

# SAINT HELEN'S PARISH 14<sup>th</sup> SUNDAY OF THE YEAR

'SEA SUNDAY'

9<sup>th</sup> July 2017



## I am Gentle and Humble of Heart

### THE WORD THIS WEEK

Today's Gospel is an answer to a very simple question: who is this Jesus we follow? What is he like? He tells us himself: he is gentle, and humble of heart. There is a simplicity about this Gospel which speaks very clearly to tired hearts. Indeed, it is often the case that we overlook the simplicity of the Gospel message - which is why it is valuable to be as children, constantly wondering and marvelling at the beauty and fascination of Jesus. How much God must love us: the message of salvation is so easy to receive, the promise is so welcome. This is a Sunday to wallow in the wonder of a God who is kind and full of compassion.

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

#### **Zechariah 9: 9 – 10.**

*See now, your king comes humbly to you.*

*Response: Psalm 144.*

I will give you glory, O God my King,  
I will bless your name for ever.  
I will bless you day after day  
and praise your name for ever.

The Lord is kind and full of compassion,  
slow to anger, abounding in love.  
How good is the Lord to all,  
compassionate to all his creatures.

All your creatures shall thank you, O Lord,  
and your friends shall repeat their blessing.  
They shall speak of the glory of your reign  
and declare your might, O God.

The Lord is faithful in all his words  
and loving in all his deeds.  
The Lord supports all who fall  
and raises all who are bowed down.

#### **Romans 8: 9, 11 – 13.**

*If by the Spirit you put an end to the misdeeds of the body, you will live.*

*Acclamation for the Gospel:*

Alleluia, Alleluia. Alleluia!

Blessed are you, Father, Lord of heaven and earth,  
for revealing the mysteries of the kingdom to mere children.

Alleluia, Alleluia. Alleluia!

#### **Matthew 11: 25 – 30.**

*I am gentle and humble of heart.*

**Prayer of the Faithful:** R/. Lord, raise up all who are bowed down.



**MASS AND SERVICES DURING THE WEEK:**

Sat 8 <sup>th</sup> July	<b>6.30pm</b>	<b>14<sup>th</sup> SUNDAY of the Year</b> For the People of the Parish	
Sun 9 <sup>th</sup> July	<b>10.30am</b>	<b>14<sup>th</sup> SUNDAY of the Year</b> Joanna + Jakub Kolasa Intention	
Mon 10 <sup>th</sup> July	6.45pm 7.00pm	Evening Prayer of the Church Martin Phelan (BJ)	
Tues 11 <sup>th</sup> July	9.45am 10.00am	<b>SAINT BENEDICT</b> , Abbot, Patron of Europe Morning Prayer of the Church Peter McInerney (MJ)	
Wed 12 <sup>th</sup> July	9.45am 10.00am	<b>Saint John Jones</b> , priest + Martyr Morning Prayer of the Church Canon John Maguire 50 <sup>th</sup> Anniversary (GJ) Adoration 2 to 4 pm & 6 to 8 pm	
Thurs 13 <sup>th</sup> July	9.45am	Morning Prayer with Word and Communion	
Fri 14 <sup>th</sup> July	9.45am	Morning Prayer with Word and Communion	
Sat 15 <sup>th</sup> July	am 5.45 – 6.15pm	<b>Saint Bonaventure</b> , Bishop + Doctor of the Church The Sacrament of Reconciliation <b>15<sup>th</sup> SUNDAY of the Year</b> Michael Molloy (AH)	
Sun 16 <sup>th</sup> July	<b>10.30am</b>	<b>15<sup>th</sup> SUNDAY of the Year</b> For the People of the Parish	



**THE SACRAMENT OF RECONCILIATION:**

Saturday 5.45pm to 6.15pm, with a visiting Confessor.

**CELEBRATING STEPS ALONG THE JOURNEY OF FAITH**

SHARING FAITH

CATECHESIS

**A CHILD FOR BAPTISM?** To have your child baptised, make sure you book into the Parish **PREPARATION for BAPTISM:** Please take the form 'Your Child and Baptism' available in the porch, fill it in and return it to book in to the next Preparation.

**JOINING THE CHURCH AS AN ADULT:** To know more about the Catholic Faith, please contact the parish priest, or ask someone in church and ask them to help you come and see.

**MARRIAGE** At least **6 months notice (preferably 12 months)** must be given, by Church law. *Before making any arrangements please see the priest to avoid any disappointments.*

**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.

***MARRIAGE MATTERS!***

*'Yoked' to Him we are not overburdened.*

A 'yoke' keeps oxen together when carrying a heavy load or ploughing a field. On the day you married you chose to be 'yoked' together 'till death us do part'. The burdens of life can lower your spirits and create a barrier to intimacy in your relationship.

Jesus says: "Stay 'yoked' to me and I will help you, however heavy the load."

**PARISH PRAYER LIST:** In our prayers we are asked to pray for all who are sick or housebound, and those who care for them, including:

- |                  |                  |                       |                  |                |
|------------------|------------------|-----------------------|------------------|----------------|
| Pamela Griffiths | Teresa Meade     | Sheila Harris         | Gerry Phenis     | Graham Jenkins |
| Sandra Bray      | Jean Kerrigan    | Lloyd Jones           | John Maguire     | Cecelia Mawby  |
| Pat Emanuelli    | Dorothy Warmsley | Isobel Cummins        | Pauline Richards | David Mabey    |
| Valerie Donovan  | Paul Costigan    | Margaret Jones        | Carol Morrissey  | Claris Howell  |
| Tess Thomas      | Grace Donovan    | Mary Camwell          | Wilson Brown     | Nick Davies    |
| Alice Jones      | Evie Fisher      | Mary + Bill Morrissey |                  |                |



This weekend we celebrate '**SEA SUNDAY**': before we go off to the sea-side, we remember all who live and work by or on the sea, and the '**Apostleship of the Sea**' which looks after them. There will be a plate at the back of church for a voluntary collection as we leave Mass.



**The YEAR SIX SCHOOL LEAVERS** from Saint Helen's School will lead school and parish in the celebration of Mass next Saturday evening (Tea and coffee in the hall after.)

**THANKSGIVING:** On Sunday morning the Mass is offered by Joanna and Jakub Kolosa in thanksgiving for 15 years of Marriage, There will also be gifts brought in the offertory procession by the Anno Family in thanksgiving for the graduation of Suzanne (architecture) and Domini (Psychology). Congratulations all round!

**THE P.A.C. (Parish Advisory Council)** meets on Monday, 7.30pm.

**The Parish FINANCE COMMITTEE** meets on Tuesday, 7.30pm.

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**TRIVIA NIGHT:** To all the Trivia enthusiasts: – Test your metal this Friday evening. 14<sup>th</sup> July! Get a team together and come along: Doors open at 7 pm, Eyes down at 7.30. Open to all ages and stages - young, old, youth and middle aged, the more mixed the team, the better your chance of winning. On each table there will be snacks provided, but bring your own refreshments.

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This year's **CAERPHELLY FLOWER FESTIVAL** is on 14th, 15th and 16th July. Once again our Parish will be participating in this event, together with most churches in the Caerphilly area. Our flower arrangers are busy planning their exhibits. Our church will be open from 10:30am - 4:00pm Friday and Saturday and 12:00 noon - 4:00pm Sunday. Help would be much appreciated to welcome visitors to our church. If you could spare an hour or two of your time, please sign up on the board in the porch, or talk to Josephine Caruana (Tel: 029 20863839). Many thanks.



**PILGRIMAGE TO POLAND,** September: Please pay the balance of the dues by next Sunday. Thank you!

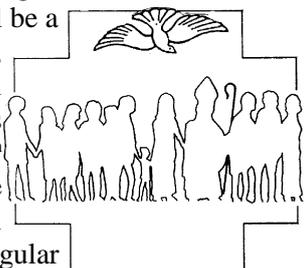
**HALL COMMITTEE** meeting Monday 24th July at 7.45p.m.

**CONNECT 2 :ETHIOPIA:** This is the country our parish supports. The area we focus on is Sebeya. Take the time to have a look at the latest update posters in porch: You can see how your donations help. After the summer holidays we will empty the Cafod boxes again, for Sebeya. Many thanks, the Cafod group.

The next 'Outdoor Mass' will be a Deanery celebration on the Feast of **The ASSUMPTION of OUR LADY,** 15<sup>th</sup> August, at the Statue of Our Lady on Penrhys Top. As this is a holyday of obligation, there will be a bus from the Parish: Details next week.

**CAFOD**  
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**EUCHARISTIC CONGRESS LIVERPOOL, 2018:** The Bishops of England and Wales are planning a Eucharistic Congress in Liverpool at the end of September 2018. A Eucharistic congress is an opportunity to celebrate our faith in the presence of Jesus in the Blessed Sacrament, to explore the significance of our Holy Communion with Him at Mass and the ways in which this fellowship of the members of the Church challenges us to "change the face of the earth" through the power of God's Holy Spirit dwelling within us. The Congress will be held over the weekend of 7-9 September 2018. On Friday 7<sup>th</sup> there will be a Theological Symposium on the Eucharist. This will be followed by workshops for Catechists, RE teachers, Hospital chaplains, Prison chaplains, Eucharistic Minsters and others. There will be a six hour stage program on Saturday 8<sup>th</sup> for the 10,000 participants who are expected. This will conclude with the Congress Mass and Adoration of the Blessed Sacrament. Sunday 9<sup>th</sup> will see processions to Liverpool Cathedral, pilgrim Masses and a street procession. The expectation is that our Archdiocese will be allocated 250 places and an invitation will be given to representatives to participate in this historic event in the life of the Church. There will be regular updates over the coming months.



## SAINT HELEN'S COMMUNITY CENTRE – THIS WEEK:

Date	Time	Event
Mon 10 <sup>th</sup> July	9.30am 7.30pm	Parents & Toddlers P.A.C.
Tues 11 <sup>th</sup> July	7.30pm	Finance Committee
Wed 12 <sup>th</sup> July	9.30am 7.00pm	Parents & Toddlers W.I.
Thurs 13 <sup>th</sup> July	9.30am 2.00pm – 4.00pm	Parents & Toddlers Sunshine Club
Friday 14 <sup>th</sup> July	7.00pm	Family Trivia Evening
Sat 15 <sup>th</sup> July	9.30am – 12.30pm	Dance
Sun 16 <sup>th</sup> July	11.30am	Tea, Coffee, & Biscuits

OFFERTORY COLLECTION	2 <sup>nd</sup> July 2017
Gift Aid Weekly	£ 134.60
Non Gift Aid Weekly	£ 93.00
Gift Aid Standing Orders	£ 502.04
Non Gift Aid Standing Orders	£ 65.00
Loose	£ 305.35
<b>TOTAL</b>	<b>£1099.99</b> <i>Many thanks</i>
'Peter's Pence' (29 <sup>th</sup> June)	£ 82.45



**LOTTERY BONUS BALL CONGRATULATIONS** to Clare Foster and Keith Griffiths, the winners of the Bonus Ball no.4. A total of £80.00 was made for parish funds. **TRY YOUR LUCK AGAIN THIS WEEK.**

“Come to me, all you who labour and overburdened, and I will give you rest.”

### CHRISTIAN PRAYER. Section Two: The Lord's Prayer: 'Our Father'

Article 3: **The Seven Petitions.** III. 'Thy Will Be Done On Earth, As It Is In Heaven' (2823) 'He has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ...to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will (*Ephesians 1: 9-11*). We ask insistently for this loving plan to be fully realized on earth as it is already in heaven.

*Catechism of the Catholic Church 1992*

### Parish Directory

**Priest:** Revd. John Kelly 20883192; **Chair of Parish Council:** Graham Taylor 20860919

**Hall:** 20883192 **Saint Helen's School:** 20852532 **Cardinal Newman School:** 01443 494110

**SVP:** 20866838 **Safeguarding Officer:** 20864112 **Bereavement support:** 07895092009

**Music:** Brett Pugh 07971848734. **Cafod:** 20861930 **Marriage Care:** appointments@marriagecare.co.uk

**Piety shop:** Norma Bromily 20862998 **Website Additions:** Website@sthelenscaerphilly.com

**Newsletter items:** 20883192 **Calendar Additions:** calendar@sthelenscaerphilly.com

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



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