



# SAINT HELEN'S PARISH

## 14<sup>th</sup> SUNDAY of the YEAR

### "SEA SUNDAY"

9th July 2023



## GENTLE and HUMBLE of HEART

### THE WORD THIS WEEK:

"Rejoice heart and soul, daughter of Sion!" Christ continues his call to carry our cross, daring us to know that its burden is also a yoke linking him and us. So we share both the sufferings and joys of life, death, and resurrection. Not an intellectual understanding, so much as life and joy in his Spirit.

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

**Gathering Antiphon:** Your merciful love, O God, we have received in the midst of your temple.  
Your praise, O God, like your name, reaches the end of the earth;  
Your right hand is filled with saving justice.

### **Zechariah 9: 9 – 10**

*See now, your king comes humbly to you.*

### **Response: Psalm 144.**

I will give you glory, O God my King,  
I will bless your name for ever.  
I will bless you day after day  
and praise your name for ever.

The Lord is kind and full of compassion,  
slow to anger, abounding in love.  
How good is the Lord to all,  
compassionate to all his creatures.

All your creatures shall thank you, O Lord,  
and your friends shall repeat their blessing.  
They shall speak of the glory of your reign  
and declare your might, O God.

The Lord is faithful in all his words  
and loving in all his deeds.  
The Lord supports all who fall  
and raises all who are bowed down.

### **Romans 8: 9. 11 – 13.**

*If by the Spirit you put an end to the misdeeds of the body, you will live.*

### **Acclamation for the Gospel:**

Alleluia, 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. Alleluia!

### **Matthew 11: 25 – 30**

*I am gentle and humble of heart.*





**Prayer of the Faithful:** R/. Gentle Lord, raise us up.

**Preface and Eucharistic Prayer:** for Reconciliation ii.

**Communion Antiphon:** Taste and see that the Lord is good; blessed the man who seeks refuge in him.



## MASS AND SERVICES DURING THE WEEK:

Sat 8 <sup>th</sup> July	5.45pm – 6.15pm  <b>6.30pm</b>	Celebration of Reconciliation <b>14<sup>th</sup> SUNDAY in Ordinary Time</b> <b>‘SEA SUNDAY’</b> for the People of the Parish		
Sun 9 <sup>th</sup> July	<b>10.30am</b> <b>6.00pm</b>	Sea-farers and their families for the people of the parish (Bargoed)		
Mon 10 <sup>th</sup> July	9.45am 10.00am	Morning Prayer of the Church Lily and Francis (TT)		
Tues 11 <sup>th</sup> July	9.45am 10.00am	<b>SAINT BENEDICT</b> , Abbot & Patron of Europe Morning Prayer of the Church Thanksgiving (G+RF)		
Wed 12 <sup>th</sup> July	9.45am 10.00am 2.00 - 4.00pm	<b>Saint John Jones</b> , Priest + Martyr Morning Prayer of the Church John Saxton (GM) Adoration of the Blessed Sacrament		
Thurs 13 <sup>th</sup> July	9.45am 10:00am	Morning Prayer of the Church Service of the Word		
Fri 14 <sup>th</sup> July	9.45am 10.00am	Morning Prayer of the Church Tyrone Carroll (SM)		
Sat 15 <sup>th</sup> July	5.45pm – 6.15pm  <b>6.30pm</b>	<b>Saint Bonaventure</b> , Bishop & Doctor of the Church Celebration of Reconciliation <b>15<sup>th</sup> SUNDAY in Ordinary Time</b> for the People of the Parish		
Sun 16 <sup>th</sup> July	<b>10.30am</b> <b>6.00pm</b>	for the School Leavers Mary & Ieuan Griffith (MW) (Bargoed)		

## 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
Ann Head	James McGowan	Katherine Partenie	Dafydd Thomas	Vi Zadnic
Vic Owen	Steve Jones			

**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.

**MARTYRS’ PILGRIMAGES** – two summer pilgrimages to local martyrs:



**PILGRIMAGE** to the grave of **SAINT JOHN KEMBLE**, Sunday 20<sup>th</sup> August, starting at Welsh Newton Churchyard, 3pm: For details, please see the notice in the porch. John Kemble, a 79 year old quiet and respected local priest, so loved by the local agricultural community that he was tolerated, even befriended, by the new reformation authorities, was taken (on foot) to London after the ‘Titus Oates Plot’, tried, and brought back to Hereford to be ‘Hung, Drawn, and Quartered’.

*Blessed John Kemble  
smoking his last pipe*



**PILGRIMAGE** to the grave of **SAINT DAVID LEWIS**, Sunday 27<sup>th</sup> August, 3pm in Usk Church. Saint David Lewis, a Jesuit born in Abergavenny, was also caught up in the aftermath of the Titus Oates plot, and martyred in Usk in 1697, the last of the Welsh martyrs.





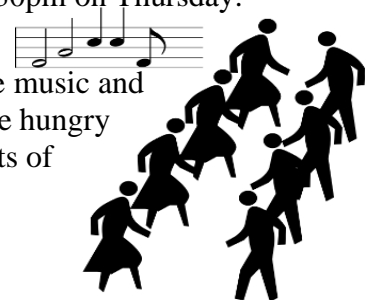
Today is '**SEA SUNDAY**', when we remember all who work on the sea, and their families and dependents, and the work of the '**APOSTLESHIP OF THE SEA**' caring for their spiritual and material needs. As well as offering the Sunday morning Mass for the apostleship and all their ministry and all they help, we will have a retiring collection as we leave Mass this weekend.

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

The **BOOK CLUB** meets on Tuesday 7pm, to consider 'The Road to Zagora' and choose our next destination.

The Combined **SINGING GROUP** gathers and practices in the Church, 6.30pm on Thursday.

**THE PARISH CEILIDH** is this coming Friday, gathering at 7pm, with the music and dancing starting at 7.30pm. There will be a generous bar and nibbles, and for the hungry the possibility of sending out for fish and chips or other delights; a raffle, and lots of energetic fun. Last few tickets on sale this weekend. See you there.



Next Sunday morning we will welcome the **PRIMARY SCHOOL LEAVERS** (Children, and Staff, and Governors) at Mass, to pray for them and with them, and send them on to the next stage in their Catholic Christian education and/or work and vocation.

So where is all this going? What is the purpose of the Ceilidh, or the School, the SVP, or the various collections? And how do I fit into it, benefit from it, or contribute to it? On Sunday evening the **PARISH SUPPORT GROUP** meets to consider all these questions in the light of the synod consultation, and our call to open up the direction and vision, and its real-isation, to all in the Parish. If you feel you have something to contribute, please come along, or talk to Jayne or Brett, Geraldine, Caroline, Kath Jones, or Alun John.

In preparation for the new school year, we are seeking to appoint new **FOUNDATION GOVERNORS** to replace three excellent members of the Governing Body of Saint Helen's School who are retiring after long service. What is a Foundation Governor? "Foundation governors are specifically appointed by the Bishop to ensure the preservation and development of the school's Catholic character, to ensure that the school is being conducted as a Catholic school, and to represent the Bishop's education policy to the governing body." Interested? Please talk to Father John. Or to learn more and think about it, please go to: <http://catholiceducation.org.uk/images/Generic-booklet-1.pdf>.



**THANK YOU (AND CONGRATULATIONS!)** to all who celebrated the Outdoor Mass and joined in the Parish Picnic and Fun Day last Sunday, and many thanks to all who worked hard to put it together, make it all happen, and tidy up after. Special thanks to Jayne Macfarlane and Brett Pugh for much of the behind-the-scenes organisation, furniture moving, and involving and enthusing.

And a big **thank you** to the **Parish S.V.P.** for taking on, organising, and hosting the very successful Cardiff S.V.P. Presidium **FESTIVAL MEETING** the day before, Saturday 1st July. A lot of hard work and generosity of spirit, and a great showing of our Parish community. Congratulations!

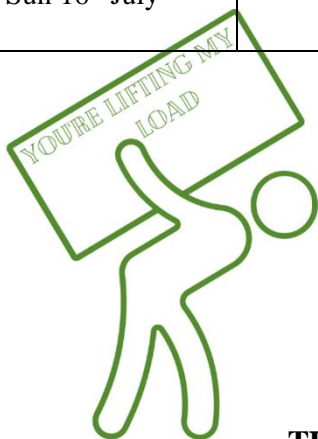


**St Vincent de Paul Society**  
England and Wales  
Turning Concern into Action



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

Date	Time	Event
Sun 9 <sup>th</sup> July	11.30am 4:30pm - 7:30pm	Tea, Coffee, and Catch-up Party
Mon 10 <sup>th</sup> July	1:30pm 6.00pm	Sweaty Mamas S.V.P. Meeting
Tues 11 <sup>th</sup> July	7.00pm	Book Club
Wed 12 <sup>th</sup> July	9.30am	Parents and Toddlers
Thurs 13 <sup>th</sup> July	12pm – 1pm 2.00 – 3.00pm 6.30pm	Elder Fit Sunshine Club Singing Group (in church)
Friday 14 <sup>th</sup> July	7:00 for 7.30pm	Parish Ceilidh
Sat 15 <sup>th</sup> July	9.30 – 12noon 2.00pm	Dance Party
Sun 16 <sup>th</sup> July	11.30am 7:30pm	Tea, Coffee, and Catch-up Parish Support Group



COLLECTION	1 <sup>st</sup> /2 <sup>nd</sup> July	
Gift Aid	£	15.00
Gift Aid standing Orders	£	527.00
Other Envelopes	£	30.00
Non Gift-Aided Standing Orders	£	172.00
Loose	£	207.96
<b>TOTAL</b>	<b>£</b>	<b>951.96</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:** 1 The Angels

(333) From the Incarnation to the Ascension, the life of the Word incarnate is surrounded by the adoration and service of angels. When God "brings the firstborn into the world, he says: 'Let all God's angels worship him.'" (*Hebrews 1:6.*) Their song of praise at the birth of Christ has not ceased resounding in the Church's praise: "Glory to God in the highest!" (*Luke 2:14.*) They protect Jesus in his infancy, serve him in the desert, strengthen him in his agony in the garden, when he could have been saved by them from the hands of his enemies as Israel had been. (*Cf. Matthew 1:20; 2:13,19; 4:11; 26:53; Mark 1:13; Lk 22:43; Maccabees 10:29-30; 11:8.*) Again, it is the angels who "evangelize" by proclaiming the Good News of Christ's Incarnation and Resurrection. (*Cf. Luke 2:8-14; Mark 16:5-7.*) They will be present at Christ's return, which they will announce, to serve at his judgement. (*Cf. Acts 1:10-11; Matthew 13:41; 24:31; Luke 12:8-9. the angels in the life of the Church*)

*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





### **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 02920 37 9482 or at [Catherine.morris@rcadc.org](mailto:Catherine.morris@rcadc.org) Places are limited so early booking is strongly advised.



### **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).

Lord,  
plunge me deep into a sense of sadness  
at the pain of my sisters and brothers...  
that I may learn again to cry as a child  
until my tears baptize me  
into a person who touches with care  
those I now touch in prayer....  
Amen.

Ted Loder,  
"I Remember Now in Silence,"  
*Guerrillas of Grace*

"The real presence of Christ,  
which is hidden in the bread  
and wine, is visibly manifested  
in his social presence in the  
poor who are the sign and  
image of his ongoing passion  
in the world."

Philip J. Rosato,  
*Cena del Signore e amore sociale*