



SAINT HELEN'S PARISH
4th Sunday in Lent
Season of LENT/EASTER

10th March 2024



God Loved Us With So Much Love

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

Chronicles 36: 14 – 16, 19 – 23.

The wrath and mercy of God are revealed in the exile and in the release of his people.

Response: Psalm 136.

By the rivers of Babylon
 there we sat and wept,
 remembering Zion;
 on the poplars that grew there //
 we hung up our harps.

For it was there they asked us, //
 our captors for songs,
 our oppressors, for joy.
 'Sing to us,' they said,
 'one of Zion's songs.

O how could we sing //
 the song of the Lord
 on alien soil?
 If I forget yo, Jerusalem,
 let my right hand wither,

O let my tongue //
 cleave u to my mouth
 if I remember you not,
 if I prize not Jerusalem
 above all my joys.

Ephesians 2: 4 – 10.

You who were dead through your sins have been saved through grace.

Acclamation for the Gospel:

Praise to you, O Christ, king of eternal glory (x2)
 God loved the world so much that he gave his only Son;
 Everyone who believes in him has eternal life.
 Praise to you

John 3: 14– 21.

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

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

Preface: of the 4th Sunday of Lent

Eucharistic Prayer: of Reconciliation 1

Acclamation: Save us, Saviour...



THE WORD:

Lent –

the season of Love!
 Though some would
 make it miserable,
 God loves us with so
 much love that he
 keeps breaking into
 our little worlds with
 his saving Covenants
 and amazing works of
 love:

He rescues his
 people from the exile
 where they could not
 sing their traditional
 songs, the psalms.
 When we were dead
 through our sins,
 he brought us to life
 with Christ.

He sent his Son
 not to condemn,
 but as the light of
 truth

the image of our
 brokenness that
 re-members us
 and re-forms us
 in the one in whose
 image we are made.

The EASTER TRIDUUM – THE THREEDAYS OF EASTER are the greatest feast
 of the church, when we are born again, Baptised into the death and Resurrection of Christ:

Sharing the Lord's Supper on **Maundy Thursday**, 28th March, at **7.30pm**.

Following Our Lord's Passion on **Good Friday**, 29th March, at **3.00pm**.

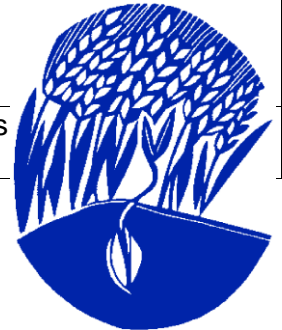
Celebrating and being Baptised again into Communion in His Risen Easter Life on
Holy Saturday Night, 30th March, at **8.30pm**.

Book it now!



MASS AND SERVICES DURING THE WEEK:

Sat 9 th March	5.30pm 6.30pm	4th SUNDAY of LENT – ‘LAETARE’ for the People of the Parish Celebration of Reconciliation
Sun 10 th March	10.00am 12.00 noon	for our Mothers John + Ivy McCarthy (MW) (Bargoed)
Mon 11 th Mar	9.45am 10:00am	Morning Prayer of the Church Mary Bailey (M+MD)
Tues 12 th March	9.45am 10:00am	Morning Prayer of the Church Priscilla Rees (SVP)
Wed 13 th March	9.45am 10:00am 2.00 - 4.00pm	Morning Prayer of the Church Ralph Thomas (SVP) Adoration of the Blessed Sacrament
Thurs 14 th March	9.45am 10.00am	Morning Prayer of the Church James McGowan (SVP)
Fri 15 th March	6.30am 7.00pm	Jim McDonnell The Way of the Cross –Saint Helen
Sat 16 th March	10.00am 5.30pm 6.30pm	Family Celebration of the Sacrament of Reconciliation 5th SUNDAY of LENT Thanksgiving (VT) Celebration of Reconciliation
Sun 17 th March	10.00am 12.00 noon	for the Irish in Wales and their descendants for the People of the Parish (Bargoed)



THE SACRAMENT OF RECONCILIATION:

Saturday 10am: Family Celebration of the **Sacrament of Reconciliation**;
Saturday after Evening Mass; 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	Ann Head	Vi Zadnic
Katherine Partenie	Dafydd Thomas	Carol Beech	Terrence Miles	Keith Jones
Denis Kennedy	Johanna Greenaway			

PLEASE PRAY ALSO for the repose of the soul of **Michael Giblin**, Martin's brother, who died in Ireland last week, and **Jim McDonnell** who died on Saint David's Day – May they rest in peace. We offer our prayers and condolence to their families

PARISH BUSINESS? Call between 1pm and 4pm on Tuesdays
and talk to Lizzie, the Parish Secretary.

LENTEN RETREAT

'The return of the prodigal son/daughter.'

St Joseph's, New Zealand Road, Cardiff are having a Lenten Retreat
on Saturday **16th March** from 9.15 am – 12 noon.

It will begin with Mass at 9.15 am, followed by a talk.

There will then be refreshments followed by Adoration (during which there will be an opportunity to receive the Sacrament of Reconciliation (Confession))

The retreat will end with Benediction.

All are welcome!

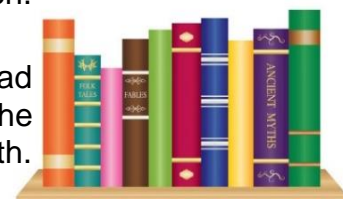
To register or for more information please email Deacon Christian Mahoney on
christian.mahoney@rcadc.org or telephone/text 07764515864

HAPPY MOTHERS DAY!

Wishing prayers and blessings on all our mothers.



Yes, it's on! **C.L.o.W. (The Children's Liturgy of the Word)** will be celebrated at morning Mass this Sunday: Thank you to Claire and Cath for their dedicated regularity in providing this celebration for our children.



"Read any Good Books Lately?" The Parish Book Club have just read John Buchan's 'Sick Heart River': Come along on Monday evening, 7pm in the small meeting room, to hear about that, and choose a good Read for next month.



Read any of THE GOOD BOOK Lately? Our Lenten call to read and share Scripture and prayer around the Lord's Prayer, in the booklet **"We Dare To Say"** continues in our families and small groups, and also via zoom. Let's not waste this simple lenten discipline and exercise in growing, together, in love for God and each other: Meeting ID: 867 5738 6414, or click on the Passcode: 545872. <https://us02web.zoom.us/j/86757386414?pwd=Vkl5UnVveVdDTVJSamlpQzAxTDZPdzo>

The Families Preparing for RECONCILIATION AND COMMUNION

meet this Tuesday at 6.30pm for a final look at sin, contrition, mercy and forgiveness, and to prepare to face up to them all and celebrate God's loving mercy in Christ next Saturday in the **Sacrament of Reconciliation**.



The **PARISH LUNCH CLUB** meets, greets and eats together again on Wednesday 13th March, 1pm in the Hall – an excellent opportunity to catch up with friends and fellow parishioners. If you wish to book a (free) place, please sign up on the list in the porch.. If you're in need of a lift to get there, please let an SVP member know and we will do our best to arrange this.

The Christian Aid LENT LUNCHES



continue, 12-1.00pm every Friday in Wesley Methodist Church: always a warm welcome, and a chance to meet, or make, friends.



The Friday WAY OF THE CROSS this week will be in Saint Helen, led by the candidates for Confirmation and their families. Please join our young people and support them as they lead us and guide us in prayer.



The SACRAMENT OF RECONCILIATION, with visiting confessors and a child-friendly service will be celebrated at 10.00am on Saturday morning, a good opportunity to share together this essential part of our Lenten preparations for the new life and Baptism of Easter.

Lent

What is the point of Lent? – *the Great Three-Days of* **EASTER**

Maunder Thursday	<i>Mass of Our Lord's SUPPER</i>	7.30 pm
Good Friday	<i>Celebration of Our Lord's PASSION</i>	3.00 pm
Holy Saturday	<i>THE GREAT EASTER VIGIL AND MASS OF OUR LORD'S RESURRECTION</i>	8.30 pm
Easter Sunday	<i>Easter Mass of Our Lord's RESURRECTION</i>	10.00 am
	<i>Easter Mass of Our Lord's RESURRECTION</i>	12 Noon in Bargoed



SAINT HELEN'S COMMUNITY CENTRE – THIS WEEK:

Date	Time	Event
Sun 10 th March	10.00am 11.00am	Children's Liturgy of the Word Parish Tea, Coffee and Catch-up
Mon 11 th March	9.30am 1.30pm 4.30pm 7.00pm 7.30pm	'Parents + Toddlers' 'Sweaty Mamas' 'Fame Factory' The Parish Book Club (s.m.r.) "We Dare to Say" (zoom)
Tues 12 th March	9.30am 4.00pm 6.30pm	'Music Appreciation' Private Party Reconciliation Families Prepare + practice
Weds 13 th March	9.30am 12.00pm 7.00pm	'Parents + Toddlers' The Parish Lunch "HCPT (s.m.r)"
Thurs 14 th March	12.00 2.00pm	"Elder Fit" "Sunshine Club"
Fri 15 th March	9.30am 12noon	"Mini Athletics" Shared Lent Lunch, in Wesley
Sat 16 th March	9.30am	"Dance"
Sun 17 th March	11.00am	Parish Tea, Coffee and Catch-up

COLLECTIONS	2 nd /3 rd March	
Gift Aid	£	00.00
Gift Aid standing Orders	£	527.00
Other Envelopes	£	31.00
Non Gift-Aided Standing Orders	£	172.00
Loose	£	294.15
TOTAL	£	1,024.15
		Thank you



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 vii. The Fall

I. Where Sin abounded, Grace abounded all the more

(389) The doctrine of original sin is, so to speak, the "reverse side" of the Good News that Jesus is the Saviour of all men, that all need salvation and that salvation is offered to all through Christ. the Church, which has the mind of Christ (*Cf. I Corinthians 2:16.*), knows very well that we cannot tamper with the revelation of original sin without undermining the mystery of Christ.

How to read the account of the fall

(390) The account of the fall in Genesis 3 uses figurative language, but affirms a primeval event, a deed that took place at the beginning of the history of man (*Cf. Genesis 13 # 1.*). Revelation gives us the certainty of faith that the whole of human history is marked by the original fault freely committed by our first parents (*Cf. Council of Trent: DS 1513; Pius XII: DS 3897; Paul VI: AAS 58 (1966), 654.*).

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

email: caerphilly@rcadc.org

Website: www.sthelenscaerphilly.com



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

