



# SAINT HELEN'S PARISH

## 4<sup>th</sup> Sunday of Ordinary Time

### Racial Justice Sunday

28<sup>th</sup> January 2024



## HE TAUGHT WITH AUTHORITY

### THE WORD THIS WEEK:

First He gathered his 'gang'. Now He starts his work: teaching, healing, confronting evil, liberating our full humanity. Successfully! All, friend, foe or unattached onlookers, recognise his authority. This is the prophet 'like yourself' whom Moses is promised, the intermediary we seek and need to shelter us from the full, fearsome, majesty of God. Yet at the same time He brings God to us and us to God, whatever our everyday busy and responsible lives.

### TODAY'S SCRIPTURE: (Psalter: Week 4)

**Gathering Antiphon:** Save us, O Lord our God! a  
And gather us from the nations, to give thanks to your holy name,  
and make it our glory to praise you.

### **Deuteronomy 18: 15 – 20.**

*I will raise up a prophet and I will put my words into his mouth.*

*Response: Psalm 93.*

Come, ring out our joy to the Lord,  
hail the rock who saves us.  
Let us come before him, giving thanks,  
with songs let us hail the lord.

Come in; let us kneel and bend low;  
let us kneel before the God who made us  
for he is our God and we //  
the people who belong to his pasture,  
the flock that is led by his hand.

O that today you would listen to his voice!  
'Harden not your hearts as at Meribah,  
as on that day at Massah in the desert //  
when your fathers put me to the test;  
when they tried me, though they saw my work.'

### **1 Corinthians 7: 32 – 35.**

*I say this to help you, that you give your attention to the Lord.*

*Acclamation for the Gospel:*

Alleluia, Alleluia. Alleluia!

The People that lived in darkness has seen a great light;  
on those who dwell in the land and shadow of death, a light has dawned

Alleluia, Alleluia. Alleluia!

### **Mark 1: 21 – 28.**

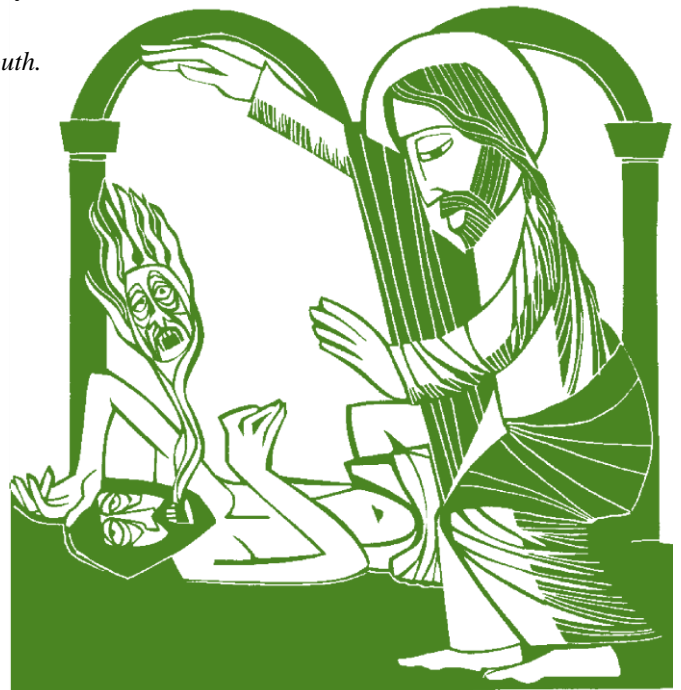
*He taught them with authority.*

**Prayer of the Faithful:** R/. Lord, save us.

**Preface + Eucharistic Prayer:** IV

**Acclamation:** Save us, Saviour...

**Communion Antiphon:** Let your face shine on your servant. Save me in your merciful love, O Lord,  
let me never be put to shame, for I call on you.



## MASS AND SERVICES DURING THE WEEK:

Sat 27 <sup>th</sup> Jan	5.45 – 6.15pm  <b>6.30pm</b>	Celebration of Reconciliation <b>4<sup>th</sup> SUNDAY in ORDINARY TIME</b> for the People of the Parish
Sun 28 <sup>th</sup> Jan	<b>10.30am</b> <b>12.00 noon</b>	for Racial Justice for Lepra (Bargoed)
Mon 29 <sup>th</sup> Jan	9.45am 10.00am	Morning Prayer of the Church Private Intention (T)
Tues 30 <sup>th</sup> Jan	9.45am 10:00am	Morning Prayer of the Church Mary Rigley
Wed 31 <sup>st</sup> Jan	9.45am 10:00am 2.45 - 4.00pm	<b>Saint John Bosco</b> , priest Morning Prayer of the Church Saint Helen's School Intention Adoration of the Blessed Sacrament
Thurs 1 <sup>st</sup> Feb	9.45am 10.00am	Morning Prayer of the Church Paulo Thaliyan (VT)
Fri 2 <sup>nd</sup> Feb	9.45am 10:00am	<b>THE PRESENTATION OF THE LORD</b> Morning Prayer of the Church Private Intention (I)
Sat 3 <sup>rd</sup> Feb	5.45 – 6.15pm  <b>6.30pm</b>	Celebration of Reconciliation <b>5<sup>th</sup> SUNDAY in ORDINARY TIME</b> Elizabeth Giblin
Sun 4 <sup>th</sup> Feb	<b>10.30am</b> <b>12.00 noon</b>	for People of the Parish David Williams (MW)



## 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	Katrin Merry	Albert Carley	Mary Everson
Gwyn + Margaret Bishop		Loraine Cahill	James McGowan	Ann Head
Katherine Partenie	Dafydd Thomas	Vi Zadnic	Carol Beech	Keith Jones
Mike Shaughnessy	Johanna Greenaway	Terrence Miles	Mary Bailey	Denis Kennedy



As part of the preparations for the Jubilee Year 2025, Pope Francis is encouraging the study of the **Four Constitutions** of the **Second Vatican Council**.

Clifton Dioceses has prepared a reflection on each one of the Four Constitutions, now available on the Bishops' Conference website.

Here is the link to the list of the constitutions and then direct links to each specific constitution. <https://www.cbcew.org.uk/constitutions-of-vatican-ii/>

For **LENT** in the **YEAR OF PRAYER** we will be offered copies of **"WE DARE TO SAY"**, a pamphlet with five meditations on the Our Father. We are invited to use the resource for personal meditation, one a week, then come together in small groups for faith-sharing and discussion. A "Small Group" might be a family, or two; neighbours; an existing group or organisation; coffee morning friends; school-gate mates; .... choose your own. Archbishop Mark has written an introduction to the booklet. We should receive and distribute it in the next weeks.



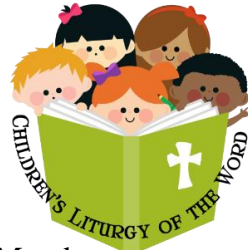
Meanwhile, the **'WALK WITH ME'** lent meditation booklets are now available in the porch.

Today is '**RACIAL JUSTICE SUNDAY**'. The theme "*Seeing One Another in the Life of the Church*" celebrates the diversity of those who have led holy and exemplary lives. It is important to recognise that we are all children of God, regardless of our race and background. This year we seek to promote reflection, discussion and action to carry this through to our everyday lives and world. Please go to [www.cbcew.org.uk/racial-justice-sunday](http://www.cbcew.org.uk/racial-justice-sunday) to find out more.



Today is **WORLD LEPRACY DAY**, and 2024 is the centenary of **LEPRA**, the charity working with sufferers. We will have a short introduction to their work at the end of Mass, and a collection as we leave the church.

**C.L.o.W. (A Children's Liturgy of the Word)** will be celebrated at morning Mass again this Sunday: The catechists are working hard to celebrate and share God's Word with our children every term-time Sunday. Could you help? Ring Claire on 07811 949581.

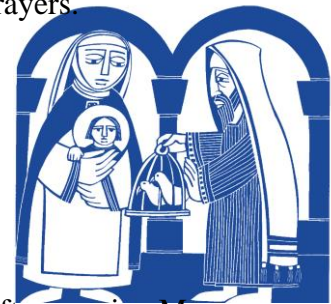


**GETTING TO GRIPS WITH THE SCRIPTURES** continues this and every Monday on **Zoom**, 7.30 – 8.30pm: All welcome to join via the code: Meeting ID: 857 4689 9589 Passcode: 513013. <https://us02web.zoom.us/j/85746899589?pwd=eG9RaG9vN3B1eHhEekJ1SDZrdm4vUT09>.



Those on **THE JOURNEY OF CONFIRMATION** gather on Wednesday, 7.00pm, in the Hall to keep growing deeper in knowledge and understanding of what it means to be a confirmed Catholic Christian. Please keep all those asking to be confirmed in the Spirit in your prayers.

Friday is the Feast of **THE PRESENTATION OF THE LORD**, celebrating the coming of the Lord into the Temple, and the revelation of the Light recognised and rejoiced in by Simeon and Anna is the epiphany that completes and closes Christmas-tide, the end of the old and the beginning of the new age of life in Christ, "for my eyes have seen your salvation". Mass will begin with the blessing of candles.



Saturday is the Feast of **Saint Blaise**: There will be the traditional **blessing of throats** after evening Mass.



**LENT IS COMING!** Snapping on the heels of Christmastide this year, because of a (very) early Easter. Ash Wednesday falls on Valentine's Day (don't you love it!). To start us off in the Lenten pilgrimage to the New Life of Easter we will have a **Celebration of Reconciliation** with visiting confessors on Tuesday 20<sup>th</sup> February, a sort of second Shrove Tuesday.

**DEPUTY HEADSHIP:** Please see the invitation in the porch to apply for the post at Saint Helen's Primary School, or contact the school directly for forms and further details via: [StHelensRCPrimary@sch.caerphilly.gov.uk](mailto:StHelensRCPrimary@sch.caerphilly.gov.uk)



**Changed MASS TIMES coming soon!** From the **First Sunday of Lent**, that is **17/18<sup>th</sup> February**, Mass will be at **5.30pm** on Saturdays and **10.00am** on Sundays.

**A SUGGESTIONS BOX:** Suggested in one of your Synodality responses, there is now a 'suggestions Box in the porch, to keep that conversation on-going in the parish: What do we need as a Parish, and what do we not need. What should we do, and what shouldn't we do. What is good, and what not. All comments will be read and considered by the Parish Development Group (not the PP) at their monthly meeting, and if necessary passed on to the relevant groups, committees, or individuals. Over to you!



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

Date	Time	Event
Sun 28 <sup>th</sup> January	11.30am	Parish Tea, Coffee and Catch-up
Mon 29 <sup>th</sup> January	9.30am – 12.00 noon 7.30pm	Parents + Toddlers Getting to Grips with the Scriptures (zoom)
Tues 30 <sup>th</sup> January	10.00am	'Music Appreciation'
Wed 31 <sup>st</sup> January	9.30am – 12.00noon 7.00pm	Parents + Toddlers Journey of Confirmation
Thurs 1 <sup>st</sup> February	12.30pm 1.30pm 2.30 - 3.30pm	'Elder Fit' 'Sweaty Mamas' Sunshine club
Sat 3 <sup>rd</sup> February	9.30am	'Dance'
Sun 4 <sup>th</sup> February	11.30am	Parish Tea, Coffee and Catch-up

COLLECTIONS	20 <sup>th</sup> /21 <sup>st</sup> January	
Gift Aid	£	5.00
Gift Aid standing Orders	£	527.00
Other Envelopes	£	46.00
Non Gift-Aided Standing Orders	£	172.00
Loose	£	269.28
<b>TOTAL</b>	<b>£</b>	<b>1,019.28</b>
Crib Offering	£	14.93



### 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 vi. Man

##### IV. Man in Paradise

(377) The "mastery" over the world that God offered man from the beginning was realized above all within man himself: mastery of self. the first man was unimpaired and ordered in his whole being because he was free from the triple concupiscence (*Cf. 1 John 2:16.*) that subjugates him to the pleasures of the senses, covetousness for earthly goods, and self-assertion, contrary to the dictates of reason.

(378) The sign of man's familiarity with God is that God places him in the garden. (*Cf. Genesis 2:8.*) There he lives "to till it and keep it". Work is not yet a burden, (*Genesis 2:15; cf. 3:17-19*) but rather the collaboration of man and woman with God in perfecting the visible creation.

(379) This entire harmony of original justice, foreseen for man in God's plan, will be lost by the sin of our first parents.

*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](mailto:appointments@marriagecare.co.uk)

**Saint Helen's School:** 20852532

**Cardinal Newman School:** 01443 494110

email: [caerphilly@rcadc.org](mailto:caerphilly@rcadc.org)

Website: [www.sthelenscaerphilly.com](http://www.sthelenscaerphilly.com)



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



For the Year of Prayer, we are offered a weekly **CATECHESIS ON PRAYER** from Pope Francis, available in full via [Pope Francis Catechesis for Year of Prayer.pdf](#)

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