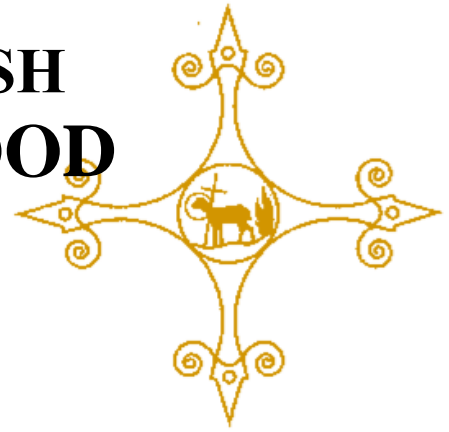




# SAINT HELEN'S PARISH THE BODY AND BLOOD OF CHRIST

11<sup>th</sup> June 2023



## God Loved the World So Much

### THE WORD THIS WEEK:

For forty years wandering through trackless wastes and dangers, God protected his people, and fed them with manna, bread of life. Saint Paul and the first Christians recognised the same protective, enlivening, and uniting gift in the Eucharist. Jesus proclaims himself as the true life-giving and world-saving, uniting and refreshing food, given for us in our own strange and fearful world.

### TODAY'S SCRIPTURE: (Psalter: Week 2)

**Gathering Antiphon:** He fed them with finest wheat  
and satisfied them with honey from the rock.

### **Deuteronomy 8: 2 – 3, 14 – 18.**

*He made you feel hunger, he fed you with manna.*

Response: **Psalm 147.**

O Praise the Lord, Jerusalem!  
Zion, praise your God!  
He has strengthened the bars of your gates,  
he has blessed the children within you.

He established peace on your borders,  
he feeds you with finest wheat.  
He sends out his word to the earth  
and swiftly runs his command.

He makes his word known to Jacob,  
to Israel his laws and decrees.  
He has not dealt thus with other nations;  
he has not taught them his decrees.

### **1 Corinthians 10: 16 – 17.**

*That there is only one loaf and one cup means that,  
though there are many of us, we form a single body.*

*Acclamation for the Gospel:*

Alleluia, Alleluia. Alleluia!

I am the living bread which has come down from heaven,  
says the Lord; Anyone who eats this bread will live for ever.  
Alleluia, Alleluia. Alleluia!

### **John 6: 51 – 58.**

*I am the Bread of Life.*

**Prayer of the Faithful (Sunday):** R/. Lord, bless your children.

**Preface (Sunday):** of the Holy Eucharist, ii      **Eucharistic Prayer:** ii.

**Communion Antiphon:** Whoever eats my flesh and drinks my blood  
remains in me and I in him, says the Lord.

**YOU  
ARE TO BE  
TAKEN  
BLESSED  
BROKEN  
DISTRIBUTED**



**that the work  
of the  
INCARNATION  
may go  
forward.**

SAINT AUGUSTINE



**IF YOU ARE THE  
BODY OF CHRIST,  
HIS MEMBERS**








*It is the mystery of yourselves  
that is laid upon the altar*

*It is the mystery of yourselves  
that you receive*

*It is to what you are that you say*

**AMEN**

## MASS AND SERVICES DURING THE WEEK:

Sat 10th June	<b>6.30pm</b>	<b>THE BODY AND BLOOD OF CHRIST (Corpus et Sanguis Christi)</b> for the Confirmandi	
Sun 11th June	<b>10.30am</b> <b>6.00pm</b>	for the first Communicants for the People of the Parish ( <i>Bargoed</i> )	
Mon 12th June	9.45am 10.00am	Morning Prayer of the Church for	
Tues 13th June	9.45am 10.00am	<b>Saint Anthony of Padua</b> , Priest, Doctor of the Church Morning Prayer of the Church For Pilgrims	
Wed 14th June	9.45am 10.00am 2.00 - 4.00pm	Morning Prayer of the Church for Adoration	
Thurs 15th June	9.45am 10.00am	Morning Prayer of the Church Gallarotti Family (MG)	
Fri 16th June	9.45am 10.00am	<b>THE SACRED HEART OF JESUS</b> Morning Prayer of the Church For the sick and housebound	
Sat 17th June	5.45pm – 6.15pm  <b>6.30pm</b>	<b>The Immaculate Heart of Mary</b> Celebration of Reconciliation <b>11th SUNDAY in Ordinary Time</b> <b>(‘Day for Life’)</b> for the People of the Parish	
Sun 18th June	<b>10.30am</b> <b>6.00pm</b>	for the protection of life in the womb David Williams (MW) ( <i>Bargoed</i> )	

## THE SACRAMENT OF RECONCILIATION:

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

**PARISH PRAYER LIST:** In our prayers we are asked to pray for all who are sick, in hospital or at home, the long-term housebound, and those who care for them, including:

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 + Margaret Bishop		Lorraine Cahill
Natalie Manning	Ann Head	James McGowan	Katherine Partenie	Dafydd Thomas
Vi Zadnic				

### Pilgrimage Walk to Penrhys

The Archdiocese is organising a guided pilgrimage walk from Cardiff to Penrhys in support of the Priest Training Fund on Sat 16 & Sun 17 Sept. Cost includes guides, storytelling evening and lifts back to starting point each day. £40pp for one day/£60pp for two. Visit [www.rcadc.org](http://www.rcadc.org) for further information or contact Cathy Morris on 029 20 37 9482 or at [Catherine.morris@rcadc.org](mailto:Catherine.morris@rcadc.org) Places are limited so early booking is strongly advised.

"Remaining steadfast on the journey of faith, with firm hope in the Lord, is the secret of our journey. There are no difficulties, trials, or misunderstandings to fear, provided we remain united to God as branches to the vine, provided we do not lose our friendship with him, provided we make ever more room for him in our lives. Do not be discouraged, we have the power of the Holy Spirit to overcome these trials! "The Holy Spirit makes all things new, and changes us. The Spirit is truly transforming us, and through us he also wants to transform the world in which we live. How beautiful it would be if each of you, every evening, could say: Today at school, at home, at work, guided by God, I showed a sign of love towards one of my friends, my parents, an older person!"

*Pope Francis to the newly confirmed, 2013*

Today is the feast of 'Corpus Christi', **THE BODY AND BLOOD OF CHRIST.**

At the Parish Mass on Saturday evening **16 OF OUR YOUNG PEOPLE,** and one Adult, and **7 MORE** young people from **Pontllanfraith and Newbridge Parishes** will be **CONFIRMED** in their adherence to, practice of, and responsibility for the life of faith in the Church and in their Parishes. Please welcome them, support and encourage them, and continue to pray for them.



At Sunday morning's celebration of the feast of 'Corpus Christi', **The Body and Blood of Christ,** the **NEW COMMUNICANTS** are all coming to celebrate Mass and Communion together, share a #Communion Breakfast, and receive their certificates. At the end of Mass (before the breakfast!) they will lead us out onto the lawn in a **CORPUS CHRISTI PROCESSION** and **BENEDICTION,** Please join them in this devotion today, and continue to pray for them and their families.

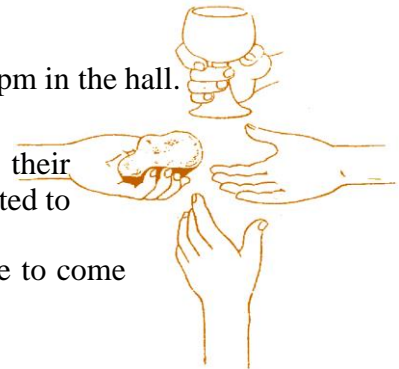


**THE BUILDINGS AND FINANCE COMMITTEE** meets on

Monday, 7pm in the hall. We thank and congratulate Gerry Morris, and Tom, his patient scaffold handler, for finishing the painting of the back of the church which was abandoned by the contractors in the pandemic – see the Parish facebook page for the pictures.

**The PARISH BOOK CLUB** meets, with Silas Marner, on Tuesday 7.00pm in the hall.

**THE MINISTERS OF COMMUNION** are invited to renew their commitment next weekend, 17<sup>th</sup>/18<sup>th</sup> June. In preparation the Ministers are invited to a short evening of reflection and prayer on Thursday, 7.30pm, in the church. Though firstly for the Ministers of Communion, all Parishioners are welcome to come and pray with them and rejoice in the gift of the Eucharist.



**Caerphilly FLOWER FESTIVAL** is next weekend, 16<sup>th</sup>, 17<sup>th</sup> and 18<sup>th</sup> June. Our Parish will again be participating, together with most churches in the Caerphilly area. Our flower arrangers are busy planning their exhibits. Saint Helen will be open from 10:30am - 4:00pm Friday; 10:00am – 4:00pm Saturday, and 12:00 noon - 4:00pm Sunday. **HELP** would be much appreciated in **WELCOMING** visitors to our church. If you could spare an hour of your time, please sign up on the board in the porch, or talk to Josephine Caruana on 02920 863839, or Berenice Williams on 02920 861930. Many thanks.

AND SOME MORE SUMMER-TIME TREATS:

On Sunday 2nd July (weather permitting) we will celebrate the **OUTDOOR MASS & FAMILY FUN DAY & PICNIC** on the big lawn behind the church – get your picnic rugs and summer sports kit ready!



On Friday 14th July we will have a **PARISH CEILIDH:** Tickets on sale from next weekend. Time to dust down your dancing shoes and rummage around for your jeans and check shirts.

**PILGRIM MASS AT PENRHYS:** Our Deanery (the Deanery of Our Lady of Penrhys) will lead the 'Pilgrim Mass' at the shrine at **3pm on Sunday 13th August.** Book the date now. We will have a Parish bus (bookings start in July). We will also need help on the day to prepare a risk assessment, plan, prepare, set up, and steward the Mass, and clear up after: Please tell Father what you wish to do to help..

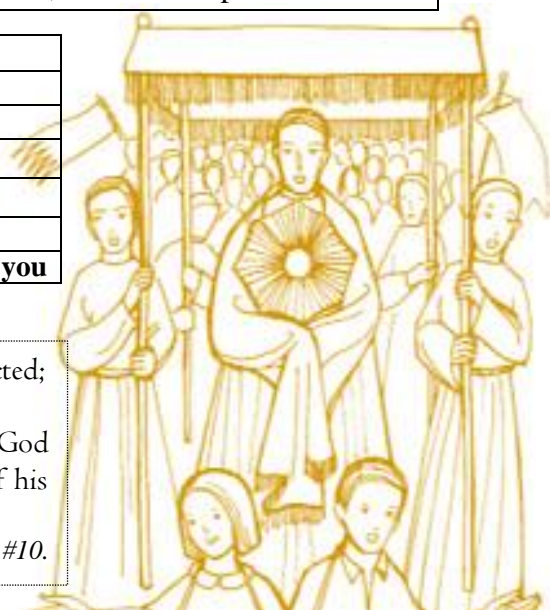


## SAINT HELEN'S COMMUNITY CENTRE – THIS WEEK:

Date	Time	Event
Sun 11 <sup>th</sup> June	11.30am	Tea, Coffee, and Catch-up
Mon 12 <sup>th</sup> June	1.30 – 2.45pm 7.00pm	'Sweaty Mamas' Finance Committee
Tues 13 <sup>th</sup> June	9.30 -12.30 7.00pm	Music Appreciation Book Club
Wed 14 <sup>th</sup> June	9.30am	Parents and Toddlers
Thurs 15 <sup>th</sup> June	12.00 – 1.00pm 2.00 – 3.30pm 6.30pm 7.30pm	Elder-Fit Sunshine Club Combined Singing Group Communion Ministers Prayer and Reflection
Fri 16 <sup>th</sup> June	11.45 am 1.00pm	Street Pastors Trustees (S.M.R.) History Group
Sat 17 <sup>th</sup> June	9.30 – 12noon	Dance
Sun 18 <sup>th</sup> June	11.30am	Tea, Coffee, and Catch-up

COLLECTION	3 <sup>rd</sup> /4 <sup>th</sup> June	
Gift Aid	£	15.00
Gift Aid standing Orders	£	527.00
Other Envelopes	£	39.00
Non Gift-Aided Standing Orders	£	464.43
Loose	£	329.71
<b>TOTAL</b>	<b>£</b>	<b>1,375.14</b>

**Thank you**



“The liturgy is **the summit** toward which the activity of the church is directed; it is also **the source** from which all its power flows.

For the goal of apostolic life and work is that all who are made children of God by faith and baptism should come together to praise God in the midst of his church, to take part in the sacrifice and to eat the Lord's Supper”

*Vatican II :: Dogmatic Constitution on the Sacred Liturgy #10.*

### 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 v. Heaven and Earth:

(327) The profession of faith of the Fourth Lateran Council (1215) affirms that God "from the beginning of time made at once (simul) out of nothing both orders of creatures, the spiritual and the corporeal, that is, the angelic and the earthly, and then (deinde) the human creature, who as it were shares in both orders, being composed of spirit and body." (*Lateran Council IV (1215): DS 800; cf. DS 3002 and Paul VI, CPG # 8.*)

*Catechism of the Catholic Church 1992*

#### Parish Directory

**Safeguarding Officer:** 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

**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



## **150th Anniversary of THE SISTERS OF SAINT JOSEPH**

The Sisters of Saint Joseph of Annecy invite you to their Celebration Mass to mark 150 years since the Sisters came to Newport. The Mass is at 11.00am on Thursday 6<sup>th</sup> July at St Mary's Church, Stow Hill, Newport, NP20 1TP. Following Mass there will be light refreshments in 'The Institute' and an opportunity to chat and share memories.

The Mass will be livestreamed from St Mary's, a link will be sent out later.

### **Pilgrimage to Knock led By Archbishop Mark O'Toole:**

£699.00 per person sharing. Price includes flight, all transfers, 4 nights' in Knock House Hotel with full board. All entertainment and excursions included. Day trips to Westport, Ballintubber Abbey, Croagh Patrick, Fr. Peyton Centre & National Museum.

Single supplement £150.00. Contact Patricia on 01268 762 278 or 07740 175557 or email [knockpilgrimages@gmail.com](mailto:knockpilgrimages@gmail.com).

Nowhere on earth are you more welcome. Nowhere on earth are you more loved than by Jesus living and truly present in the Most Blessed Sacrament. The time that you spend with Jesus in the Blessed Sacrament is the best time you will spend on earth...

Jesus, I love you with my whole heart, with my whole being... Help me love you in others. Amen.

*Saint Mother Theresa of Calcutta*

"The Holy Spirit simple in essence, but manifold in power. He is present to each in his fulness, and in his fulness is present everywhere. He is divided, but does not suffer by the division; all share in him, but he remains whole, like a sunbeam whose kindly influence benefits each creature as though it were present to that creature alone, and shines over land and sea and dissolves in the air."

*Saint Basil the Great :: On the Holy Spirit*

