SAINT HELEN'S PARISH

THE BODY AND BLOOD OF CHRIST

(CORPUS ET SANGUIS CHRISTI)

22nd June 2025

THIS IS MY BODY, WHICH IS FOR YOU

THE WORD THIS WEEK

Before the Gospels were written, Paul lays out the story of the Last Supper and the 'Institution of the Eucharist'. He says he 'received it from the Lord'. Is that the same Lord-in-His-Body-the-Church who on the road to Damascus had asked 'why are you persecuting ME'? The same Priestly Christ, who like Melchisedek, uses bread and wine to give a blessing, food for our life's journey, so that we all have as much as we want, or need, for body and for soul? In the Eucharist we know the Lord is with us, in so many ways, and in us, and we in him.

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

Genesis 14: 18 – 20.

He offered bread and wine.

Response: **Psalm 109.**

R/. You are a priest for ever, a priest like Melchizedek of old.

The Lord's revelation to my lord:
'Sit at my right hand,
until I make your foes your footstool'.

The Lord will send from Sion
your sceptre of power:
rule in the midst of your foes.

With you is princely rule
on the day of your power.
In holy splendour, from the womb before the dawn,
I have begotten you.

The Lord has sworn an oath he will not change.
'You are a priest for ever,
according to the order of Melchizedek'.

Corinthians 11: 23 - 26.

For as often as you eat and drink, you proclaim the Lord's death.

Acclamation for the Gospel:
Alleluia, Alleluia. Alleluia!
I am the living bread that came down from heaven,
says the Lord.
If anyone eats of this bread, he will live for ever.
Alleluia, Alleluia. Alleluia!

Luke 9: 11 – 17.

All ate and were satisfied.

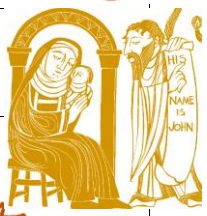
Prayer of the Faithful: *R/.* Bread of Life, feed your children.

Preface: of the Eucharist ii. ***Eucharistic Prayer:*** ii. ***Acclamation:*** When we eat this bread, …

Communion Chant: This is my body, given for you; This is my blood, poured out for you.
Do this and remember me, Do this and remember me.

MASS AND SERVICES THIS WEEK:

Sat 21st June	**5.30pm**	**THE BODY AND BLOOD OF CHRIST** for the People of the Parish
Sun 22rd June	**10.00am** **11.00am**	Our New Communicants Corpus Christi Procession
Mon 23rd June	9.45am 10.00am	Morning Prayer of the Church Celia Marlow (DM)
Tues 24th June	9.45am 10.00am	**THE NATIVITY OF JOHN THE BAPTIST** Morning Prayer of the Church Private Intention
Wed 25th June	9.45am 10.00am 2.00 – 4.00pm	Morning Prayer of the Church John Gibson (S.V.P.) Adoration of the Blessed Sacrament
Thurs 26th June	9.45am 10.00am	Morning Prayer of the Church Carol Stradling (SW)
Fri 27th June	9.45am 10.00am	**THE SACRED HEART OF JESUS** Morning Prayer of the Church Ann Braddon
Sat 28th June	am pm **5.30pm**	**THE IMMACULATE HEART OF MARY** **SAINT PETER AND SAINT PAUL,** Apostles for Peace (*Outdoor Mass*)
Sun 29th June	**10.00am** **11.00am**	for the People of the Parish (with the **Baptism** of Ellis Hoy) 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 families and carers:

John Maguire	Carol Beech	Sandra Bray	Dafydd Thomas	Mary Gordine
Pauline Richards	Margaret Jones	Carol Morrissey	Frank Price	Anne Morgan
Pat Starynski	Katrin Merry	Albert Carley	Michael Thomas	Loraine Cahill
Gwyn + Margaret Bishop		Ann Head	Keith Jones	Lorna Elliot
Katherine Partenie	Anthony Bromley	Terrence Miles	Monica Skillen	Lloyd Jones
Mary + Alan Conant	Johanna + Brian Greenaway			

"We gather round the altar as the priestly people of God to acknowledge our sinfulness, to rejoice in our forgiveness, and to celebrate Jesus' saving mission in the Bread Broken to share and the Wine poured out for all. We emerge from Mass with renewed energy to be God's presence in the world, focused on being the Body of Christ"

from the Letters page of this week's Tablet magazine

	Saturday	Sunday
Welcome	Andrea Obermart & Sandra Williams	Charlotte Roberts & Elizabeth Morgan
Word	Daniel Shaughnessy, Kate Duffin, & Simon O'Brien	Norah Lancaster, Gershon Levis, and the Children
Communion	Margaret Rees, Carys Outing, & Catherine Pritchard	Danmar Viernes, Sunil John and Bernadette Anno
Counting	Sandra Williams, Veronica Simmonds & David Hughes	

This weekend we celebrate **CORPUS CHRISTI** the feast of **the Body and Blood of Christ**. We will (re)Commission our **Ministers of Communion.** On Sunday morning the **NEW COMMUNICANTS**, dressed in the Communion finery, will rejoice in their 2nd, or 3rd, 4th, or 5th Communion, and at the end of Mass join with us all in a Corpus Christi **PROCESSION OF THE BLESSED SACRAMENT.** After the Mass and Procession the New Communicants will have their Communion Breakfast and receive their certificates in the Hall.

Please Note: there will be **no Mass** in Bargoed this Sunday: Saint Peter's Parishioners have all decided to join Saint Helen for Corpus Christi here: Please be sure that you are very welcome.

The Caerphilly FLOWER FESTIVAL is in full bloom all around us! **MANY THANKS** to the Parish Flower Arrangers and all their helpers for this beautiful background to our Corpus et Sanguis Christi celebrations.

Missionary Society of St. Columban

MANY THANKS to Father Kevin McDonagh for his ministry amongst us last weekend. And **MANY THANKS** to all who contributed, raising **£ 510.09** for the work of the Columban Missionaries, and all who got involved in long term support for them by subscribing to their excellent magazines, the Mission reports of '**Far East'** and the challenging '**Vocation for Justice',**

MASS on SATURDAY NEXT (28th June) will be out side on the big lawn (Weather permitting). Some chairs will be available for those who need, but if you have a good picnic rug or folding chairs remember to bring them. Why not also bring a picnic or even a barbeque, and maybe some games, for a pleasant evening relaxing together on the lawn.

Next Sunday we will celebrate the **BAPTISM** of **Ellis Hoy** in the morning Mass.

GROWING TOGERTHER IN FAITH AND LOVE:

Congratulations to the Children and Staff of Saint Helen's Primary School and their families on the wonderful celebration day to embed their new Mission Statement, 'Growing Together in Faith and Love': a morning of outdoor door Mass and many fascinating exhibitions and demonstrations; and afternoon of refreshing water fights (to ensure the seeds planted will grow to full hight!) and general mayhem.

PARISH LUNCH CLUB – The Lunch club is taking a break over the summer months, and will resume in the Autumn. We look forward to seeing you then. Many thanks for your support.

IF YOU ARE THE
BODY OF CHRIST
HIS MEMBERS

It is the mystery of yourselves that is laid upon the altar

It is the mystery of yourselves that you receive

It is to what you are that you say

AMEN

St. Augustine

"How merciful the Lord Jesus is to us, how abundantly kind and good! He permits us, when praying in the sight of God, to call God our Father and to be called sons of God even as Christ is the Son of God. Not one of us would dare to us that name in prayer , had he himself not allowed us to pray in that way. We must remember then, dearest brothers and sisters, we must realise that when we call God 'Father', we ought to act like children of God, so that as we are pleased to have God as our Father, so he will be pleased with us. We should live as temples of God so that people may see that God lives in us. Our conduct must not be unworthy of the Spirit, but since we have set out to be spiritual and heavenly beings, let us have only spiritual and heavenly thoughts and actions.

Saint Cyprian :: Treatise On the Lord''s Prayer

SAINT HELEN'S COMMUNITY CENTRE – THIS WEEK:

Date	Time	Event
Sun 22nd June	11.00 am	Communion Breakfast
Mon 23rd June	9.15am	Parents and Toddlers
	1.30 pm	Sweaty Mamas
	4.30 pm	Fame Factory
Tues 24th June	10.00am	Music Appreciation
	12.30pm	Art for Beginners
Weds 25th June	9.15am	Parents and Toddlers
	3.30 pm	Taekwondo
Thurs 26th June	6.30pm	Singing Group (in Church)
Fri 27th June	9.30am	Mini Athletics
Sat 28th June	9.15am	Dance
Sun 29th June	11.00 am	Tea, Coffee and Catch-up

COLLECTIONS	14th / 15th June	
Gift Aid standing Orders	£ 527.00	
Non Gift-Aided Standing Orders	£ 172.00	
Loose	£ 265.05	
TOTAL	**£ 964.05**	**Thank you**
Columban Missionaries	**£ 510.09**	**Thank you**

THE CATECHISM OF THE CATHOLIC FAITH

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

Chapter Two: **I BELIEVE IN JESUS CHRIST, THE ONLY SON OF GOD**

Article 3: **"He Was Conceived By The Power Of The Holy Spirit, And Was Born Of The Virgin Mary"**

Paragraph 2. "Conceived by the power of the Holy Spirit and born of the Virgin Mary"

I. Conceived by the power of the Holy Spirit. . .

(484) The Annunciation to Mary inaugurates "the fullness of time" (*Galatians 4:4*). The time of the fulfilment of God's promises and preparations. Mary was invited to conceive him in whom the "whole fullness of deity" would dwell "bodily". (*Colossians 2:9.*) The divine response to her question, "How can this be, since I know not man?", was given by the power of the Spirit: "The Holy Spirit will come upon you." (*Luke 1:34-35 (Greek).*)

(485) The mission of the Holy Spirit is always conjoined and ordered to that of the Son. (*Cf. Jn 16:14-15.*) The Holy Spirit, "the Lord, the giver of Life", is sent to sanctify the womb of the Virgin Mary and divinely fecundate it, causing her to conceive the eternal Son of the Father in a humanity drawn from her own. *Catechism of the Catholic Church 1992*

"Christ is the Bread of Life, and this bread does not belong to everyone, but is ours.We say 'Our Father' because he is the father of those who understand and believe; in the same way we call Christ our Bread of Life because he is the food of those who are members of his body. We ask that this bread be given us each day. We are in Christ and we receive his eucharist daily as the food of salvation, and it is our prayer that we may not fall into some serious sin and be obliged to abstain from Communion." *Saint Cyprian :: Treatise On the Lord''s Prayer*

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:** 07777659744

CAFOD: 07726968374 / 07791318809 **Marriage Care:** appointments@marriagecare.co.uk

Saint Helen's Primary School: 20852532 **Cardinal Newman High 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