



SAINT HELEN'S PARISH
5th Sunday in Lent
Season of LENT/EASTER

17th March 2024



"I Shall Draw All People To Myself"

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

Jeremiah 31: 31 – 34.

I will make a new covenant and never call their sin to mind.

Response: Psalm 50.

Have mercy on me, God, in your kindness.
In your compassion blot out my offence.
O wash me more and more from my guilt
and cleanse me from my sin.

A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.

Give me again the joy of your help;
with a spirit of fervour sustain me,
that I may teach transgressors your ways
and sinners may return to you.

Hebrews 5: 7 – 9.

*He learnt to obey and became for all
the source of eternal salvation.*

Acclamation for the Gospel:

Praise to you, O Christ, king of eternal glory (x2)
You have only one Father, and he is in heaven;
You have only one Teacher, the Christ!
Praise to you

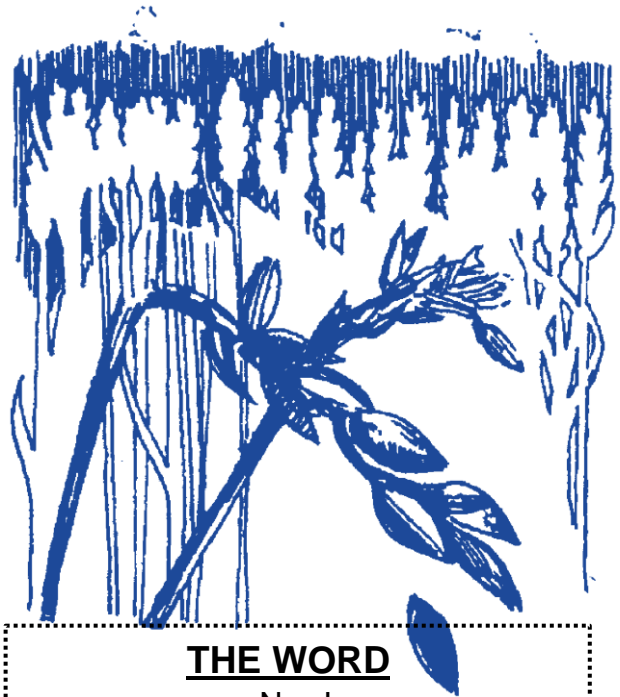
John 12: 20 – 30.

*If a grain of wheat falls on the ground and dies,
it yields a rich harvest.*

Prayer of the Faithful: R/. Lord, have mercy.

Preface: of the Passion II **Eucharistic Prayer:** II

Acclamation: We proclaim your death...



THE WORD

Now!
Jesus, who learnt
to obey through suffering, and so
became
the source of eternal salvation,
now has a nudge from the Greeks,
people from outside,
breaking in, or opening the door for
the message to get out.
Now.
Here comes Jeremiah's promised
New Covenant.
Now.

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



MASS AND SERVICES DURING THE WEEK:



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)
Mon 18 th Mar	9.45am 10:00am	Morning Prayer of the Church Neil Aitken (CP)
Tues 19 th March	9.45am 10:00am	SAINT JOSEPH , Husband of Mary Morning Prayer of the Church Michael Giblin (SVP)
Wed 20 th March	1.30pm 2.00 - 4.00pm	Mike Shaughnessy Requiem Mass Adoration of the Blessed Sacrament
Thurs 21 st March	9.45am 10.00am	Morning Prayer of the Church Kyrle + Cecelia James (SW)
Fri 22 nd March	6.30am 7.00pm	Mary Bailey (SVP) The Way of the Cross –Saint Catherine's
Sat 23 rd March	5.30pm 6.30pm	PALM SUNDAY for the People of the Parish Celebration of Reconciliation
Sun 24 th March	10.00am 12.00 noon	for peace in the Holy Land for the People of the Parish (Bargoed)



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			

“I and the Family would like to thank the ‘Parish Family’ for all the messages and cards and Mass cards on Jim’s passing over. I am very touched with all the kind thoughts and prayers at this time, which have given me great strength to carry on. God bless” Chris McGowan.

The EASTER TRIDUUM – THE GREAT THREEDAYS OF EASTER

are the central feast of the church, the source and the summit of our Christian life and calling, 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**:

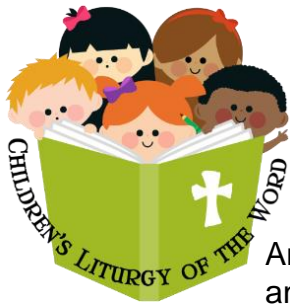
Three celebrations forming one liturgy, our entry into the paschal mystery.

The Saturday night Vigil leading us into the Baptism and High Mass of Easter begins outside, with a fire, a blessing of the paschal candle, and its lighting and sharing, the rising light of Christ shattering the darkness of sin and death and leading us into church.

In His light, we reprise the history of God’s saving self-revelation to his people, culminating in the New Covenant of Christ’s Body and Blood.

Renewing our Baptism into the paschal mystery, we share in this new covenant sealed in his Body and Blood that we receive, and become, the source of new life for our world.

Book it now!



A Children's Liturgy of the Word (C.L.o.W.) will be celebrated at morning Mass this Sunday: Thank you to Claire, Catherine and their helpers for regularly and reliably opening up and sharing God's Word for our children.

And after Mass, into the Hall for **TEA, COFFEE or SQUASH**, a biscuit and a chance to meet up and catch up.



"We Dare To Say" continues in our families and small groups, and also via the zoom group that meets on Mondays 7.30pm. This week we will explore the 'doxology', "for the Glory is Yours" Meeting ID: 867 5738 6414, or click on the Passcode:

545872. <https://us02web.zoom.us/j/86757386414?pwd=VklyUnVveVdDTVJSamlpQzAxTDZPd0>

The **JOURNEY OF CONFIRMATION** continues this Wednesday, looking forward to the New Life of Easter and how we will celebrate it in preparation for the Pentecost outpouring of the Holy Spirit who confirms our Easter Baptism and Vocation.



The Christian Aid LENT LUNCHESES



continue, 12-1.00pm every Friday in Wesley Methodist Church: always a warm welcome, a brimming cup of nourishing soup, a roll of bread, and many Christian friends, old and new..

The Friday WAY OF THE CROSS this week will be in Saint Catherine.

The Mass of **PALM SUNDAY OF OUR LORD'S PASSION** next weekend will start outside (weather permitting) with the procession into church, and into the Holy Week of Christ's Paschal Mystery: Don't miss out!



St Vincent de Paul Society

England and Wales

Turning Concern into Action

The SVP will take their Easter Collection as we leave the Palm Sunday Mass next weekend.

After Mass next weekend a student from Saint David's sixth form college will be selling **TICKETS for a RAFFLE** to fund herself to join a 'Lasallian' project sending 10 young people out to Ndanai, Kenya, in the summer, to help them build new functional education equipment. Please show your usual generosity.



'RECYCLE4CHARITY' is a project to encourages us to **Recycle 4 Charity** recycle old ink cartridges, stopping them from going to landfill, whilst raising money and awareness for a charity for our choice. We have installed a collection box in the porch, where you can leave your used cartridges to raise funds for the SVP. For more information on the scheme, visit: <https://www.recycle4charity.co.uk/Home>

SICK, or IN HOSPITAL? Please let the Parish know, so that we can arrange a visit, prayers, and if necessary support from the SVP or the Ministers of Communion. If you are taken into hospitals, the Catholic Chaplain can only

call if you or your family request a visit: If you do not know the contact details of the Chaplain, call the switchboard and ask for the Catholic Chaplain. Or you may ask the Staff Nurse or the ward secretary to arrange a visit from the Catholic Chaplain. You have a right to proper spiritual care as well as all the other wonderful health care with which we are blessed in the NHS (however stressed it may be.)



SAINT HELEN'S COMMUNITY CENTRE – THIS WEEK:

Date	Time	Event
Sun 17 th March	11.00am	Parish Tea, Coffee and Catch-up
Mon 18 th March	9.30am 1.30pm 4.30pm 7.30pm	'Parents + Toddlers' 'Sweaty Mamas' 'Fame Factory' We Dare to Say (zoom)
Tues 19 th March	9.30am	'Music Appreciation'
Weds 20 th March	9.30am 7.00pm	'Parents + Toddlers' Journey of Confirmation
Thurs 21 st March	12.00 2.00pm	"Elder Fit" "Sunshine Club"
Fri 22 nd March	9.30am 12noon 1.00pm	"Mini Athletics" Shared Lent Lunch, in Wesley "History"
Sat 23 rd March	9.30am	"Dance"
Sun 24 th March	11.00am 1.00 - 4.00pm	Parish Tea, Coffee and Catch-up "Cardiff Twins Disco"

COLLECTIONS	9 th /10 th March	
Gift Aid	£	10.00
Gift Aid standing Orders	£	527.00
Other Envelopes	£	26.00
Non Gift-Aided Standing Orders	£	172.00
Loose	£	446.99
TOTAL	£	1,181.99
Donation	£	200.00



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

II. The Fall of the Angels

(391) Behind the disobedient choice of our first parents lurks a seductive voice, opposed to God, which makes them fall into death out of envy (*cf. Genesis 3: 1-5. Wisdom 2: 4*). Scripture and the Church's Tradition see in this being a fallen angel, called "Satan" or the "devil" (*Cf John 8:44; Revelation 12:9*). The Church teaches that Satan was at first a good angel, made by God: "The devil and the other demons were indeed created naturally good by God, but they became evil by their own doing." (*Lateran Council IV (1215): DS 800.*)

(392) Scripture speaks of a sin of these angels (*cf. Peter 2: 4*). This "fall" consists in the free choice of created spirits, who radically and irrevocably rejected God and his reign. We find a reflection of that rebellion in the tempter's words to our first parents: "You will be like God." (*Genesis 3: 5*) The devil "has sinned from the beginning"; he is "a liar and the father of lies" (*I John 3:8; John 8:44*).

Catechism of the Catholic Church 1992

Parish Directory

Safeguarding Officer: cmben@hotmail.com

Bereavement support: 20863450

CAFOD: 07726968374 / 07791318809

Saint Helen's School: 20852532

email: caerphilly@rcadc.org

Priest: Revd. John Kelly 20 883192

SVP: 07704 292 945

Music: 07971848734.

Hall Bookings: 07533 082601

Piety shop: post vacant

Marriage Care: appointments@marriagecare.co.uk

Cardinal Newman School: 01443 494110

Website: www.sthelenscaerphilly.com



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



Are you a passionate walker? Do you want to reflect on Jesus' walk this upcoming Lent? Or do you just want to take your dog for an afternoon out? Join the members of the Pastorate of Our Lady of the Valleys on their **BIG WALK** on Saturday 23rd March, meeting at 12noon in the St Dyfrig's Car Park. For more details, visit: <https://olovrct.org.uk/event/the-big-walk-treforest-to-abercyon/>



Are you in years 9-13?

Do you want to spend some time getting to know other young Catholics? The Cardiff and Menevia Youth Council is offering you the opportunity for a few days away in beautiful town of Saint David, Pembrokeshire, to relax, pray, talk, walk, eat and have fun together.

July 24th – 28th. The cost £250 for four nights at St. David's Bunkhouses, including coach travel and all meals.

An opportunity to explore what the Holy Spirit is doing in South Wales & Herefordshire

Pope Francis has invited Spirit-inspired Catholics to come together. You're invited to do so:

Saturday 13th April 10 am - 3.15 pm at All Hallows, Llantrisant (CF72 8PG)

Saturday 20th April 10 am - 3.15 pm at St David's & St Patrick's, Haverfordwest (SA61 1SX)

Both days begin with Mass. To learn more, see [Facebook.com/CCRSWH](https://www.facebook.com/CCRSWH) or contact Anne Nolan annec.nolan@yahoo.co.uk or [07989 839710](tel:07989839710).

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

“Secularisation has not brought about the end of religion, but rather its transformation”

Tomas Halik :: The Afternoon of Christianity

“The question of ‘where God is in himself’ is as unanswerable as where our self resides; neither god nor the human self can be fixed and located – objectified.

“Christian theology identifies the point where mutual human and divine openness meet as the person of Jesus Christ. But Jesus – as we read in the earliest texts of the New Testament - did not appropriate the divine dignity to himself; through him and with him and in him, all humanity – every human being – is invited and drawn into the Christian mystery of the incarnation, the union of the human and the divine. The fulfilment of the meaning of our humanity happens not only when people say ‘Lord, Lord’ to Jesus, but also wherever they live in a manner that fulfils God’s will”

Tomas Halik :: The Afternoon of Christianity

In Jesus, God reveals to us that God is not different from humanity. Thus, Jesus' most common and almost exclusive self-name is "The Human One" or "Son of Humanity." He uses the term dozens of times in the four Gospels. Jesus' reality, his cross, is to say a free "yes" to what his humanity daily asks of him. It seems we Christians have been worshiping Jesus' journey instead of *doing* his journey. The worshiping feels very religious; the journeying just feels human and ordinary. We are not human beings on a journey toward Spirit; we are already spiritual beings on a journey toward becoming fully human, which for some reason seems harder—precisely because it is so ordinary.

Richard Rohr, Everything Belongs: The Gift of Contemplative Prayer