SAINT HELEN'S PARISH

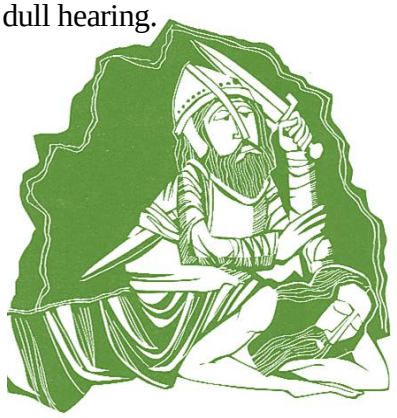
7th SUNDAY of the YEAR

23rd February 2025

Judge Not, and You Will Not Be Judged

THE WORD THIS WEEK

Be merciful. Forgive. Give. Love your enemies. The warrior-king David seems an unlikely example to us for all this. But in recognising and respecting the person, he goes beyond personal advantage. The example and call of Jesus is to see and recognise each person, brothers and sisters made and re-made in his image and likeness. May he continue to open our shaded eyes and sharpen our dull hearing.



TODAY'S SCRIPTURE: (*Psalter:* Week 3)

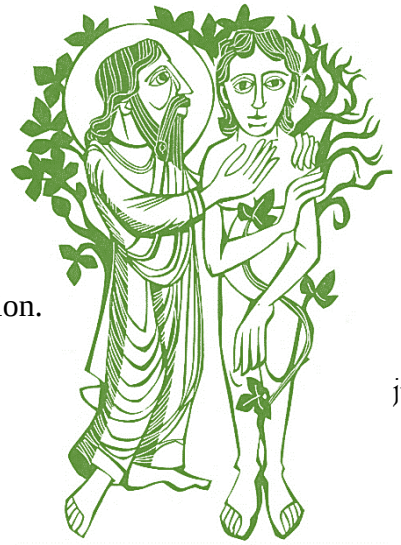
1 Samuel 26: 2, 7 – 9, 12 – 13, 22 – 23.

The Lord gave you in my hand today,
and I would not put out my hand .against the Lord's anointed

Response: **Psalm 102.**

Bless the Lord, O my soul,
and all within me, his holy name.
Bless the Lord, O my soul,
and never forget all his benefits.

It is the Lord who forgives all your sins,
who heals every one of your ills,
who redeems your life from the grave,
who crowns you with mercy and compassion.



The Lord is compassionate and gracious,
slow to anger and rich in mercy.
He does not treat us according to our sins
nor repay us according to our faults.

As far the east is from the west
so far from us does he remove our transgressions.
As a father has compassion on his children,
the Lord's compassion in on those who fear him.

We will bear the image of
the heavenly man,
Jesus,
just as we have born the image of
the earthly man,
Adam.

1 Corinthians 15: 45 – 49.

Just as we have borne the image of the man of dust,
we shall also bear the image of the man of heaven.,

Acclamation for the Gospel:
Alleluia, Alleluia. Alleluia!
A new commandment I give to you, says the Lord,
that you love one another, just as I have loved you..
Alleluia, Alleluia. Alleluia!

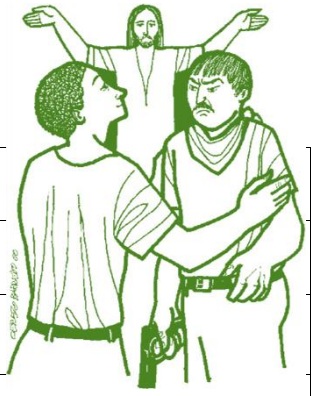
Luke 6: 27 – 38.

Be merciful, even as your Father is merciful.

Prayer of the Faithful: R/. Lord, heal all our ills.

Preface + Eucharistic Prayer: for Reconciliation ii

***Acclamation*:** "Save us, Saviour…"



MASS AND SERVICES DURING THE WEEK:

Sat 22nd February	**5.30pm**	**SEVENTH SUNDAY of the Year** for the Pope's Intentions
Sun 23rd February	**10.00am** **11.45am**	Brian Perry (CP) for the People of the Parish (Bargoed)
Mon 24th February	9.45am 10.00am	Morning Prayer of the Church Bridget Bruton
Tues 25th February	9.45am 10.00am	Morning Prayer of the Church for the Sick and Housebound
Wed 26th February	9.45am 10.00am 2.00 – 4.00pm	Morning Prayer of the Church for a Just Peace in Ukraine and in Palestine Adoration of the Blessed Sacrament
Thurs 27th February	9.45am 10.00am	Morning Prayer of the Church Edward Dolniak (SVP)
Fri 28th February	9.15am 10.00am	Morning Prayer of the Church Service of the Word with Communion
Sat 1st March	am **5.30pm**	**SAINT DAVID,** Bishop, Patron of Wales, Titular of Cardiff Cathedral **EIGHTH SUNDAY IN ORDINARY TIME** Mona & Gordon Clinch (JO'B)
Sun 2nd March	**10.00am** **11.45am**	For the People of the Parish for the People of the Parish (Bargoed)

THE SACRAMENT OF RECONCILIATION:

Saturday 6.30pm , 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 also for their carers:

John Maguire, Carol Beech, Sandra & Christopher Bray, Mary Gordine, Pauline Richards, Margaret Jones, Carol Morrissey, Frank Price, Anne Morga, Pat Starynski, Katrin Merry, Albert Carley, Mary Everson, Loraine Cahill, Gwyn + Margaret Bishop, Ann Head, Vi Zadnik, Keith Jones, Katherine Partenie, Dafydd Thomas, Terrence + Sylvia Miles, Gina Jenkins, Mary Brown, Michael Thomas, Alan Connant, Pauline Thomas, Johanna + Brian Greenaway, Anthony Bromley, Lorna Elliot

THANK YOU from the Hartley Family to everyone for the care and attention we have received from Saint Helen's Parish. We have so many cards, Mass cards, and flowers etc. The Requiem Mass was beautiful, and to see so many friends and relations from the past 56 years was breathtaking.
Alan would have been proud.

Mary Hartley

COLLECTION to support Max Lewinski and the other young Pilgrims going to Rome for the Canonisation of Blessed Carlo Acutis, a (voluntary) retiring collection **Next Sunday**, 2nd March.

The celebration of the Eucharist, especially on Sundays, is the first and fundamental way the holy People of God gather and meet. "The unity of the Church is both signified and made a reality" by the celebration of the Eucharist. In the "full, conscious and active" participation of all the faithful, in the presence of different ministries and in the presidency of the Bishop or Priest, the Christian community is made visible, whereby a differentiated co-responsibility of all for mission is fulfilled. For this reason, the Church, the Body of Christ, learns from the Eucharist how to combine unity and plurality: …
unity of the sacramental mystery and variety of liturgical traditions; unity of celebration and plurality of vocations, charisms and ministries. The Eucharist, above all else, demonstrates that the harmony created by the Spirit is not uniformity and that every ecclesial gift is destined for the common good of all. Every celebration of the Eucharist is also an expression of the desire and call to a unity of all the Baptised not yet fully visible.

Final Document of the Synod on Synodality #26

This Saturday, 22nd February, is the Feast of **THE CHAIR OF PETER**, the Episcopal See of the Bishop of Rome, the Pope. Our prayers are asked for Pope Francis suffering from double Pneumonia.

The **'DAY OF PRAYER FOR THE UNEMPLOYED'** is this weekend

Yes, it is half term, So the young people **PREPARING TO BE CONFIRMED** are having a break this Thursday . Instead the following Thursday they will start at 6.30pm for the next *two* 'episode' of the ***Youth Alpha*** course, on the Holy Spirit, and maybe a little prayer, and maybe a little pizza and pop. Many thanks to them, for their seriousness in seeking love and knowledge of the Lord in the power of the Holy Spirit, and to their catechists for their generous support and encouragement

"STEWARDSHIP": Let us all thank and congratulate each other on the generous and varied response to the initiative to broaden and deepen our involvement in the life of our Parish: 59 responses, with nearly 200 offers of service, care and love. Now those who have volunteered will be put in touch with others involved in the areas for which they have volunteered, for welcome, training, and accompaniment into that particular area of our Parish life. (But remember no area is a 'closed shop', there is always room, and need, for new hands, new ideas and initiatives, and more generosity, involvement, and love in every Christian community)

THE FAMILIES PREPARING TO JOIN IN COMMUNION had a 'miraculous' treat of (welsh cake) Bread and (chocolate) Fishes on Tuesday evening, in anticipation of the gift of Christ's Body and Blood in the Bread of Life in the Communion which they seeking to join and grow into. Please keep them in your prayers as they prepare for the Sacrament of Reconciliation this Lent.

BRIC-A-BRAC: If you have any unwanted items that you would like to donate to the local SVP shops, - clothing (adult and children), bric a brac,, toys etc. please bring them along to the church next weekend (1/2 March) and leave them tidily in the print room. Thank you.

The LECTIO DIVINA group will meet for prayer sat lunchtime on Monday 3rd March, 1pm. Please contact Tessa on 07777659744 if you'd like to find out more.

And then it is **LENT: ASH WEDNESDAY** is on the 5th march

CAFOD un byd yn unig just one world

PILGRIMS OF HOPE – THE BIG LENT WALK: Now in its third year, the Big Lent Walk has brought thousands of CAFOD supporters together, covering nearly one million kilometres to help fight global poverty. This Jubilee year, why not put your faith into action by walking 200km over 40 days this Lent? Whether you walk solo, with friends, or as part of a school or parish, you'll be joining a global community working together for change.

Too Much? How about a one-off? On Saturday **5th April**, Join the Pilgrimage from Saint Dyfrig Treforest to the Shrine of Our Lady of Abercynon. Or take the long route, starting from Saint Helen!

WORLD DAY OF PRAYER SERVICE, Friday 7th March 10.30am This year the service has been prepared by women from the Cook Islands and is being held at Wesley Methodist Church, Crescent Road, Caerphilly. All welcome!

and of course the Lenten Friday **6.30am Mass** and **7.00pm Way of the Cross**

SAINT HELEN'S COMMUNITY CENTRE – THIS WEEK:

Date	Time	Event
Sun 23rd February	11.00 am	Tea, Coffee and Catch-up
Mon 24th February	1.30 pm 4.30 pm	Sweaty Mamas Fame Factory
Tues 25th February	10.00 am	Music Appreciation
Weds 26th February	3.30 pm	Taekwondo
Fri 28th February	1.00pm	Cardiff Dance Company
Sat 1st March	9.30 am	Dance
Sun 2nd March	11.00 am	Tea, Coffee and Catch-up

COLLECTIONS	15th/16th February
Gift Aid standing Orders	£ 527.00
Non Gift-Aided Standing Orders	£ 172.00
Loose	£ 306.54
TOTAL	**£ 1,005.54** **Thank you**

'CASH4COINS' following the success of this project last year (in which £531.33 was raised for SVP funds), the S.V.P. have decided to resume this collection. The collection box will be on the counter in the foyer. We hope parishioners will continue to support us by donating any foreign currency you may have left over on return from travels abroad, surplus coppers or out of date sterling Thank you in anticipation of your kind co-operation. Saint Helen's SVP.

THE CATECHISM OF THE CATHOLIC FAITH

Part 1: **THE PROFESSION OF FAITH.**

Section 2**: The Creeds** Article 3 **"He was conceived by the power of the Holy Spirit, and was born of the Virgin Mary"** Paragraph 1: The Son of God Became Man

I. **Why Did the Word Become Flesh?**

(459) The Word became flesh to be our model of holiness: "Take my yoke upon you, and learn from me." "I am the way, and the truth, and the life; no one comes to the Father, but by me." (*Matthew 11:29; John 14:6*). On the mountain of the Transfiguration, the Father commands: "Listen to him!" (*Mark 9:7; cf. Deuteronomy 6:4-5*). Jesus is the model for the Beatitudes and the norm of the new law: "Love one another as I have loved you." (*John 15:12*). This love implies an effective offering of oneself, after his example (*Cf. Mark 8:34.*)

(460) The Word became flesh to make us "partakers of the divine nature" (*2 Peter 1:4*)."For this is why the Word became man, and the Son of God became the Son of man: so that man, by entering into communion with the Word and thus receiving divine sonship, might become a son of God." (*St.* Irenaeus, Adv. haeres. 3, 19, 1: PG 7/1, 939.) "For the Son of God became man so that we might become God." (*St. Athanasius, De inc. 54, 3: PG 25, 192B.*) "The only-begotten Son of God, wanting to make us sharers in his divinity, assumed our nature, so that he, made man, might make men gods." (*St. Thomas Aquinas, Opusc. 57, 1-4.*)

Catechism of the Catholic Church 1992

Parish Directory

Priest: Revd. John Kelly 20 883192

Safeguarding Officer: cmben@hotmail.com **SVP:** 07704 292 945 **Hall Bookings:** 07533 082601

Bereavement support: 20863450 **Music:** 07971848734. **Piety shop:** 0777659744

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-Menevia, a Registered Charity, No. 117727