



SAINT HELEN'S PARISH

19th Sunday of the Year

13th August 2023



“COURAGE, IT IS I! DO NOT BE AFRAID”

THE WORD THIS WEEK:

Got that sinking feeling? ‘I can’t manage this!’ Of course you can’t, on your own, man of little faith. But Jesus stretches out his hand, and pulls us up, and our little faith too. Not in big noisy showy displays, but like a gentle breeze, a half unnoticed invitation, a whispered word of en-couragement, a quiet touch or push. Saint Paul suffers for his co-religionists whose God is too big for them to recognise in his little human touches.

TODAY’S SCRIPTURE: (Psalter: Week 3)

Gathering Antiphon: Look to your covenant, O Lord, and forget not the life of your poor ones for ever.
Arise, O God, and defend your cause, and forget not the cries of those who seek you.

1 Kings 19: 9, 11 – 13.

Stand on the mountain before the Lord.

Response: Psalm 84.

I will hear what the Lord God has to say,
a voice that speaks of peace.
His help is near for those who fear him,
and his glory will dwell in our land.

Mercy and faithfulness have met;
justice and peace have embraced.
Faithfulness shall spring from the earth,
and justice look down from heaven.

The Lord will make us prosper
and our earth shall yield its fruit.
Justice shall march before him
and peace shall follow his steps.

Romans 9: 1 – 5.

I would willingly be condemned if it could help my brothers

Acclamation for the Gospel:

Alleluia, Alleluia. Alleluia!

Blessings on the King who comes,
in the name of the Lord!

Peace in heaven and glory in the highest heavens!

Alleluia, Alleluia. Alleluia!

Matthew 14: 22 – 33.

Tell me to come to you across the water.

Prayer of the Faithful: R/. Lord, stretch out your hand.

Preface & Eucharistic Prayer: for Various Needs iv: ‘Jesus went about doing good.’

Acclamation: Save us, saviour ...

Communion Antiphon: O Jerusalem, glorify the Lord, who gives you your fills of finest wheat.



DATES FOR YOUR DIARY:

Sunday 27th Aug: Saint David Lewis Pilgrimage

Sunday 3rd Sept: Parish **Support Group**

Monday 4th Sept: Saint Helen’s **School** is back

Friday 8th Sept: **Mass** for the sick and housebound.

Sat/Sunday 16/17th: **Xaverian Fathers** Mission Appeal

Tuesday 26th Sept: Preparing to Live in **Communion**

Monday 25th Sept: Parish Finance Committee



Tuesday is the Feast of **The ASSUMPTION of OUR LADY**, a feast we are all called to mark with hope of our future glory and praise of God for his wonders. As well as Mass on the feast at **10am** or **7pm**, we are invited to a Pilgrim Mass at Penrhys today, Sunday: **Bus** leaves at **2pm**.

MASS AND SERVICES DURING THE WEEK:



Sat 12 th August	5.45pm – 6.15pm 6.30pm	Celebration of Reconciliation 19th SUNDAY of the Year for the People of the Parish
Sun 13 th August	10.30am 3.00pm 6.00pm	for the Deanery of Our Lady of Penrhys Pilgrim Mass, Penrhys for the People of the Parish (Bargoed)
Mon 14 th August	9.45am 10.00am	Saint Maximillian Kolbe, Priest + Martyr Morning Prayer of the Church Dorothy Quirk Intention (P + PJ)
Tues 15 th August	10.00am 7:00pm	ASSUMPTION OF THE BLESSED VIRGIN MARY Private Intention (GJ) For the people of the parish
Wed 16 th August	9.45am 10.00am 2.00 - 4.00pm	Morning Prayer of the Church Peter Kelly Adoration of the Blessed Sacrament
Thurs 17 th August	9.45am 10:00am	Morning Prayer of the Church Private Intention (G + RF)
Fri 18 th August	9.45am 10.00am	Morning Prayer of the Church Private Intention (VT)
Sat 19 th August	5.45pm – 6.15pm 6.30pm	Celebration of Reconciliation 20th SUNDAY of the Year for the People of the Parish
Sun 20 th August	10.30am 6.00pm	for the People of the Parish Daniel Anthony Barry (C + NB)(Bargoed)



THE SACRAMENT OF RECONCILIATION: Saturday 5.45 – 6.15pm, or by arrangement.



SAINT HELEN'S COMMUNITY CENTRE:

Date	Time	Event
Sun 13th Aug	11.30am	Tea, Coffee, and Catch-up
Mon 14 th Aug	7:00pm	Communion Catechists Review + Plan
Wed 16 th Aug	9:30am	Toddlers
Thurs 17 th Aug	7:00pm	Alpha Planning
Fri 18 th Aug	10:30am	A "Church Crawl"
Sun 20 th Aug	11.30am	Tea, Coffee, and Catch-up

COLLECTION	5 th /6 th August	
Gift Aid	£	5.00
Gift Aid standing Orders	£	527.00
Other Envelopes	£	48.50
Non Gift-Aided Standing Orders	£	172.00
Loose	£	339.31
TOTAL	£	1,091.81
		Thank you

PILGRIMAGE SUMMER: The ancient pilgrimage to the grave of: Saint John Kemble next Sunday starts at 3pm in Welsh Newton, then moves to Saint Mary, Monmouth for Benediction (and tea and cakes). All welcome.

The COMMUNION CATECHISTS review last year's celebration of growth into Communion, and plan for next year, conscious that, as the Archbishop says, our present efforts are not producing great results.

'A CHURCH CRAWL' ? ! We hope to visit 4 or 5 churches in Cardiff to see what they can tell us about how we organise and shape our response to the blessing and duty of prayer and praise.

Parish Directory

Safeguarding Officer: cmben@hotmail.com

Priest: Revd. John Kelly 20 883192

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



“The Divine Liturgy is at the heart of the Church’s mission to save humanity, a humanity that is in the process of forgetting God and descending into ugliness, chaos, and nihilism. Liturgy must be so formed and celebrated to enable us to experience God in a world that is becoming increasingly secular. Since we are by nature ritual beings, sacred ritual inspired by Revelation resonates with us. That is a source of hope for the Church.”

Vincent Twomey SVD

“In our fathers’ days it could be taken for granted that knowledge of God was the abiding concern of a huge swath of the Welsh lay folk. Now it is politics or scientific theory, and our young people not only have no theology but have no appetite for it at all.

In our age agnosticism has come to the front as a conscious phase of the human intellect and teaches our young people not that this or that solution to the problem is fallacious ... but that the problem itself need not be solved in either way.”

Thomas Charles Edwards, 1888

‘What is one seeking to do today in the art of accompaniment in the Church, in one-to-one accompaniment and in the accompaniment of a group?’ I think it revolves around a three-fold process – firstly, personal healing, secondly a cultural “detoxing”, and thirdly, intellectual conversion. Interestingly enough, in many of the recent submissions for the Synodal process, the need and desire of formation is emphasised again and again. I think that Formation needs to focus around these three elements – personal healing, cultural detoxing, and intellectual conversion.

Archbishop Mark O’Toole – the Art of Accompaniment

We need a newer approach to the accompaniment of sacramental journey. So many go through our sacramental programmes but fewer regularly partake in the most profound experience of our faith, the Eucharist. Do our people experience our catechetical programmes as experiences in which they have been accompanied by us, such that we are alongside them, whilst also assisting them to take steps into encounter with Jesus Christ? We seek to form people and send them forth in the faith, but do they really have a sense of Jesus’ personal call? Do they encounter us as authentic disciples of His? As disciples, if we have not really had a sense that we are called by Jesus, that He accompanies us and desires us personally, then being formed and sent forth is like building on sand.

We are using outmoded strategies – usually sacramental programmes which run along particular trajectories and it is hard to step off. Yet these are unable to cope with what the current culture is throwing up and the tendency can be to ‘go with the flow’.

Archbishop Mark O’Toole – the Art of Accompaniment

MARTYRS' PILGRIMAGES – two summer pilgrimages to local martyr saints:



PILGRIMAGE to the grave of **SAINT JOHN KEMBLE**, Sunday 20th 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’,

*Blessed John Kemble
smoking his last pipe*

tried, and brought back to Hereford to be ‘Hung, Drawn, and Quartered’.



PILGRIMAGE to the grave of **SAINT DAVID LEWIS**, Sunday 27th 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.

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 for further information or contact Cathy Morris on 02920 37 9482 or at 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. Starting on the 4th September. Contact Patricia on 01268 762 278 or 07740 175557 or email knockpilgrimages@gmail.com.

“Attention is the rarest and purest form of generosity”

Simon Weil

