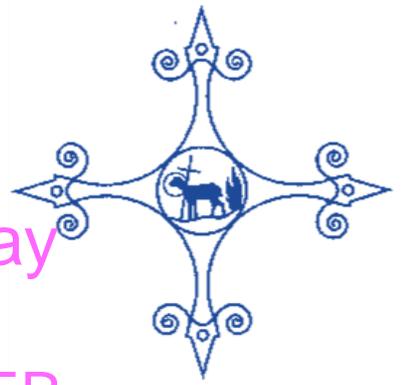




SAINT HELEN'S PARISH
4th SUNDAY of LENT
'Laetare' 'Rejoice' Sunday
'Mothering' Sunday
SEASON OF LENT + EASTER

19th March 2023



ENLIGHTENED

TODAY'S SCRIPTURE: (Psalter: Week 4)

Gathering Antiphon: Rejoice, Jerusalem, and all who love her.
Be joyful, all who were in mourning;
exult and be satisfied at her consoling breast

1 Samuel 16: 1. 6 – 7. 10 – 13.

David is anointed king of Israel.

Response: Psalm 22.

6.30pm: 'The Lord's my shepherd' *Laudate 806*

10.30am: 'Because the Lord is my shepherd' *Laudate 948*

12 noon Bargoed: 'The Lord's my shepherd' *Celebration 706*

Ephesians 5: 8 – 14.

Rise from the dead and Christ will shine on you.

Acclamation for the Gospel:

Praise to you, Oh Christ, King of eternal Glory!
I am the light of the world, says the Lord;
anyone who follows me will have the light of life.
Praise to you, Oh Christ, King of eternal Glory!

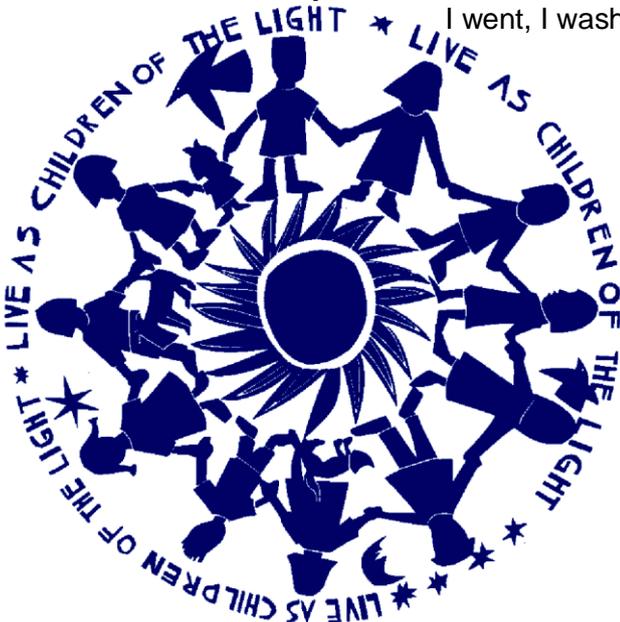
John 9: 1 – 41.

He went off and washed himself, and came away with his sight restored.

Prayer of the Faithful: R/. Lord, open our eyes.

Preface: of Lent Sunday 4. **Eucharistic Prayer:** ii.

Communion Antiphon: The Lord anointed my eyes:
I went, I washed, I saw and I believed in God.



THE WORD

As a prophet, meant to be 'far-sighted, discerning things now and ahead that most of us fail to notice or see clearly, Samuel doesn't do too well: He seems easily taken in by outward appearances and worldly ways of looking. The Lord needs to nudge him to redirect his gaze to the heart, and eventually he discovers the shepherd boy David.

Saint Paul pushes us a bit further – not enough to avoid the (worldly) darkness – we should show it up by contrast, clear it with the Christ-light.

A wake-up call for us all this Lent.

What does this all look like? Jesus shows us how opening a person's eyes to more than just what is in front of us day by day can reveal, and show up, the systems, powers, and personal prejudice and institutional blindnesses that shape, run, and corrupt our world, blinding us all to our own limitations, subjection, or imposition on others. Brilliant, but rather disturbing to our sleep.

MASS AND SERVICES DURING THE WEEK:

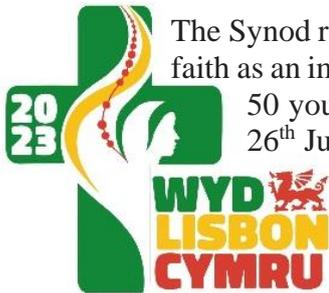
Sat 18 th March	6.30pm	4th SUNDAY of LENT For the People of vthe Parish	
Sun 19 th March	10.30am 12 noon	Angela Taylor (GT) John + Ivy McCarthy (MW) (<i>Bargoed</i>)	
Mon 20 th March	9.45am 10.00am	SAINT JOSEPH , Spouse of the Blessed Virgin Mary Morning Prayer of the Church Glenys Hicks Intention (GH))	
Tues 21 st March	9.45am 10.00am	Morning Prayer of the Church Cecelia + Kyrle James + Pat Lewis (SW)	
Wed 22 nd March	9.45am 2.00 – 4.00pm	Requiem for Mary Humphries Adoration	
Thurs 23 rd March	9.45am 10.00am	Morning Prayer of the Church Nora Berni (G+PF)	
Fri 24 th March	6.30am 7.00pm	John Kulty + Luia (TT) The Way of the Cross (<i>in Saint Helen</i>)	
Sat 25 th March	9.45am 10.00am 5.45 – 6.25pm 6.30pm	THE ANNUNCIATION OF THE LORD Morning Prayer of the Church Joanna + Harold Jones (P+PJ) The Sacrament of Being Reconciled in Christ 5th SUNDAY of LENT for the People of the Parish	
Sun 26 th March	10.30am 12 noon	for Saint Helen's School (<i>Family Mass</i>) 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 and George Morgan	Pat Starynski	Carmen Agius	Keith Griffiths	
Katrin Merry	Albert Carley	Mary Everson	Gwyn + Margaret Bishop	
Lorraine Cahill	Ann Head	Enzo Geraci	James McGowan (jnr + snr)	

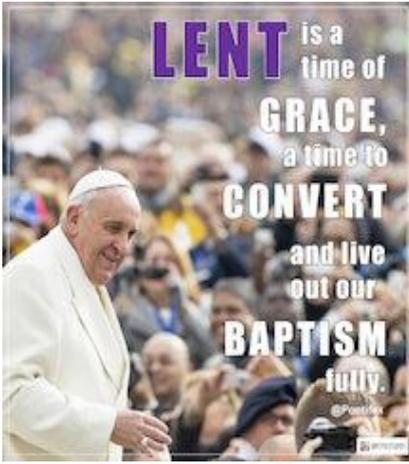


The Synod responses from the Diocese highlighted the encouragement of young people in their faith as an important area to focus on. Cardiff and Menevia Dioceses are taking a group of about 50 young people with Archbishop Mark to World Youth Day in Lisbon in the summer, 26th July – 7th August, a wonderful opportunity for them to deepen their faith, see the Pope, and experience the Universal Church. It will cost around £1,500 for each young person to go, and some may struggle to pay this. We will hold a retiring collection next weekend, 25th/26th March for this cause.

If you would prefer to donate online, you can do so at <https://rcadc.org/donations/> or by scanning the QR code opposite: Many thanks for your generosity.



Kath Crossman, an RE teacher at Archbishop McGrath Catholic High School and parishioner at St Joseph's Neath, and her husband Marcus, are cycling 450km along the Portuguese Camino in April. They are looking for sponsorship to raise funds for young people to travel to World Youth Day in Portugal this summer. The cost of the pilgrimage is considerable and many young pilgrims need financial support. Details about the pilgrimage and cycle fundraiser can be found on the Archdiocese website or email us at wyd@rcadc.org with any questions. You can use the following link to donate directly <https://app.investmycommunity.com/campaigns/archdiocese-of-cardiff-7138>. Please help if you can and pray for a successful, safe pilgrimage.

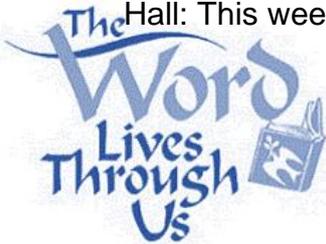


Today, **'LAETARE' or 'REJOICE' SUNDAY** and also **'MOTHERING SUNDAY'**, let us all rejoice in the gift (and gifts) of our mothers, thank them, and pray for them.

The SECOND SCRUTINY: once again, with all on the pilgrimage to the Baptism of Easter, we pause to look at our lives in the light of the Gospel; acknowledging areas of darkness, habits of distraction or looking away, or fixing our eyes and attention on things of passing value or the blocking or distorting of true vision, and we turn back to God, the true light of our eyes, to show us the straight way and the right path, and bring us home to himself by the Way of Christ and in the honest light of his Spirit. .

AFTER SUNDAY MASS the **Caerphilly Ukrainian Choir** will give a Mothering Sunday concert in the Hall – please come to welcome them, enjoy their music, and share their support and agony for their country, and at the same time celebrate the gift of our Mothers.. There are 'refreshments and nibbles' for all.

A LENT JOURNEY WITH SAINT PAUL: continues on Tuesday, 2pm in the Hall: This week we will read through and delve into his 1st Letter to the Corinthians.

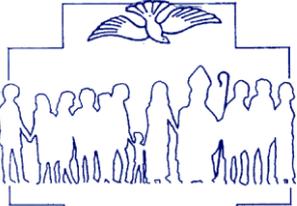


THE MINISTERS OF THE WORD missed out on their usual get together in Advent this year, so they are invited instead to meet up this Monday, to look at their ministry, share ideas and support, and celebrate their love of the Word.



The PARENTS PREPARING FOR BAPTISM meet again and continue their exploration of the ceremony and celebration of the gifts and grace of the Sacrament.

A LENT MEDITATION: Revd. Peter Tyler continues our exploration of the 'Three Pillars' of Lent with 'Alms Giving / Self Sacrifice': Wednesday 6 – 7pm, in the Hall.



Straight after, 7pm, the young people and their Catechists will continue **PREPARING TO BE CONFIRMED**, this week in the hall., to consider the Body of Christ, the Church (that is, themselves!).

'SYCAMORE' our **FAITH SHARING EVENINGS**, continues on Thursday, 7.30pm, with a look at 'The Heart of Christianity' – can you guess / intuit / know what that is? Come to seek, say, share, and celebrate!



LENT BREAD + SOUP LUNCH every Friday, 12 – 1pm in Wesley.

FOLLOW THE WAY OF THE CROSS for Lent, 7.00pm, again in Saint Helen this week, led by the Saint Vincent de Paul (S.V.P.) Society.



And to round off the week, **THE PARISH QUIZ** (*isn't that a week early? Come to find out the answer*) this Friday, at 7.45pm. with (cheep) refreshments, (not so cheap) fish and chips, and priceless gems of knowledge and competitive fun.

Next Sunday **SAINT HELEN'S SCHOOL** will lead our celebration of Mass. But please remember: that morning the **clocks spring forward** an hour.

SAINT HELEN'S COMMUNITY CENTRE – THIS WEEK:

Date	Time	Event
Sun 18 th March	11.30am	Caerphilly Ukrainian Choir Concert and reception
Mon 20 th March	1.30 – 2.45pm 6.00pm 7.00pm	'Sweaty Mamas' The S.V.P. Ministers of the Word
Tues 21 st March	2.00pm 7.00pm	Saint Paul (1 Corinthians) Parents Prepare for Baptism
Wed 22 nd March	9.30 – 11.30am 6.00pm 7.00pm	Parents and Toddlers 'Alms Giving / Self Sacrifice' Preparing to be Confirmed
Thurs 23 rd March	2.00 – 3.30pm 6.30pm 7.30pm	Sunshine Club Combined Singing Group (in Church) Sycamore – Faith Sharing
Fri 24 th March	7.00am 7.30pm	Break Fast Parish Lenten Quiz
Sat 25 th March	9.30am	Dance
Sun 26 th March	11.30am	Tea, Coffee, Biscuits, and Catch-up

COLLECTION	11 th /12 th March	
Gift Aid	£	15.00
Gift Aid standing Orders	£	527.00
Other Envelopes	£	74.00
Non Gift-Aided Standing Orders	£	172.00
Loose	£	458,36
TOTAL	£	1,246.36

Thank you



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 :: V. God Carries out his Plan: Divine Providence

(304) And so we see the Holy Spirit, the principal author of Sacred Scripture, often attributing actions to God without mentioning any secondary causes. This is not a "primitive mode of speech", but a profound way of recalling God's primacy and absolute Lordship over history and the world, (*Cf. Is 10:5-15; 45:51; Dt 32:39; Sir 11:14.*) and so of educating his people to trust in him. the prayer of the Psalms is the great school of this trust. (*Cf. Pss 22; 32; 35; 103; 138; et al.*)

Catechism of the Catholic Church 1992.

Parish Directory

Safeguarding Officer: cmben@hotmail.com

Bereavement support: 20863450

CAFOD: 07726968374 / 07791318809

Saint Helen's School: 20852532

Newsletter items: 20883192

caerphilly@rcadc.org

Website Additions: Website@sthelenscaerphilly.com

Priest: Revd. John Kelly 20 883192

SVP: 07704 292 945 **Hall Bookings:** 07533 082601

Music: 07971848734.

Piety shop: post vacant

Marriage Care: appointments@marriagecare.co.uk

Cardinal Newman School: 01443 494110

Calendar Additions: calendar@sthelenscaerphilly.com

www.sthelenscaerphilly.com



Welsh National Pilgrimage to Lourdes Save the dates: 24th - 28th July 2023.

We are travelling to Lourdes in 2023 - Come & Join Us!

A full religious programme, all transport, travel and full board 4* accommodation are included in the pilgrimage package. Price: £660. Bookings available now via Tangney Tours.

Subscribe to receive our pilgrimage newsletter for further updates: www.welshnationalpilgrimage.com

“The people were quick to turn back to idols, but God instructed them. Many times he freed them, urging them to persevere in his service. He called them to things of supreme importance by means of things of less importance, that is,, he called them by shadows to those things which are real, he called them by temporal things to eternal things, by the carnal to the spiritual, by the earthly to the heavenly.”
Saint Irenaeus – Against the Heresies

SAINT HELEN’S BEST KEPT SECRET!

.....but we don't want it to be!! Every Sunday after Mass some of us come together for a chat and catch up over a cuppa and a biscuit where fellowship and friendship are fostered. It's an opportunity to really get to know other parishioners and share thoughts, views and ideas. Come over, one morning, we'd love to see you!

All are welcome!



The [Saint John of God Hospitaller Services](#) (SJOG) [Homes for Ukraine Scheme](#) works to support Ukrainian refugees and UK hosts.

The will hold a webinar for UK residents interested in hosting a Ukrainian guest or family under the Homes for Ukraine scheme on **Wednesday, March 29, at 7 pm.**

You can find more details about the event here: <https://fb.me/e/N9EtGqhe>

I am writing to thank you for your very generous support for Prisoners' Sunday in 2022! We are immensely grateful to all of your parishioners, and their donations will make a huge difference to the lives of the families we support. **THANK YOU!**

Should anyone at your parish be interested in keeping in touch with Pact, we have a wonderful newsletter which we produce quarterly called **Fresh Start**. We always have lots of interesting things going on across the organisation & Fresh Start is a great way to keep up to date. This could be sent out electronically or by post, as they prefer, and they can sign up here - <https://www.prisonadvice.org.uk/fresh-start>



Youth Mass

The young people of St Joseph's R.C. Church, New Zealand Road, Cardiff CF14 3BR invite all young people (and the young at heart!) to a Youth Mass to celebrate the Feast of St Joseph at 7pm on Monday 20th March followed by a shared table of food and good company in the meeting room.

This is a wonderful opportunity for all young people who participated in Flame 2023 to gather together again and for any other young people who were unable to attend. The liturgy will be youth led with inspirational music from gifted young people. Come and be inspired for mission! The Lord Jesus is calling you by name to be present.

Mass will be celebrated by the parish priest Fr Jose Kuttikkatt who will be assisted by Deacon Mark Howe and Deacon Christian Mahoney.