

SAINT HELEN'S PARISH
**PALM SUNDAY OF
 THE PASSION OF OUR LORD**
 The Season of LENT+*EASTER*

8th/9th April 2017

*He was humbler yet, even to accepting death,
 death on a cross.*

What is happening, this 'Holy Week'?



Palm Sunday

Today we bless palm branches and process into church together: So we begin the week-long procession following the way of Jesus. This **Holy week** is the high point of our year, the completion and the new beginning of our celebration and living in Christ. It is a week in two halves: In the first half, starting today, we complete our Lenten preparation, of 'dying to sin', so that in the second half, the 'great Three-Days' we can rise to new life with Christ and in him.
 So



MUSIC and SINGING PRACTICE Monday 7.00pm in Church: All are Welcome and invited to prepare our victory songs.

ALTAR SERVERS PRACTICE Tuesday 6.00pm in Church.

A SPRING CLEAN FOR THE CHURCH on Wednesday morning, 10.45: all regular cleaners, and all who want the church building to be as ready and cleansed as our Lenten hearts, are asked to come to clean through in preparation for Easter.



THE MASS OF THE CHRISM Wednesday 11.30am, in Saint David's Cathedral, Charles Street, Cardiff.



LENT: Season of FORGIVENESS and RECONCILIATION.
 To complete and seal our Lenten Observance, we will celebrate the **SACRAMENT of RECONCILIATION**, on **Wednesday 6 – 8pm.** **Last chance for Confession!**

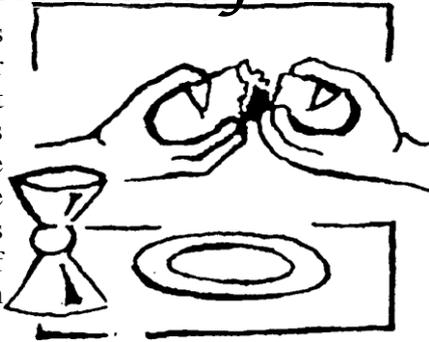
~ In the **second half** of the week we move into

The Great Three-Days of Easter

(Triduum)

Maundy Thursday

The word "Maundy" is from the Latin word for "command": This night we recall Christ's command to do what he did at the last supper: He washed the feet of his disciples, as a sign of service. If we wash feet in our liturgy it is not as



play-acting or as a welcome diversion from the praying: It is a sign that we want, and are beginning, to serve all our brothers and sisters just as Christ himself did.

The second part of our celebration this night is "Eucharist", thanksgiving. We remember that Jesus gave us bread and wine to be his Body and Blood this day. Strangely enough, the washing of the feet and the breaking of bread are inseparably linked. Only if we agree to serve each other can we share communion. Attending the Mass of the Lord's Supper is an invitation to be nourished by the food of life. But it also involves a commitment to become part of a community that grows by loving.

**THE MASS OF
OUR LORD'S SUPPER** **7.30pm**

Followed by: Watching with Our Lord
ending with: Compline **11.45pm**

Good Friday

On Good Friday Jesus Christ gave his life for us. Though innocent, by allowing himself to be a scapegoat he showed the depth of his love. His example of love unto death service shows us how we are to live too.

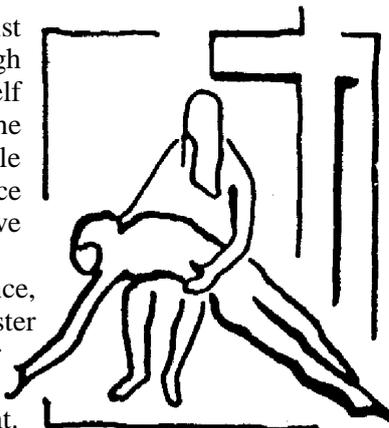
A day of fasting and abstinence, in eager anticipation of Easter. But if we just felt sad that our sin put him on the cross, then we would be missing the point.

Good Friday is not meant to make us feel bad. On 'Good' Friday we remember that we are sinners, but we also glory in the victory that Christ won over sin and death, to set us free. This is not a passion play, and we gather knowing that Christ rose from the dead. So even on Good Friday we rejoice in the triumph of good over evil.

Morning Prayer of the Church & Readings **10.00am**
"Pop-up" Way of the Cross **12 noon**

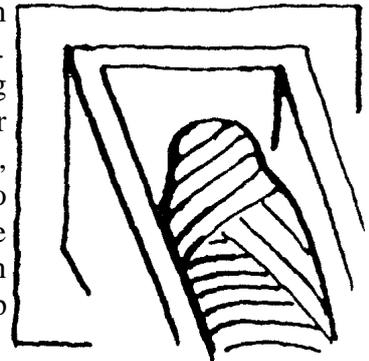
**THE CELEBRATION OF
OUR LORD'S PASSION** **3.00pm**

Evening Way of the Cross **7.00pm**



Holy Saturday

We continue our fasting in excited anticipation until ... The Easter Vigil, waiting and watching, starts after nightfall. This is the time, above all others, for us to recommit and dedicate ourselves again in faith. An Easter fire is lit, and lights up every thing around.



From it, we light the Easter Candle. The Candle is solemnly carried into church as the sign of the Light of Christ which overcomes the darkness of sin and death. In that light we read the story of what God has done for us from the dawn of creation until today, in the scriptures. We all renew our faith, and our Baptism into the Risen Christ. And so we go forward together to share in the food and drink of Life.

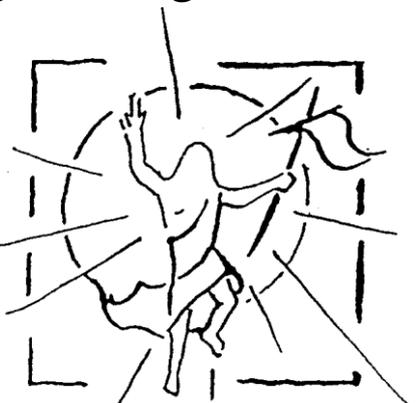
As we make our prayers and sing our praises, our hope is that the Holy Spirit will free in our lives the full power of Christ's Rising from the Dead.

Morning Prayer of the Church & Readings **10.00am**

**THE EASTER VIGIL + MASS OF
OUR LORD'S RESURRECTION** **8.30pm**

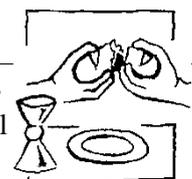
EASTER MORNING MASS **10.30am**
Just the beginning

For those who can't join in the great Vigil and First Mass of Easter, the Sunday Mass in the morning ends our three-day feast, closing what is the "Great Week", and we begin the fifty days of Easter leading us to PENTECOST. So much happens in this week that it will take us

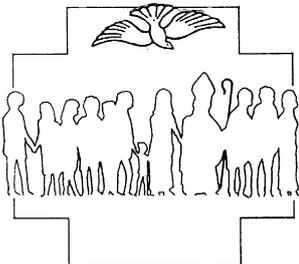


another 51 weeks to even scratch the surface of what it all means. We will see the symbols of water, oil, light, bread, wine, love and life again and again at different times throughout the year, and the mystery of Christ's dying and rising will become that pattern in our lives that will keep coming back to amaze us as the weeks go by. God always promises and gives us more than we expect, so we try to put no limits on our worship and our joy.

MASS AND SERVICES DURING THE WEEK:

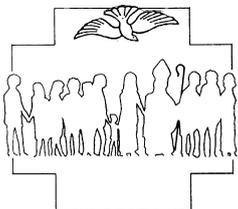
Sat 8 th April	6.30pm	PALM SUNDAY OF OUR LORD'S PASSION For the People of the Parish	
Sun 9 th April	10.30am	PALM SUNDAY OF OUR LORD'S PASSION Joan Arthur (S.V.P.)	
Mon 10 th April	6.45pm 7.00pm	Evening Prayer of the Church Philip Walsh (GD)	
Tues 11 th April	9.45am 10.00am	Morning Prayer of the Church Oajin Varghese (SV)	
Wed 12 th April	9.15am 9.30am 11.30am	Morning Prayer of the Church Peter Evans (GJ) The Mass of the Chrism, Saint David's Cathedral ADORATION 6 to 8 pm only, with Confessions	
Thurs 13 th April <i>Maundy Thursday</i>	7.30pm 8.30pm – 11.45pm 11.45pm	THE MASS OF THE LORD'S SUPPER Watching with Christ in the Place of Repose, in the Hall Compline (night Prayer of the Church)	
Fri 14 th April <i>Good Friday</i>	10.00am 12.00 noon 3.00pm 7.00pm	The Office of Readings and Morning Prayer of the Church 'Pop-up' Stations, starting outside Morisons THE CELEBRATION OF OUR LORD'S PASSION The Way of the Cross	
Sat 15 th April <i>Holy Saturday</i>	10.00am 11.00am 8.30pm	The Office of Readings and Morning Prayer of the Church Blessing of Easter Baskets THE SOLEMN VIGIL AND MASS OF THE RESURRECTION OF OUR LORD	
Sun 16 th April <i>Easter Sunday</i>	10.30am	<i>Easter Morning Mass</i> For the People of the Parish	

THE SACRAMENT OF RECONCILIATION: Wednesday 6.00 – 8.00pm.



THE MASS OF THE CHRISM will be celebrated in the Cathedral on **Wednesday 12th April**, 'Spy Wednesday' at 11.30am. At the Chrism Mass the Bishop, Priests, and People of the Diocese gather as the Local Church about to be re-formed in the Easter mysteries, and bless the Holy Oils for the celebration of the Sacraments and the sustaining of the Church's life through the coming year.

At the **Mass of the Lord's Supper** on **Maundy Thursday** we traditionally we have an extended Offertory Procession with everyone bringing '**Gifts for the Poor**'. We are all invited to bring foodstuffs (dry or non-perishable) for the Food Bank and for the S.V.P. to distribute to others in need, as well the collection, which will be for Sister Ruth's work with the Syrian Refugee families being housed in our Diocese, and the SVP.



And on Good Friday morning '**POP-UP**' STATIONS OF THE CROSS: Weather permitting, we are invited to turn up outside Morisons at 12 noon: An image of the first 'station' will be held up, someone will read an explanation from the Gospel and a prayer, and we will set off on a Way of the Cross through the shopping centre, stopping briefly at 'stations' where they 'pop-up'.

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
Mary + Bill Morrissey	Jimmy Parr	Tim Crosse		

SAINT HELEN'S COMMUNITY CENTRE – THIS WEEK:

Date	Time	Event
Wed 12 th April	7.00pm	W.I.
Thurs 13 th April	8.30pm - midnight	Watching
Sat 15 th April	10.00pm	Reception Reception
Sun 16 th April	11.30am	Tea, Coffee, & Biscuits

OFFERTORY COLLECTION	2 nd April 2017
Gift Aid Weekly	£ 140.00
Non Gift Aid Weekly	£ 108.61
Gift Aid Standing Orders	£ 502.04
Non Gift Aid Standing Orders	£ 65.00
Loose	£ 303.60
TOTAL	£1119.25 Many thanks



OFFERTORY ENVELOPES for the new financial year starting **this weekend** are now available at the back of the church. If you have not used envelopes for your collection in the past, but would like a box now, please put your name on the sheet provided, and one will be provided next weekend. Thank you.

LOTTERY BONUS BALL CONGRATULATIONS to Hilary Newton and Paul Harrington, the winners of the Bonus Ball no. 30. A total of £85.00 was made for parish funds. **TRY YOUR LUCK AGAIN THIS WEEK.**

The first National Mass for Family Groups in England & Wales is being celebrated at the **Cathedral Church of Saint Mary and Saint Thomas, Northampton** on Saturday, **May 6th** at 12.30 by Rt Rev Peter Doyle, Bishop of Northampton and Patron of Family Groups in England and Wales and is open to all members of the parish. Mass will be followed by a shared lunch. St. Helen's is sharing a free coach with a parish in Cardiff - it will be a great day out. Families, singles, children - All Very Welcome! Please contact Steve or Tracey 07969017214 to book your place.

THE MARCH FOR LIFE

takes place in Birmingham on Saturday 20th May. There will be Mass and several guest speakers. All are welcome. To reserve a place on the coach from Cardiff, please email mcwalsh2@googlemail.com or contact 07893522851.

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

Article 3: **The Seven Petitions.** I. 'Hallowed Be Thy Name'

(2810) In the promise to Abraham and the oath that accompanied it (Cf. *Hebrews 6:13*), God commits himself but without disclosing his name. He begins to reveal it to Moses and makes it known clearly before the eyes of the whole people when he saves them from the Egyptians: 'he has triumphed gloriously.' (Cf. *Exodus 15:1; cf. 3:14*) From the covenant of Sinai onwards, this people is 'his own' and it is to be a 'holy' [or 'consecrated': the same word is used for both in Hebrew] nation' (Cf. *Exodus 19:5-5*), because the name of God dwells in it.

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.