

SAINT HELEN'S PARISH
4th SUNDAY of LENT
 'Laetare Sunday' – Mothering Sunday

THE YEAR OF THE WORD – THE GOD WHO SPEAKS

22nd March 2020



"I am the Light of the World"

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

1 Samuel 16: 1. 6 – 7. 10 – 13.

David is anointed king of Israel.

Response: Psalm 22.

The Lord is my shepherd;
 there is nothing I shall want.
 Fresh and green are the pastures
 where he gives me repose.
 Near restful waters he leads me,
 to revive my drooping spirit. R̄

He guides me along the right path;
 he is true to his name.
 If I should walk in the valley of darkness
 no evil would I fear.
 You are there with your crook and your staff;
 with these you give me comfort. R̄

You have prepared a banquet for me
 in the sight of my foes.
 My head you have anointed with oil;
 my cup is overflowing. R̄

Surely goodness and kindness shall follow me
 all the days of my life.
 In the Lord's own house shall I dwell
 for ever and ever. R̄

Ephesians 5: 8 – 14.

Rise from the dead and Christ will shine on you.

Acclamation for the Gospel:

Praise to you, Oh Christ, King of eternal Glory!
 I am the light of the world, says the Lord;
 anyone who follows me will have the light of life.
 Praise to you, Oh Christ, King of eternal Glory!

John 9: 1 – 41.

He went off and washed himself, and came away with his sight restored.

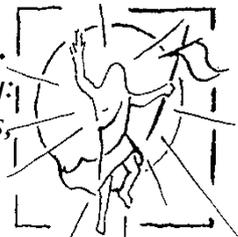
THE WORD THIS WEEK

The second of the great Gospels of Scrutiny challenges how (well) we see: 'Man looks at appearances, but the Lord looks at the heart' God tells Samuel. The Disciple, the neighbours, the pharisees, the jewish authorities all fail to see the man born blind – it's the classic 'does he take sugar' scenario. The only one who sees clearly is the blind man! As we prepare for Easter and hope for light out of darkness, we pray that we may wake from our sleep and our eyes also may be opened by the spittle and touch of Jesus, the Light of the world.



Lent What is the point of Lent? – *the Great Three-Days of* **EASTER**
entry into Christ's saving death-and-Resurrection.

*Easter will come, not even the coronavirus can stop the Resurrection.
 But looks like this year we will be having to mark and celebrate it differently;
 Now is the time to start preparing and thinking: Displays in our windows,
 special (easter) candles, reading the Passion in parts in the family ...*



MASS will continue to be said, privately, each day

If you wish to join in prayer at home, these will be the times.
 Sunday morning Mass will be live streamed on the utube (we hope!)
 To tune in, please go to 'mktom.com/StHelen' (if an error warning comes up, try simply refreshing the page) and please let us know how it works, and feels.



Sat 21 st March	10.00am	Cecelia + Kyrle James (SW)
Sun 22 nd March	10.30am	4th SUNDAY of LENT for our mothers
Mon 23 rd March	10.00 <u>am</u>	for the People of the Parish
Tues 24 th March	10. 00am	for all who are sick
Wed 25 th March	10.00am	THE ANNUNCIATION of OUR LORD for the People of the Parish Adoration 2 to 4 pm & 6 to 8 pm
Thurs 26 th March	10.00am	Harold + Johanna Jones (P + PJ)
Fri 27 th March	10.00am	Giulia Cavaciutti + Family Intention (LA)
Sat 28 th March	10.00am	David Emery (HE)
Sun 29 th March	10.30am	5th SUNDAY of LENT for the People of the Parish



THE SACRAMENT OF RECONCILIATION + THE SACRAMENT OF THE SICK

are available in need by arrangement with the priest. Please ring to make an appointment.
 (A priest in Ireland has set up a 'drive-through' confessional in his car park: Any takers?)

CELEBRATING STEPS ALONG THE JOURNEY OF FAITH

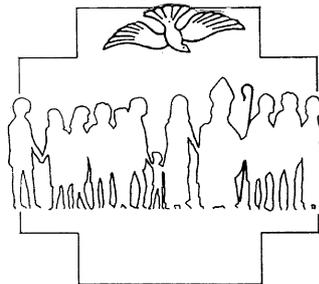
CATECHESIS



ALL PREPARATION FOR THE SACRAMENTS is on hold until the emergency is over. Please continue to talk, work, and pray with your children, and with one another, and develop and grow new ways of expressing our love and worship, while we wait for the end of this sacramental fast: Fasting can increase our hunger, and love.



SHARING FAITH



THE YEAR OF THE WORD – THE GOD WHO SPEAKS

'O God, who through your Word reconcile the human race to yourself in a wonderful way, grant, we pray, that with prompt devotion and eager faith the Christian people may hasten toward the solemn celebrations to come.'

Collect for the 4th Sunday of Lent



The rest of the **SCRIPTURE STUDY DAYS** have been cancelled.

But now we can make every day a scripture study day, at home. Each day we will post the Readings for that day on the facebook page, which you can see on the Parish website. Read them on your own, read them as a family, use them as the focus of your family prayer, and talk together about what they mean to you, and how they may help or illuminate or challenge or offer hope and illumination through the present situation.

The PARISH PRAYER LIST now clearly expands to include us all: Please pray for your family, your friends, your neighbours; for the children missing school, and sport, space and contacts; pray for teachers and catechists trying to keep up the momentum of our children’s education, and the parents taking on new roles at home; pray for the medical staff in hospitals and in the community, for all who work in social services and for nursing homes, and those who keep the amenities running for us. And please remember the older members of our parish family, and all those who are ill, and those who care for them. We keep in our prayers:

Teresa Meade	Sheila Harris	Graham Jenkins	Sandra Bray	Lloyd Jones
John Maguire	Cecelia Mawby	Pat + Pino Emanuelli	David Mabey	Isobel Cummins
Pauline Richards	Margaret Jones	Carol Morrissey	Bill Morrissey	Claris Howell
Pat Starynski	Yvonne Grandon	Martyn Western	Barbara Jones	Remo Fecci
Anne Morgan	Louisa Antoniazzi	Catherine Carpentier	Rosa Channon	Carmen Agius
Mary & Wilson Brown	Pamela and Keith Griffiths		Mary and Colin Everson	

PRAYER CYCLE FOR OUR DIOCESE: This week we pray for the parish and people of Saint John Lloyd, Trowbridge, with their Priest, Revd. Brian Grey, and their Schools, Saint John Lloyd Primary School and Saint Illtyd’s High School.

SAINT HELEN’S COMMUNITY CENTRE is closed until further notice.

OFFERTORY COLLECTION	14 th March 2020	
Gift Aid Weekly	£	35.00
Non Gift Aid Weekly	£	31.00
Gift Aid Standing Orders (69)	£	502.04
Non Gift Aid Standing Orders (10)	£	65.00
Loose	£	331.50
TOTAL	£	964.54
		<i>Many thanks</i>



OFFERTORY ENVELOPES - envelopes for the coming financial year are now available from the back of the church. If you would like a box of envelopes, or to set up a standing order, please let Canon John know.

MAKING YOUR OFFERTORY BY STANDING ORDER?

Thank you to all who continue to cover church costs through the lock-down in this way. But if you are self employed, or worried for your job, please cancel the standing order for now. Please note that Eighteen months ago, the SORT CODE for our bank account was changed, and we were asked to amend our standing orders. If you didn't make the change, your donation will now no longer be automatically transferred to our account and may be rejected. Please could you check that your standing order is going to sort code 20-18-23 and amend it if necessary.

THE CATECHISM OF THE CATHOLIC FAITH

Part One: **THE PROFESSION OF FAITH.** Section One: **‘I Believe’ – ‘We Believe’**

Article 3: **SACRED SCRIPTURE** III. **The Holy Spirit, Interpreter of Scripture**

(112) *Be especially attentive ‘to the content and unity of the whole Scripture’.* Different as the books which compose it may be, Scripture is a unity by reason of the unity of God's plan, of which Christ Jesus is the centre and heart, open since his Passover. (Cf. *Luke 24:25-27, 44-46.*)

“The phrase ‘heart of Christ’ can refer to Sacred Scripture, which makes known his heart, closed before the Passion, as the Scripture was obscure. But the Scripture has been opened since the Passion; since those who from then on have understood it, consider and discern in what way the prophecies must be interpreted.” (Saint Thomas Aquinas, *Expos. In Psalm 21, 11; cf. Psalm 22:14.*)

THE BISHOPS OF ENGLAND AND WALES have issued the following advice for the Church in the face of the coronavirus pandemic we are currently enduring:

The public celebration of Mass should cease from the evening of Friday 20th March. This includes Mass on Sundays and Holy Days of Obligation: The obligation for the Faithful to attend Mass on these days is removed until further notice owing to the extraordinary circumstances.

A notice should be put on the church door to explain that the church is open for private prayer, but there are no public services, in accordance with coronavirus guidelines against large groups of people gathering.

To see more, please go to www.cbcew.org.uk

POPE FRANCIS' PRAYER TO MARY DURING THE CORONAVIRUS PANDEMIC

‘O Mary

“You shine continuously along our journey
as a sign of salvation and hope
We entrust ourselves to you.

Health of the Sick,
who at the Cross were near to the pain of Jesus
keeping your faith firm.

“You, Salvation of the Roman people,
know what we need, and we trust that
you will provide for those needs so that,
as at Cana of Galilee
joy and celebration may return after this moment of trial

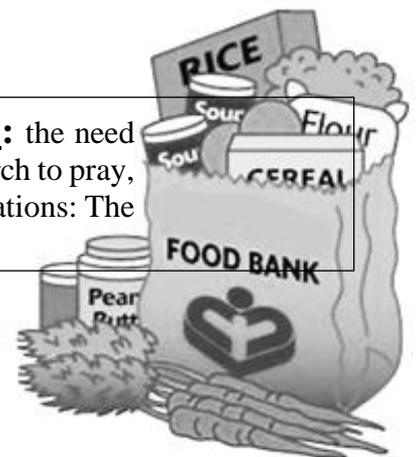
“Help us.

Mother of Divine Love,
to conform ourselves to the will of the father
and to do what Jesus tells us,
He who took our sufferings upon Himself,
and took up our sorrows to bring us,
through the Cross, to the joy of the resurrection.
Amen.

We seek refuge under your protection,
O Holy Mother of God.
Do not despise our pleas,
we who are put to the test,
and deliver us from every danger,
O glorious and blessed Virgin.

Pope Francis

Please don't forget THE FOOD BANK DONATIONS: the need is now much greater, but the supplies less, so when you come to church to pray, please bring a tin, some pasta(!) or rice, or other non-perishable donations: The church is open, and the donations box will be regularly emptied.



Parish Directory

Priest: Revd. John Kelly 20883192

Safeguarding Officer: 20864112

Music: 07971848734.

Cafod: 20861930

Saint Helen's School: 20852532

Newsletter items: 20883192

caerphilly@rcadc.org

Website Additions: Website@sthelenscaerphilly.com

SVP: 20883462

Hall Bookings: 20883192

Marriage Care: appointments@marriagecare.co.uk

Cardinal Newman School: 01443 494110

Calendar Additions: calendar@sthelenscaerphilly.com

www.sthelenscaerphilly.com

Chair of Parish Council:

Bereavement support: 20863450

Piety shop: 20862998



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

A CORONAVIRUS PRAYER

Jesus Christ, you travelled through towns and villages “curing every disease and illness.” At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love.

Heal those who are sick with the virus. May they regain their strength and health through quality medical care.

Heal us from our fear, which prevents nations from working together and neighbours from helping one another.

Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders. Jesus Christ, you travelled through towns and villages “curing every disease and illness.” Come to our aid now, that we may experience your healing love.

Jesus Christ, healer of all, stay by our side in this time of uncertainty and sorrow.

Be with those who have died from the virus. May they be at rest with you in your eternal peace.

Be with families of those who are sick or have died. As they worry and grieve, defend them from illness and despair. May they know your peace.

Be with the doctors, nurses, researchers and all medical professionals who seek to heal and help those affected and who put themselves at risk in the process. May they know your protection and peace.

Be with the leaders of all nations. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks. May they know your peace, as they work together to achieve it on earth.

Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, Jesus Christ, stay with us as we endure and mourn, persist and prepare. In place of our anxiety, give us your peace.

Jesus Christ, heal us.

(Archbishop George Stack)

Prayer for our Community in this time of great fear:

O Great Love, thank you for living and loving in us and through us. May all that we do flow from our deep connection with you and all beings. Help us become a community that vulnerably shares other`s burdens and the weight of glory. Listen to our heart`s longings for the healing of our world. [Please add your own intentions] ...Knowing you are hearing us better than we are speaking, we offer these prayers in all the holy names of God,

Amen.

(Richard Rohr)

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