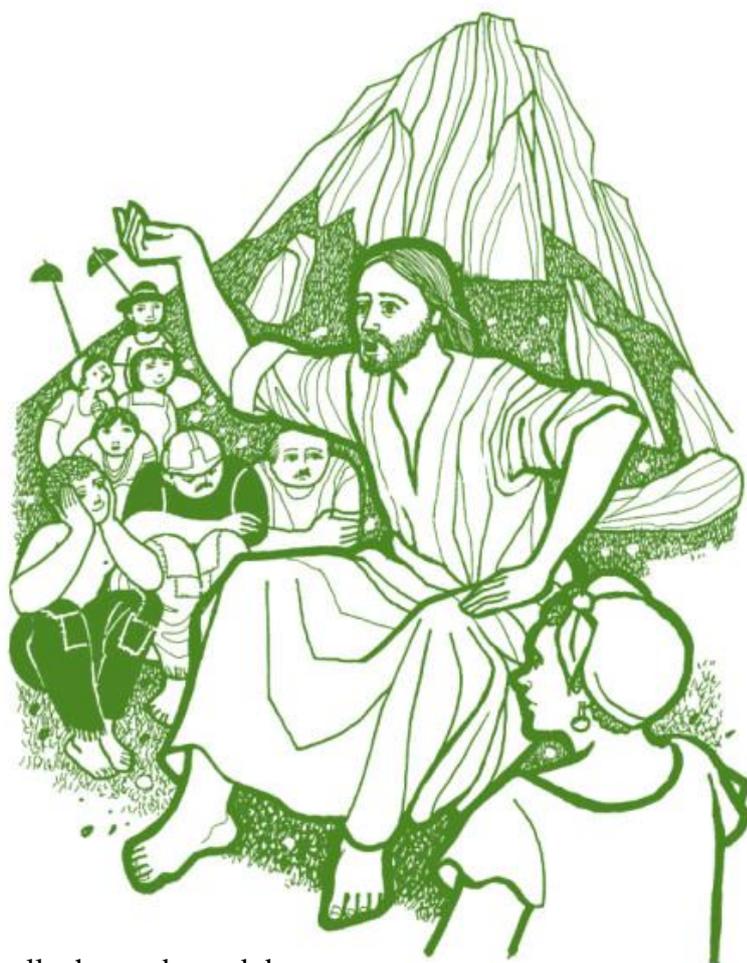
#### **Matthew 5: 1 – 12.**

*How happy are the poor in spirit.*

**Prayer of the Faithful:** R/. Lord, raise up all who are bowed down.

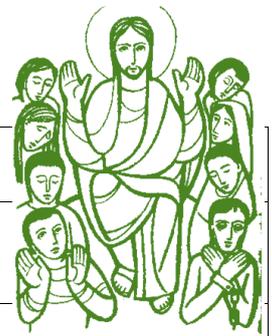
**Preface and Eucharistic Prayer:** iv.

**Communion Antiphon:** Blessed are the poor in spirit, theirs is the kingdom of heaven.  
Blessed are the meek, for they shall possess the land.



**MASS AND SERVICES DURING THE WEEK:**

Sat 28 <sup>th</sup> Jan	<b>6.30pm</b>	<b>4<sup>th</sup> SUNDAY in ORDINARY TIME</b> for the Protection of the Unborn
Sun 19 <sup>th</sup> Jan	<b>10.30am</b> <b>12 noon</b> <b>2.00pm</b>	for the People of the Parish for the People of the Parish ( <i>Bargoed</i> ) Baptism of Isabelle Nichols
Mon 30 <sup>th</sup> Jan	9.45am 10.00am	Morning Prayer of the Church Private Intention
Tues 31 <sup>st</sup> Jan	9.45am 10.00am	<b>Saint John Bosco, Priest</b> Morning Prayer of the Church Graham Jenkins (GD)
Wed 1 <sup>st</sup> Feb	9.45am 10.00am 2.00 – 4.00pm 4.30pm	Morning Prayer of the Church Michael Greene (HC) Adoration Reception of the Body of Irene Rossi ( <i>Bargoed</i> )
Thurs 2 <sup>nd</sup> Feb	9.45am 10.00am 1.45pm	<b>THE PRESENTATION OF OUR LORD</b> Morning Prayer of the Church New-born Children and their Parents Requiem for Irene Rossi ( <i>Bargoed</i> )
Fri 3 <sup>rd</sup> Feb	9.45am 10.00am	( <b>Saint Blaise, Bishop + Martyr</b> ) Morning Prayer of the Church Gina Jenkins & Family Intention (GD)
Sat 4 <sup>th</sup> Feb	5.45 – 6.25pm  <b>6.30pm</b>	The Sacrament of Being Reconciled in Christ <b>5<sup>th</sup> SUNDAY in ORDINARY TIME</b> <b>‘RACIAL JUSTICE SUNDAY’</b> for the People of the Parish
Sun 5 <sup>th</sup> Feb	<b>10.30am</b> <b>12 noon</b>	for Racial Justice for the People of the Parish ( <i>Bargoed</i> )



**THE SACRAMENT OF RECONCILIATION:**

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

**The PARISH PRAYER LIST:** Please remember at this time all who are ill, in hospital or at home, short term or suffering long-term or chronic sickness. We pray especially for:

- |               |                  |                |                     |              |
|---------------|------------------|----------------|---------------------|--------------|
| Eileen Morris | John Maguire     | Wilson Brown   | Sandra Bray         | Jackie Jones |
| Mary Gordine  | Pauline Richards | Margaret Jones | Carol Morrissey     | Frank Price  |
| Anne Morgan   | Pat Starynski    | Carmen Agius   | Keith Griffiths     | Katrin Merry |
| Albert Carley | Mary Everson     | Gwyn Bishop    | Loraine Cahill      | Ann Head     |
| Enzo Geraci   | Alan Connant     | George Morgan  | James McGowan (jnr) |              |

**IN YOUR PRAYERS,** please remember also **Glad Morris**, Caroline Bennett’s mother, who died on Thursday. May she rest in peace. We offer our condolences to Caroline and her family.

Seek the Lord, all you the humble of the earth.  
Zephaniah 3: 2



God chose the weak of the world to shame those who are strong.  
1 Corinthians 1: 27

**‘ENLARGE THE SPACE OF YOUR TENT’**: At Mass today we will conclude our Parish reading of the original document with **chapter 4, Synodality in Action**, looking at how we are to embed a synodal, inclusive, way of working in all we do together as a parish. A brief summary of the chapter is included with your newsletter.

In addition there is also the proposed ‘Terms of Reference’ to put the **‘Synod Discernment Group’** on a more permanent, open, and inclusive footing as the organising engine of our continuing development and growth as a worshipping and evangelical community of the Church.



**THE CHILDREN PREPARING TO SHARE IN COMMUNION** will be called forward and presented to the Parish, asking for prayers, encouragement, and accompaniment along their months of preparation. They and their parents will then gather again on Tuesday evening, 6.30pm, in the church, the Children to review and extend their work on chapter 1, ‘We Walk With Jesus’, and the Parents to prepare to work with their children on chapter 2: ‘We Learn About the Mass’.

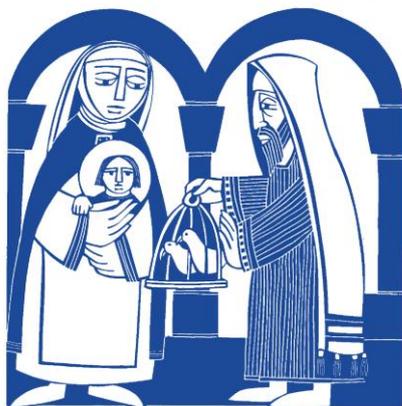


**S.P.U.C.** the anti abortion campaigning charity, will take a voluntary collection as we leave church today: “SPUC wants a world where abortion is unthinkable, and is raising awareness of the widespread problem of ‘abortion coercion’”

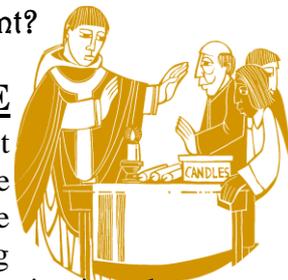
The **‘WARM HUB CAFÉ’** continues on **Tuesday 2.00pm to 4.00pm**. All are welcome!

On Wednesday evening **The CANDIDATES for CONFIRMATION** and their parents gather in the Hall, 7pm, to fix dates, ask questions, and be given tasks in preparation for celebrating and living the Sacrament as full adult and responsible members of the Parish and Church.

Is it time for you to start this exploration and consider this commitment?



Thursday is the feast of **The PRESENTATION of THE LORD** or **CANDLEMAS**, the end of even the most extended celebration of Christmas and the coming of the Messiah. We celebrate his parents bringing him into the temple to do for him all that the Law of the Lord requires, and his coming among his people as the light to enlighten all nations, by processing into the Church with the year’s supply of Candles – come to see and keep alight in your hearts the Christmas mystery, that He is born to be One Of Us, living amongst us



**THE** (combined) **SINGING GROUP** practices in church at 6.30pm on Thursday.  
**SYCAMORE FAITH SHARING** moves to **7.30pm** on Thursday, to avoid the clash

**Stella Maris, the National Seafarers’ Charity**, invites you and your guests to join a thanksgiving Mass for seafarers and fishers on Wednesday 8<sup>th</sup> February, 12.45pm at Saint David’s Cathedral. The Mass will be celebrated by Archbishop Mark O’Toole, with a reception afterwards with our chaplains and volunteers. Please RSVP via [Roland.hayes@stellamarismail.org](mailto:Roland.hayes@stellamarismail.org)

**LENT IS COMING!** (*And Easter!*) Ash Wednesday is on 22<sup>nd</sup> February. A week later, 28<sup>th</sup> February, we will have our **Deanery Lenten Station Mass** in All Hallows, Llantrisant with our new Archbishop. We hope to have a coach to take us there and back. Please book these dates.



**PILGRIMAGE** in the **Footsteps of Saint Paul through Greece**, September 15<sup>th</sup> to 22<sup>nd</sup>, price is £1350 (£1549 for a single room), meal, and all transfers included. Interested? Please contact Angela Jones or Father John. A deposit of £300 is needed to make a firm booking. Itineraries are available in the porch,

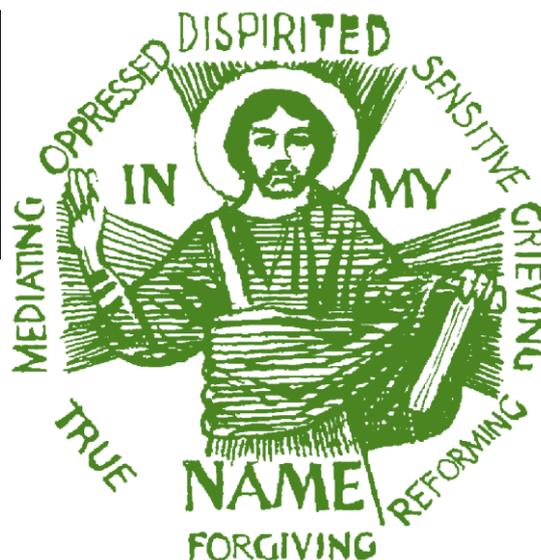
## SAINT HELEN'S COMMUNITY CENTRE – THIS WEEK:

Date	Time	Event
Sun 29 <sup>th</sup> January	11.30am 3.00pm	Tea, Coffee, and Catch-up Baptism Party
Mon 30 <sup>th</sup> January	1.30 – 2.45pm	'Sweaty Mamas'
Tues 31 <sup>st</sup> January	12.30 – 3.30pm 6.30pm	Warm Hub Café Communion Families Prepare, in church
Wed 1 <sup>st</sup> February	9.30 – 11.30am 7.00pm	Parents and Toddlers Confirmation Candidates and Parents
Thurs 2 <sup>nd</sup> February	2.00 – 3.30pm 7.30pm	Sunshine Club Sycamore Faith Sharing
Sat 4 <sup>th</sup> February	9.30am	Dance
Sun 5 <sup>th</sup> February	11.30am 7.00pm	Tea, Coffee, and Catch-up Synod Discernment Group

COLLECTION	21 <sup>st</sup> /22 <sup>nd</sup> January	
Gift Aid	£	10.00
Gift Aid standing Orders	£	527.00
Other Envelopes	£	75.00
Non Gift-Aided Standing Orders	£	172.00
Loose	£	211.99
<b>TOTAL</b>	<b>£</b>	<b>995.99</b> <b>Thank you</b>



**CRIB OFFERINGS:** Many thanks for your Crib offerings, which at the end of the Christmas season have come to **£ 101.87**, This will be sent to 'The Friends of the Holy Land' towards aid for the Christians of the Holy Land.



### 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 iv. **The Creator :: IV. The Mystery of Creation**

(298) Since God could create everything out of nothing, he can also, through the Holy Spirit, give spiritual life to sinners by creating a pure heart in them, (*Cf. Psalm 51: 12.*) and bodily life to the dead through the Resurrection. God "gives life to the dead and calls into existence the things that do not exist" (*Romans 4: 17.*) and since God was able to make light shine in darkness by his Word, he can also give the light of faith to those who do not yet know him. (*Cf. Genesis 1:3; 2 Corinthians 4:6.*)

*Catechism of the Catholic Church 1992.*

#### Parish Directory

**Safeguarding Officer:** [cmben@hotmail.com](mailto:cmben@hotmail.com)      **SVP:** 07704 292 945      **Hall Bookings:** 07533 082601  
**Bereavement support:** 20863450      **Music:** 07971848734.      **Piety shop:** *post vacant*  
**CAFOD:** 07726968374 / 07791318809      **Marriage Care:** [appointments@marriagecare.co.uk](mailto:appointments@marriagecare.co.uk)  
**Saint Helen's School:** 20852532      **Cardinal Newman School:** 01443 494110  
**Newsletter items:** 20883192      **Calendar Additions:** [calendar@sthelenscaerphilly.com](mailto:calendar@sthelenscaerphilly.com)



**caerphilly@rcadc.org**

**www.sthelenscaerphilly.com**

**Website Additions:** [Website@sthelenscaerphilly.com](mailto:Website@sthelenscaerphilly.com)



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

# *Flame 2023*

The Archdiocese of Cardiff and Diocese of Menevia are very happy to announce that the biggest Catholic youth event in the UK is returning to London, as CYMFED organise Flame 2023 on Saturday 4<sup>th</sup> March.

The theme of Flame 2023 – which is exactly 150 days before World Youth Day in Lisbon - takes the WYD Scripture verse “Mary arose and went in haste” and crystallises into the theme, “Rise Up.”

Rise up after the pandemic, Rise up as young Catholics, Rise up -as Mary did- for the surprising and beautiful adventure that is our Catholic faith.

Details of the event itself can be found at <https://cymfed.org.uk/flame>

The cost to participate will be £50 and will include the ticket and transport to and from London with pick up points planned in Swansea, Bridgend, Cardiff and Newport. Please can anyone experiencing any difficulty with the cost still contact me.

Please can anyone who would like to participate or to receive further information contact Rev. Christian Mahoney on 07764515864 or email [christian.mahoney@rcadc.org](mailto:christian.mahoney@rcadc.org)

[View this email in your browser](#)



# CELEBRATE

## **CELEBRATE • Parenting For Faith**

A new online course starting for those with Babies and Toddlers

**Babies and Toddlers**  
Nurturing your child's spiritual life

parenting for faith®

**When?** 5 weeks from Thursday 23rd February - March 23rd 2023

**What time?** At 8PM for approximately 45 minutes, it's on zoom so no need for babysitters!

We believe it is never too early to learn and teach our children about prayer. This bitesize course will inspire and equip parents, grandparents and carers of those with babies and toddlers through a short video, testimonies and small group chats.

If you are expecting a baby, just had one, or are at the toddler group stage then sign up and bring some friends. If you are a Catechist who runs the parish baptism programme, the children's liturgy, or if you run a toddler group at church let everyone know as this will help your families to grow in faith.

#### **The aim of the course...**

The aim of the course is to help parents discover that they are perfectly positioned to show their children the reality of a life with God and to empower them to have their own vibrant two-way relationship with Him. Through the easily accessible and relaxed input you will receive help to introduce faith in simple steps.

#### **Why not share this text in your School or Parish Newsletter?**

*Would you like help to share your faith with your baby or toddler? Join in an online CELEBRATE Parenting for Faith course for 5 weeks starting 8pm 23rd February on Thursday evenings, with bitesize sessions lasting around 45 minutes. The goal of the course is to help parents discover that they are perfectly positioned to show their children the reality of a life with God and to empower them to have their own vibrant two-way relationship with Him. Through the easily accessible and relaxed input you will receive help to introduce faith in simple steps. For more information and to register on the course see*

[www.celebratetrust.org/parentingforfaith](http://www.celebratetrust.org/parentingforfaith)

We would love you to join us and tell your friends. [Download this PDF](#) and spread the word on WhatsApp or through printing off the information!

**[REGISTER HERE!](#)**

<https://www.eventbrite.co.uk/e/parenting-for-faith-babies-toddlers-registration-504745275707>

*\*There is a £5 fee to cover the initial admin costs and then the opportunity to make a further optional donation during the course.*

**We really will look forward to seeing you on Thursday February 23rd!**

God bless you,  
The CELEBRATE Team