

st helen

21st February 2016

The Season of LENT+*EASTER*

LENT 2 (Year C)



"As Jesus prayed,
the aspect of his face was changed."

TODAY'S SCRIPTURE: (*Psalter: Week 2*)

Genesis 15: 5 – 12. 17 - 18.

God enters into a covenant with Abraham, the man of faith.

Response: **Psalm 26.**

The Lord is my light and my help;
whom shall I fear?

The Lord is the stronghold of my life;
before whom shall I shrink?

O Lord, hear my voice when I call;
have mercy and answer.

Of you my heart has spoken:
'Seek his face.'

It is your face, O Lord, that I seek;
hide not your face.

Dismiss not your servant in anger;
you have been my help.

I am sure I shall see the Lord's goodness
in the land of the living.

Hope in him, hold firm and take heart.
Hope in the Lord!

Philippians 3: 17 – 4:1.

Christ will transfigure our bodies into copies of his glorious body.

Acclamation for the Gospel:

Glory and praise to you, O Christ!

From the bright cloud, the Father's voice was heard:

'This is my Son, the Beloved. Listen to him!'

Glory and raise to you, O Christ!

Luke 9: 28 – 36.

As Jesus prayed, the aspect of his face was changed.

Prayer of the Faithful: *R/. Lord, Hear us when we call.*

THE WORD THIS WEEK

Every year, on the Second Sunday of Lent, we hear about the Transfiguration of Jesus on the mountain top. Why? Jesus revealed his glory to the three apostles in order to strengthen them for the journey ahead - the journey to Jerusalem, Gethsemane and Golgotha. The same vision is today offered to us, to strengthen us in our Lenten Journey of Faith. Last week we heard about temptation: this week we are driven onwards by a vision of glory that will be ours - the goal of our lives of faith and all that we do as Christians. The transfiguration represents the final destination of our lives, if we are faithful in resisting temptation and living each day as faithful members of Jesus Christ. In our journey of renewal and new commitment through Lent, we are spurred on and encouraged by today's vision to see why the effort is worth it.



CENTENARY PILGRIMAGE OF PRAYER: This week our journey of prayer round the Diocese, takes us to Saint Mary, Bridgend with Our Lady star of the Sea, Porthcawl. The Parish Priest, Revd. Monsignor Robert Reardon V.F. is assisted by Revd. Deacons Robert Coyne, Philip Manghan, and Anthony Martin. They also cover HM Prison Parc, and Saint Clare's Convent, Porthcawl.

ARCHDIOCESE
of CARDIFF

1916-2016





MASS AND SERVICES DURING THE WEEK:

Sat 20 th February	6.30pm	2nd LENT SUNDAY Christine Gnani (GM)
Sun 21 st February	10.30am	2nd LENT SUNDAY For the People of the Parish
Mon 22 nd February	6.45pm 7.00pm	The Chair of Saint Peter the Apostle Evening Prayer of the Church Sheila Humphries (GJ)
Tues 23 rd February	9.45am 10.00am	Morning Prayer of the Church Maria Busuttil (Family)
Wed 24 th February	9.45am 10.00am	Morning Prayer of the Church Ted Cronin (TD)
	6.00 – 7.00pm	Adoration 2 to 4 pm & 6.00 to 8 pm. The Sacrament of Reconciliation
Thurs 25 th February	9.45am 10.00am	Morning Prayer of the Church Angela Taylor (GT)
Fri 26 th February	6.30am 7.00pm	For the Refugees (BT) Way of the Cross
Sat 27 th February	5.45 – 6.15pm	The Sacrament of Reconciliation
	6.30pm	3rd LENT SUNDAY For the People of the Parish
Sun 28 th February	10.30am	3rd LENT SUNDAY For the People of the Parish



THE SACRAMENT OF RECONCILIATION: Saturday 5.45pm to 6.15pm, or at any time by arrangement with the priest.

Once again this Lent **“THE LIGHT IS ON”** here, and in Saint Thomas , Abercynon, every Wednesday **6.00 – 7.00pm**

SHARING FAITH
CATECHESIS

A CHILD FOR BAPTISM? To have your child baptised, please use the green form ‘Your Child and Baptism’ from the porch to book into the Parish preparation.

PREPARING FOR COMMUNION: Parents who want to prepare their child for sacramental Communion are reminded that there will be a meeting **This Tuesday 23rd February**, at 6.30pm in the Hall.

PREPARING FOR CONFIRMATION continues on Thursday, 6.30pm in church.

READERS/MINISTERS OF THE WORD: If you are available to read for the Easter Triduum, please sign the list in the porch.

Bereaved? BEREAVEMENT SUPPORT provides a safe place to enable you to come to terms with your grief. One-to-one and group support available. For details contact 07895 092009.



PARISH PRAYER LIST:

In our prayers we are asked to pray for Grace Donovan and Gwladys Shaughnessey who are in hospital, and for all who are sick or housebound, including:

Pamela Griffiths
Sandra Bray
Pat Emanuelli
Valerie Donovan
Claris Howell
Ken Bevan

Teresa Meade
Jean Kerrigan
David Mabey
Paul Costigan
Theresa King
Helen Fletcher-Davies

Sheila Harris
Lloyd Jones
Isobel Cummins
Bridie Tolan
Maura Coll
Christine and Jimmy Parr

Gerry Phenis
John Maguire
Pauline Richards
Carol Morrissey
Anthony Champ

Jackie Lewis
Cecelia Mawby
David Warmesley
Graham Jenkins
Margaret Jones

LENT FAST DAY: Please add your Cafod envelopes, filled with the results of your Friday fast, to the collection as part of what we offer in thanksgiving this Sunday. Thank you.

Back to **SCHOOL** on Monday!

PARENTS PREPARING their children for Communion will meet this Tuesday at 6.30pm in the Hall, to look more closely at the Mass.

LENT STUDY: THE PSALMS, continues on Tuesday at 7.30pm in the Hall, or if you prefer to come out in daytime, on Wednesday at 10.30am, in the Church. This week Psalm 129 (130).

Preparing for **CONFIRMATION:** Thursday 6.30.

CATHOLICISM, A JOURNEY ROUND THE WORLD AND DEEP INTO FAITH this Thursday at 7.30pm in the small meeting room. All welcome.

Or **THE monthly QUIZ!** **Thursday** 7.30pm in the hall

THE LENT EARLY MORNING MASS every Friday, at 6.30 am. (Followed by breakfast at 7.00am)

Caerphilly Churches **LENT LUNCH** this Friday in Wesley Methodist Church (12 noon – 1 pm).

THE WAY OF THE CROSS every Friday at 7pm. On Friday just gone, we were joined by members of the Rectoral Benefice here in Saint Helen's: So this coming Friday we will go to join them for the devotion in **Saint Catherine's**, Mill Road.

Family Groups invite you to a **CURRY NIGHT** next Saturday 7pm after evening Mass. All welcome!

The CAFOD LENT LUNCH for all the Parish is next Sunday, 28th February, after the morning Mass. Tickets are on sale today, £ 3, for soup, cheese and a roll: All proceeds are for our partner parish in Biera, Ethiopia. We will also have cakes on sale: Should you like to bake a cake to sell, large or small, we would be delighted: Please bring your bake-off triumph along to the lunch for sale. Many thanks.

Turn away from sin + and be faithful to the Gospel

LENT to **PENTECOST**, The Pilgrim Journey: A Celebration and Preparation along the road, with Scripture readings, music, and song for us all to help us get in step along the way: 7pm on Thursday 3rd March, in the church.

THE LENT FILM on Friday 4th March will be 'The Way'.

So we will begin **24 HOURS FOR THE LORD**, Also Reconciliation 10.15 – 11.15 am on Saturday 5th March, closing with Saturday evening Mass. What will you do?

The Lent **STATION MASS** this year will take us as pilgrims to the Holy Door in Saint Mary, Merthyr, on 16th March.

In the 'YEAR of MERCY', we are all encouraged to renew our practice of the 'Works of Mercy': One opportunity to do so is:

40 Days for life, a prayerful picket in Saint Mary Street, Cardiff, on the pavement outside Elgin House, the abortion facility, from now until 20th March (Palm Sunday). Could you volunteer for AN HOUR (between 11.00 a.m. to 4.00p.m), just once, or regularly? Please contact Janet on jelthomas@btinternet.com or 07901713077.

And don't forget the **LENTEN DIET:** – A chapter of Saint Luke's GOSPEL and a chapter of the ACTS of the Apostles, each day.

So what is all this busy **LENT** activity for? **EASTER RISING!**

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 EASTER VIGIL AND MASS</i>	
	<i>OF OUR LORD'S RESURRECTION</i>	8.30 pm
Easter Sunday	<i>Easter Mass of Our Lord's RESURRECTION</i>	10.30 am

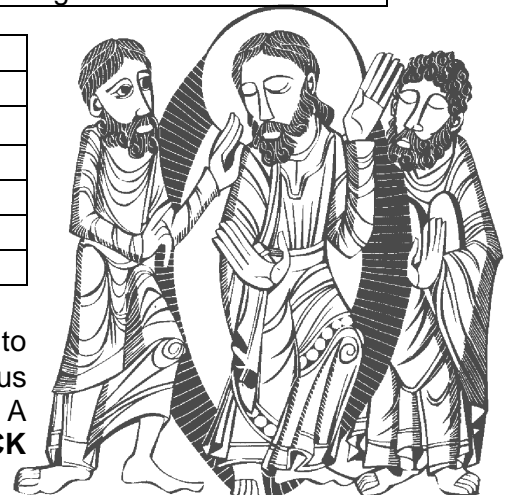


SAINT HELEN'S COMMUNITY CENTRE – THIS WEEK:



Date	Time	Event
Mon 22 nd February	9.30 – 11.30am 6.30 – 7.30pm	Toddlers Zumba
Tue 23 rd February	10am – 12 noon 2 – 4pm 6.30pm 7.30pm	Music Appreciation History Group Communion Parents The Psalms (s.m.r.)
Wed 24 th February	9.30 - 11.30am 10.30am 1 – 3pm 6.30pm	Toddlers The Psalms (s.m.r.) Toddlers W.I.
Thurs 25 th February	9.30 – 11.30am 2 – 4pm 6.30 – 7.15pm 7.30 – 8.30pm 7.30pm	Toddlers Sunshine Club Youth Club 'Catholicism' (s.m.r.) The (early) monthly Quiz
Fri 26 th February	7.00am 10 – 11am 1 – 3pm	Breakfast Little Fizz History Group
Sat 27 th February	9.30am – 12.30pm 7.30pm	Dance Family Groups' Curry Night
Sun 28 th February	11.30am – 2.30pm 2.30 – 5.00pm 7.00pm	Cafod bread and Soup Lunch Party Night Shelter

OFFERTORY COLLECTION	14 th February 2016
Gift Aid Weekly	£ 133.10
Non Gift Aid Weekly	£ 192.05
Gift Aid Standing Orders	£ 559.26
Non Gift Aid Standing Orders	£ 46.00
Loose	£ 299.54
TOTAL	£1229.95 <i>Many thanks</i>



LOTTERY BONUS BALL CONGRATULATIONS to Graham Taylor and Mary McLaren, the winners of the Bonus Ball no. 7. There was no winner on the third card this week. A total of £ 85.00 was made for parish funds. **TRY YOUR LUCK AGAIN THIS WEEK.**

CHRISTIAN PRAYER. Section One: Prayer in the Christian Life: Chapter Three: **The Life of Prayer:** Article 2. **The Battle of Prayer:** III. **Filial Trust: How is our prayer efficacious?**

(2740) The prayer of Jesus makes Christian prayer an efficacious petition. He is its model, he prays in us and with us. Since the heart of the Son seeks what pleases the Father, how could the prayer of the children of adoption be centred on the gifts rather than the Giver?

Catechism of the Catholic Church 1992

Parish Directory

Priest: Revd. John Kelly 20883192; **Chair of Parish Council:** Graham Taylor 20860919
Saint Helen's School: 20852532 **Cardinal Newman School:** 01443 494110 **SVP:** 20866838
Hall: 20883192 **Safeguarding Officer:** 20864112 **Cafod:** 20861930 **Music:** Brett Pugh 07971848734.
Newsletter items: 20883192 **Website Additions:** Website@sthelenscaerphilly.com

Parish@sthelenscaerphilly.com **www.sthelenscaerphilly.com**

NEWSLETTER: All items for inclusion no later than Wednesday evening please.



Saint Helen is a Parish of the Archdiocese of Cardiff, a Registered Charity.