



# SAINT HELEN'S PARISH

## THE MOST HOLY TRINITY



4<sup>th</sup> June 2023

God for us, we call you Father.  
God alongside us, we call you Jesus.  
God within us, we call you Holy Spirit

## God Loved the World So Much

### THE WORD THIS WEEK:

'The Lord descended in the form of a cloud' 'a God of tenderness and compassion, slow to anger, rich in kindness and faithfulness'. But hard to picture. Until he gives his only Son – the image of his Father! And the (infinite) love between them – pure Spirit!!

### TODAY'S SCRIPTURE: (Psalter: Week 1)

**Gathering Antiphon:** Blessed be God the Father, and the only begotten Son of God,  
and also the Holy Spirit, for he has shown us his merciful love

### **Exodus 34: 4 – 6, 8 – 9.**

*Lord, Lord, a God of tenderness and compassion.*

*Response: Daniel 3: 52 – 56.*

You are blest. Lord God of our fathers.  
To you glory and praise for evermore.  
Blest your glorious name.  
To you glory and praise for evermore.

You are blest in the temple of your glory.  
To you glory and praise for evermore.  
You are blest on the throne of your kingdom.  
To you glory and praise for evermore.

You are blest who gaze into the depths.  
To you glory and praise for evermore.  
You are blest in the firmament of heaven.  
To you glory and praise for evermore.

### **2 Corinthians 13: 11 – 13.**

*The grace of Jesus Christ, the love of God and the fellowship of the Holy Spirit.*

*Acclamation for the Gospel:*

Alleluia, Alleluia. Alleluia!

Glory be to the Father, and to the Son, and to the Holy Spirit,  
The God who is, who was, and who is to come.

Alleluia, Alleluia. Alleluia!

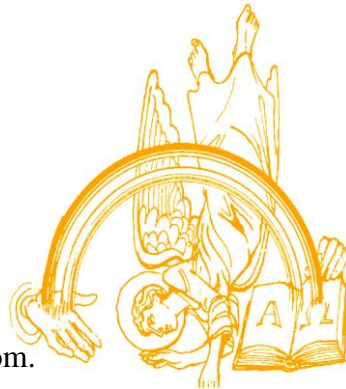
### **John 3: 16 – 18.**

*God sent his Son so that through him the world might be saved.*

**Prayer of the Faithful:** R/. Lord, hear our Prayer.

**Preface:** of the feast. **Eucharistic Prayer:** ii.

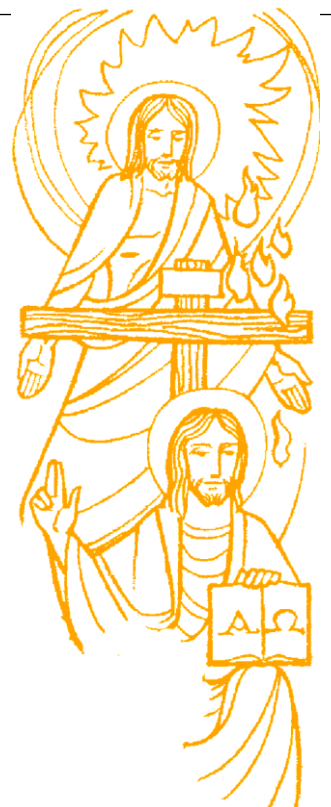
**Communion Antiphon:** Since you are children of God,  
God has sent into your hearts the Spirit of his Son,  
the Spirit who cries out Abba, Father..



### **“Easter’s Over!”**

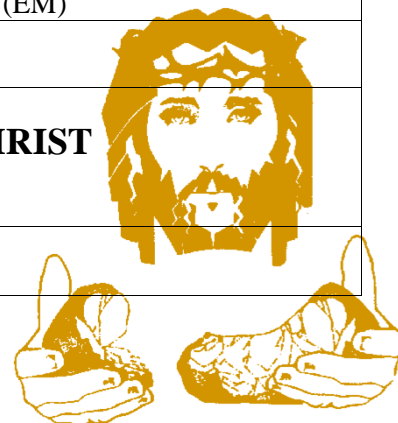
Or maybe not!

The Resurrection of Jesus and his sending of his Spirit to gather the Church is the shape and mission of the rest of the year, the ‘Ordinary Time’ we now move into: Our ‘Risen life’, to raise up God’s world.



## MASS AND SERVICES DURING THE WEEK:

Sat 3 <sup>rd</sup> June	<b>6.30pm</b>	<b>THE MOST HOLY TRINITY</b> The Catenian Association Intention
Sun 4 <sup>th</sup> June	<b>10.30am</b> <b>6.00pm</b>	for the People of the Parish for the People of the Parish ( <i>Bargoed</i> )
Mon 5 <sup>th</sup> June	9.45am 10.00am	<b>Saint Boniface</b> , Bishop + Martyr Morning Prayer of the Church for the celebration of Marriage
Tues 6 <sup>th</sup> June	9.45am 10.00am	Morning Prayer of the Church Giovanna & Remo Fecci Golden Wedding
Wed 7 <sup>th</sup> June	9.45am 10.00am 11.45am 2.00 - 4.00pm	Morning Prayer of the Church Elsbieta Olszewska (VO) Funeral Service for Donald Anderson (Thornhill) Adoration
Thurs 8 <sup>th</sup> June	9.45am 10.00am	Morning Prayer of the Church Eirlys + Myrddin Morgan, and Beryl Bamford (EM)
Fri 9 <sup>th</sup> June	9.45am 10.00am	Morning Prayer of the Church Mary Varghese (TT)
Sat 10 <sup>th</sup> June	5.45pm – 6.15pm  <b>6.30pm</b>	Celebration of Reconciliation <b>THE BODY AND BLOOD OF CHRIST</b> <b>(Corpus et Sanguis Christi)</b> for the Confirmandi
Sun 11 <sup>th</sup> June	<b>10.30am</b> <b>6.00pm</b>	for the first Communicants 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.

**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		Loraine Cahill
Natalie Manning	Ann Head	James McGowan	Katherine Partenie	Daffyd Thomas



**MINISTERS OF COMMUNION:** The Ministers of Communion are usually invited to renew their commitment on the Feast of the Body and Blood of Christ, June 10<sup>th</sup>/11<sup>th</sup> this year. However, as Confirmation will be celebrated on the 10<sup>th</sup> (and the new Communicants will be leading us on a Corpus Christi Procession on the 11<sup>th</sup>), the renewal is postponed to the following 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 15<sup>th</sup> June, 7pm. 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.

**PILGRIM MASS AT PENRHYS:** Our Deanery (the Deanery of Our Lady of Penrhys) will lead a '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 talk to Father.

## Pilgrimage Walk to Penrhys

The Archdiocese is organising a guided pilgrimage walk from Cardiff to Penrhys to raise money for 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 2037 9482 or at [Catherine.morris@rcadc.org](mailto:Catherine.morris@rcadc.org) Places are limited so early booking is strongly advised.



At Mass today **THE CONFIRMANDI (Candidates For Confirmation)** will be **SENT FORTH** from their regular Mass to the celebration of the Sacrament next Saturday 10<sup>th</sup> June. Please pray for them and their families. But also, please start thinking, and planning, on how we – **YOU** – can involve these our young people and keep them engaged and active in the Church. The SVP is working with Cardinal Newman School to set up ‘Junior Vincentians’ – but they will need projects to take up: – have you any suggestions? The Flower Arrangers recruited candidates to work with them to learn their skills. There are many other needs in and missions in the parish: Could you take a young person under your wing to pass on to them the things that you offer and do for the Parish, the wider Church, or society at large?



**CONGRATULATIONS** to Giovanna and Remo Fecci on their Golden wedding this Tuesday. To celebrate they are offering and inviting us all to ‘refreshments’ and cake in the Community Hall after Mass on Monday (the music group have booked the hall on Tuesday).

The **S.V.P. (Saint Vincent de Paul Society)** meets on Monday, 6pm, in the hall.

**Saint Helen’s School YEAR 6** will join us for morning Mass on Tuesday.

**THE CONFIRMANDI** and their **SPONSORS** will meet for final preparations, a practice, and prayer, 7.00pm on Wednesday, in the church.



**The SINGING GROUP** practices in Church on Thursday, 6.30pm, in preparation for the weekend.



**‘Sycamore’ FAITH SHARING** continues on Thursday, 7.30pm in the Hall, looking at **‘The Holy Eucharist’**. This will also be of interest for all the families hoping to bring their children to Communion next year, as well as those whose children have joined us into Sacramental Communion over the last weeks.

What do we want our **PARISH WEBSITE** to look like, do for us, allow us to do, even assist and encourage us to do? A brainstorming session on Friday evening will be making some decisions. If you have thoughts, inspiration, or specialist knowledge, please share it with Alun John.

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.



Next weekend is the feast of ‘**Corpus Christi**’, **THE BODY AND BLOOD OF CHRIST**. The **NEW COMMUNICANTS** are all coming to celebrate Mass and Communion together on Sunday morning. At the end of Mass they will lead us out in a **CORPUS CHRISTI PROCESSION** and **BENEDICTION**, BEFORE returning to the hall for a Communion breakfast, and to receive their certificates. Please continue to pray for them and their families.



“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.*

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

Date	Time	Event
Sun 4 <sup>th</sup> June	11.30am	Tea, Coffee, and Catch-up
Mon 5 <sup>th</sup> June	10.30am 1.30 – 2.45pm	Golden Wedding celebration 'Sweaty Mamas'
Tues 6 <sup>th</sup> June	9.30 -12.30	Music Appreciation
Wed 7 <sup>th</sup> June	7.00pm	Preparing for Confirmation
Thurs 8 <sup>th</sup> June	12.00 – 1.00pm 2.00 – 3.30pm 6.30pm 7.30pm	Elder-Fit Sunshine Club Combined Singing Group Faith Sharing (Sycamore)
Fri 9 <sup>th</sup> June	6.00pm	Website Planning and set up (S.M.R.)
Sat 10 <sup>th</sup> June	9.30 – 12noon 7.30pm	Dance Confirmation Celebration
Sun 4 <sup>th</sup> June	11.30am	Tea, Coffee, and Catch-up

COLLECTION	27 <sup>th</sup> /28 <sup>th</sup> May
Gift Aid	£ 20.00
Gift Aid standing Orders	£ 527.00
Other Envelopes	£ 65.00
Non Gift-Aided Standing Orders	£ 172.00
Loose	£ 329.71
<b>TOTAL</b>	<b>£ 1,113.71</b> <b>Thank you</b>



### 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:

(325) The Apostles' Creed professes that God is "creator of heaven and earth". the Nicene Creed makes it explicit that this profession includes "all that is, seen and unseen".

(326) The Scriptural expression "heaven and earth" means all that exists, creation in its entirety. It also indicates the bond, deep within creation, that both unites heaven and earth and distinguishes the one from the other: "the earth" is the world of men, while "heaven" or "the heavens" can designate both the firmament and God's own "place" - "our Father in heaven" and consequently the "heaven" too which is eschatological glory. Finally, "heaven" refers to the saints and the "place" of the spiritual creatures, the angels, who surround God (*Psalms 115:16; 19:2; Matthew 5:16.*)

*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)

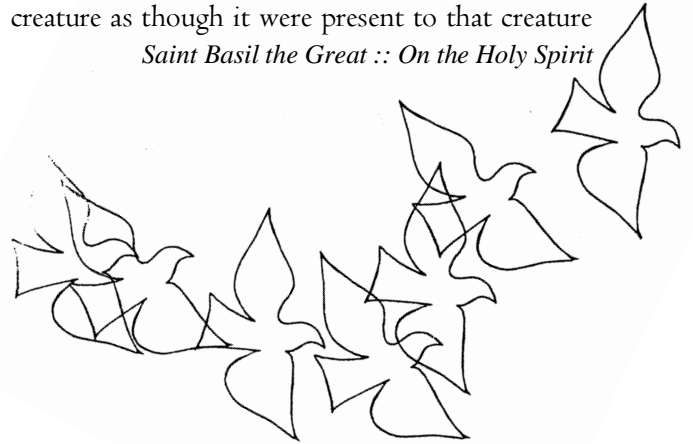


*Saint Helen is a Parish of the Archdiocese of Cardiff, a Registered Charity, No. 1177272*



“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*



### **Mass for Sick and Retired Clergy**

Archbishop Mark will celebrate a special Mass for the sick and retired clergy of the Archdiocese on Wednesday 7<sup>th</sup> June, 12.45pm at St David’s Cathedral, Cardiff. A warm welcome is extended to all to join him in giving thanks for their many years’ faithful service to our Catholic communities. Following Mass, light refreshments will be served in the Cornerstone.

### **Pilgrimage Walk to Penrhys**

The Archdiocese is organising a guided pilgrimage walk from Cardiff to Penrhys to raise money for 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 2037 9482 or at [Catherine.morris@rcadc.org](mailto:Catherine.morris@rcadc.org) Places are limited so early booking is strongly advised.

**Open Day – 10 Years of the Ordinariate in Wales:** An ‘Ordinariate Open Day’ will be held on 10<sup>th</sup> June at St. Alban’s Catholic Church in Cardiff, 10am-4pm, by kind invitation of the Oratory in Formation. It will begin with tea & coffee at 10am, followed by an introductory session ‘What is the Ordinariate – and what is it for?’. The day will also include an Ordinariate Form Mass and some input from Ordinariate members on ‘What brought me here?’. It will show and highlight some ‘resources’ (liturgy, prayer, etc.) and make available some leaflets about us, and we are planning to end the day with Evensong & Benediction. The day is for Diocesan parishioners and parishes to help them understand who we are, what we are for and what our prayer and liturgy look like. It will also allow any enquirers to ‘come and see’ and learn more about us. All welcome!  
A timetable will be sent out shortly. For any questions, please contact Fr Bernard Sixtus ([bernard.sixtus@rcadc.org](mailto:bernard.sixtus@rcadc.org) or 07720272137).

### **TWO OTHER DATES FOR YOUR DIARY:**

Sunday 2nd July: Outdoor Mass and Parish Picnic.  
Friday 14th July: Parish Ceilidh.