

**CATHEDRAL OF ST MARY & ST HELEN
HOLY CROSS AND ALL SAINTS**

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**FOURTH SUNDAY IN ORDINARY TIME (B)
Sunday 28th January 2024**

Spiritual Reflection:

Jesus' healing ministry included delivering people from oppression and possession of evil spirits. In other words, Jesus bore witness both to the reality and personification of evil. He affirmed the reality of demons, demon possession and the devil. The devil has various names: the Evil One, Satan, Beelzebub, and the father of lies. It is impossible to read the New Testament without encountering this reality.



There is certainly at work and at play nowadays a tendency to pooh-pooh evil and certainly the idea of personified evil in the form of the devil - we like to feel we have grown out of this, deliverance from evil and the demonic realm is considered extreme or unscientific, and those suffering from such torment are directed towards medical intervention or psychiatry. The idea of being prayed over to be liberated from the clutches of demons or evil isn't embraced or accepted today. This is despite the Scriptures bearing eloquent witness to the reality and power of evil over us, despite the testimony of the saints. St. John Vianney wrestled with 'the Grappin' (as he called the devil) so violently that his bed would shake. St Ignatius of Loyola taught that the gift of discernment within the

movement of God's Spirit and without the influence upon us of evil spirits.

Pope Francis himself has invited fierce criticism for his bold and unambiguous teaching about the reality of the devil and demons. In so doing, he is following in the footsteps of Pope Paul VI, who famously said that 'the smoke of Satan' had entered the temple of God and that one of the major needs of the Church was to 'defend ourselves from that evil that we call the devil.'



Every time we pray the 'Our Father' we humbly ask that we be delivered from evil. The Catechism of the Catholic Church reinforces this teaching: 'In this petition, evil is not an abstraction, but refers to a person, Satan, the Evil One, the angel who opposed God. The devil (dia-bolis) is the one who "' throws himself across" God's plan and his work of salvation accomplished in Christ'. (para 2851).

Dear Friends in Christ,

Last weekend we began our First Holy Communion Programme with sixty-six children from our parish community. It was wonderful to have been able to celebrate Holy Mass with the children and their families in advance of their first class with their Catechists. I would like to thank all our parents for your support for your children at this next stage of their faith journey, and to our Catechists who will assist in helping the children prepare for the Sacraments of Reconciliation & the Holy Eucharist. This is always a special time in children's lives and is a time to be savoured and celebrated. I was able to go around to all three groups and witness the enthusiasm and interest that the children showed in being prepared for the Sacraments.



Once again could I convey to the parents the importance of being present each week with your child at Holy Mass. This is the one obligation the church asks of all of us Catholics. It truly is not a lot to ask to spend one hour a week with God in thanksgiving for the many gifts that he bestows on us in our lives. The Eucharist is the great act of 'Thanksgiving' that Jesus Christ left the Church after his passion, death, and resurrection.

I commend to the whole parish community in your prayers to remember these children and their families over these next months as they prepare for the reception of the Sacraments.

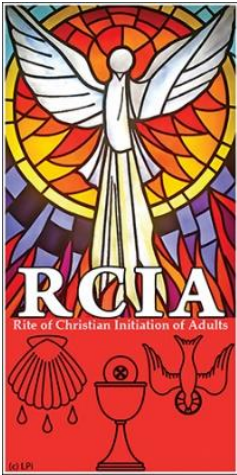
May God Bless You All,



FORWARD PLANNING Just to inform you that I've organised a series of Lenten talks on the Synod that took place in Rome in October and secured 4 of the participants who were present. Fr Timothy Radcliffe OP, Wednesday 21st February 2024) who was the Guest Preacher and Spiritual Director for the whole Synod; The Revd Dr Jan Nowotnik (Wednesday 28th February 2024) Director of Mission for the Bishops' Conference, and its National Ecumenical Officer; Mr Austen Ivereigh (Wednesday 6th March 2024) Roman Catholic Journalist, Biographer of Pope Francis; Writer, speaker on contemporary Church affairs; Bishop Nicholas Hudson Wednesday 13th March 2024) Auxiliary Bishop of Westminster, (former Rector of the Ven English College, Rome), appointed delegate at the Synod this year. Considering the Bishop's Pastoral Letter recently this will be a wonderful opportunity to learn about the Synod on Synodality, and it will be open to the whole Diocese. All the talks will take place in the Cathedral, and this will also be open to all Parishes in the Diocese.



PLEASE PRAY FOR OUR RCIA CANDIDATES I ask your prayers for all our Candidates and Catechumens who are in the process of discernment regarding being received into full communion



with the Roman Catholic Faith this Easter. This is an extremely momentous time in all their lives, and this change of direction takes great courage and faith. They have been following the Journey of Faith Programme which commenced last October, which covers all areas of Catholic Dogma & Doctrine, The 7 Sacraments of the Church, the Religious & Catholic Customs of Catholicism, Prayer & Spirituality, The Study of Mary, The Study of the 4 Last things. This will give a comprehensive look at Catholicism. The Rite of Election - where

the Candidates and Catechumens are presented to the Bishop, takes place at the Cathedral on First Sunday of Lent - **18th February 2024.**

YOUR CRIB OFFERINGS Will go to the work of the Brentwood Catholic Children's Society. This wonderful Diocesan organisation does not receive government funding, so is heavily dependent upon all charitable diocesan contributions. It works with thousands of children and families each year. You have always been very generous with offerings in the past.



The Crib will remain in our church until the Feast of the Presentation of the Lord, Friday 2nd February 2024. **PLEASE NOTE** that this is the final full week to make any donations towards the Brentwood Catholic Childrens Society at the Crib.

THANK YOU I would like to thank all those parishioners who responded so generously with offers of armchairs for our guests' rooms. We have now equipped all the rooms with comfortable chairs for our visitors. There will be some more seminarians from the Pontifical North American College visiting us next weekend. It's always an immense joy to be able to help and assist these young men in their journey and formation as the future



priests in the Catholic Church. Thank you once again for your generous donations of sweets and desserts at Christmas. I know they really enjoyed their visit to Brentwood.

ARE YOU THINKING OF THE ROMAN CATHOLIC PRIESTHOOD?

The next Enquirers Evening for those considering or are interested in a Vocation to the Priesthood will take place on **Tuesday 6th February**, at 7.00 p.m. at Brentwood Cathedral. These monthly meetings are designed to encourage young men to seriously think about the Priesthood as a Vocation. We begin in the Cathedral with Exposition of the Blessed Sacrament, Rosary & Benediction. We will then retreat to the Presbytery, where our guest speaker will give a short input and there will be discussion and questions about the Priesthood. The speaker this month will be Deacon Matúš Meleg, who is a Deacon for the Diocese of Brentwood and will be ordained to the Sacred Priesthood in March. For further information please email Promoter of Vocations vocprom@dioceseofbrentwood.org

CAN YOU HELP? At the Cathedral, we are desperately in need of some new Altar Linen, some new quality Altar Cloths for the celebration of the Sacred Liturgy. If there are any parishioners who would like to sponsor a large or small Altar Cloth in remembrance of a deceased relative or friend, or a Corporal (which is the smaller square cloth which the sacred vessels are placed on). Also, it would be good while we are doing this to have a protective cloth to go over the Altar after the Masses are complete each day, thus protecting the Altar Linen. As you can see there are several options here. If you are able to help, please speak to Fr. John.

**CAN YOU
HELP ME,
PLEASE?**

ARE YOU A CALLIGRAPHER? We are seeking a calligrapher to enter the names of this years deceased into our Book of Remembrance which we display in front of the altar during the Month of the Holy Souls. If you would be willing to help, please speak to Fr John or Mo in the parish office.

SECOND COLLECTIONS There will be a second collection for racial justice day today. On this day Catholics are called to pray

for those who experience unjust discrimination or are marginalised because of their race and ethnicity. All the money raised will go towards supporting the Church's work on racial justice issues. Please give generously.

Next weekend, **4th February**, there will be a second collection for **Lourdes Sick and Helpers Pilgrimage fund** to help provide the financial resources and support for those people in need to visit Lourdes.

COFFEE AFTER 9.30 MASS today and will be hosted by Sara De La Cruz who will be raising money for the parish in memory of her beloved late father, Luis De La Cruz Cuba and the following week will be the turn of St Helen's Ladies group.

FOLLOWING THE OCTAVE OF PRAYER FOR CHRISTIAN UNITY, Fr. Mark at St. Thomas of Canterbury Church is having an Epiphany Carol Service on **Sunday 28th January** at 6.00 p.m. to mark the end of their Epiphany season, before the crib is put away on the Feast of the Presentation in the Temple. It will be a service of readings and music and everyone is welcome.

JOURNEY OF FAITH PROGRAM: Our next meeting, Session 13, will take place on **Thursday 1st February** at 7.30 p.m. in Clergy House. The Theme: SACRAMENT OF THE SICK; Extreme Unction, Ministry of Healing / Suffering.

BCYS YOUTH MASS - Thursday 1st February, 6.00 p.m. at Brentwood Cathedral. Beginning with pizza and refreshments in the Parish Hall from 6.00 p.m. with a speaker from the SVP joining us to help prepare for the start of Lent. Youth Mass will then be celebrated in the Cathedral at 7.30 p.m. Absolutely everyone is welcome, please bring instruments, and sing, serve or read if you wish! No need to book, but do let us know if you have a group coming - just email info@bcys.net

CHARISMATIC PRAYER GROUP will meet in the Upper Room of the Cathedral on **Thursday 8th February** from 7.00 p.m. Everyone is welcome so please do feel free to join us for prayer

and praise. Contact Liz Hart on 07716 424043 if you have any queries.

LITTER PICK - why not join us to help care for our local environment as we litter pick around the Cathedral. We will meet after the 9.30 a.m. Mass on **Sunday 11th February**. Everyone is welcome (especially accompanied children) and all equipment is provided so we just need your willingness to lend a hand for less than an hour.

SEED SOWING A simple way for us all to marvel at the gift of creation is to sow plant seeds and watch them grow! On **Sunday 3rd March** everyone is welcome to come along to the coffee morning in the parish hall where there will be a selection of seeds for you to sow and take home and nurture. It's a wonderful opportunity for children to learn how they can enjoy caring for our environment.

250 CLUB WINNERS Congratulations to the following: RT & H James (August draw), Chris Bailey (September draw) and Lorraine Cowley (October draw) who each win £50.00.

CATHEDRAL CAR PARK As space is at a premium, please be considerate and do not block others in; please park only in marked bays when parking in the Cathedral car park.

WINTER WARMER SOUP LUNCHESES are held every Friday during January, February and March in the parish hall from 12 - 2.00 p.m. You and your family, friends and neighbours are most welcome to come along for free hot soup and crusty bread. There is no cost and there will be plenty of chat and warmth to help see us all through the winter months. Special thanks to Sainsburys for their continued generous support for this initiative. Please do join us!

JUST FOR INFORMATION Clergy days off are Tuesday (Fr John) and Wednesday (Fr Gary); if you need to contact them at these times, please leave a message and they will call you back when they are able.

THE MISSIO REPRESENTATIVES extend thanks to those generous parishioners who returned the red boxes; a total of £1206.00 was banked by our parish. New boxes are available for collection from the narthex. Thank you.

THE HOLY HOUR of prayer and adoration before the Blessed Sacrament takes place every Monday evening from 6.30 - 7.30 p.m. and will be preceded by the **ROSARY** for Ukraine and peace in our world at 6.10 p.m.

PARISH OFFICE HOURS are Monday to Thursday from 8.30 a.m. - 3.00 p.m.

PLEASE REGISTER TODAY AS A CATHEDRAL PARISHIONER:

It is very simple. Each adult parishioner should either go to “Parish Census” at www.cathedralbrentwood.org or use the QR code:



For those of you who cannot complete the registration form online, forms are available in the narthex of the Cathedral. Once you have filled in the form, please return it to Clergy House.

MASS TIMES in the Cathedral:

SATURDAY VIGIL MASS at 6.30 p.m.

SUNDAY: 8.00 a.m. / 9.30 a.m. / 11.30 a.m. & 6.30 p.m.

WEEKDAY MASSES Monday to Friday at 9.15 a.m.

SATURDAY: 9.15 a.m.

SICK AND HOUSEBOUND PARISHIONERS If you know anyone who is unable to come to Mass but would still like to receive Holy Communion in their home, contact Clergy House so we can put them on our Sick Communion list.

THE ANOINTING OF THE SICK is available to anyone who is gravely ill or about to have an operation, so if you know someone who should receive this important sacrament then please speak to a member of the clergy or ring the parish office on 265235.

SACRAMENT OF RECONCILIATION is available in the Cathedral on Saturdays from 10.00 - 11.00 a.m. Confessions in Italian are also offered.

PLEASE PRAY FOR OUR SICK and housebound parishioners and friends, including: Merle Anderson, Alistair Bailey, Yvonne Ball, Hermine Bayley, Madeleine Bevan, Julia Blencowe, Eda Bright, Phil Carr, Roisin Cassels, Keith Chester, David Cutter, David, Iris Davis, Jenny Dean, Patricia Decup, Charlotte Donnelly, Margaret F, Rebecca Florendo, Julian Goode, Deacon Nicholas Holmes, Wong Su Hwa, Jess, Brian Kelleher, Lisa Landy, Lawrence, Susan Maskall, Romek Matyszczyk, Tony Maule, John McCarthy, Mary McCarthy, Carmel Micallef, Harry Newman, Barney O'Driscoll, Joe O'Herlihy, Steven Poole, Geraldine Sheehan, Robin Shenton, David Spring, Mary Stretch, Tim, TCT and all our sick.

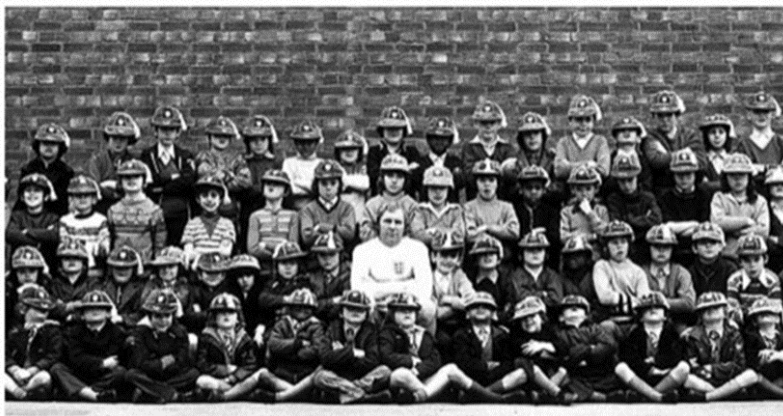
GENERAL NEWS

HCPT EASTER LOURDES VOLUNTEERS WANTED! Are you, or do you know anyone who is 18 - 30 years old and would like the opportunity to travel with The Brentwood Group on Pilgrimage to Lourdes this Easter? HCPT Group 709 are an all-adult service group who are looking for enthusiastic, hard-working individuals to join us between 1st-6th April 2024 in Lourdes to help facilitate an unforgettable week for disabled and disadvantaged children from all over the world. If you would like more information or think this is something you may want to get involved in, please contact us at group709@hcpt.org.uk or via Instagram by searching HCPT Group 709. Sign up deadline for new group members is **7th February 2024**.

YEAR 12 RETREAT - "Life to the Full" Friday 16th to Sunday 18th February. You are at a stage where you are about to start

making decisions and dreaming about future plans. You might be at a stage where you are looking to explore your faith further and learn more about the role God plays within your life. This retreat will give you time to think, pray and chat with those in your year from across Essex and East London. There will be a mix of fun and games, along with times of reflection and personal prayer. For just £35, the cost includes meals, accommodation and youth-led formation. Apply now at www.bcys.net/events/yr12retreat/

CALLING EX-ST EDWARD'S PUPILS FROM UPTON PARK On 5th February 1973, Bobby Moore, Captain of England and West Ham United, had this photograph taken with 99 pupils of St Edward's Roman Catholic Primary School. The photograph was a memento of the incredible achievement by Bobby Moore in playing 100 games for England. This iconic image was taken in the playground of St Edward's, just yards from West Ham's stadium and shows Bobby Moore and the children, arms folded, each of them wearing an England cap.



If you were one of the children in the photograph on that historic day, 51 years ago, we would love to hear from you, as we would be delighted to find out about your memories from that wonderful day.

Please contact Paul Underwood, Head Teacher, St Edward's, at info@st-edwards.newham.sch.uk

HELP YOUR MARRIAGE Do you feel alone? Are you frustrated or angry with each other? Do you argue ... or have you just stopped talking to each other? Does talking about it only make it worse? Retrouvaille is a programme to support couples who have difficulties in their marriage. It brings a positive focus, new hope and helps nourish and grow your marriage. Tens of thousands of couples headed for divorce have successfully saved their marriages by attending and using the tools provided. The programme helps spouses uncover or re-awaken the love, trust and commitment that originally brought them together. It helps them through difficult times whether they are disillusioned or in deep misery. There is no group therapy or group work. For confidential information about 'Retrouvaille' or to register for the next programme commencing with a Virtual weekend on 8 - 11 February 2024 or a face-to-face weekend in Welwyn Garden City on 14-16 June 2024, call or text 07887 296983 or 07973 380443 or email retrouvailleukinfo@gmail.com - or visit www.retrouvaille.org.uk

COULD YOU FOSTER? Chrysalis Care is a family-owned high quality fostering agency with a purpose to transform the lives of children and young people through the quality of care they will receive from our foster carers and their families. If you are thinking of fostering, please visit our website at www.chrysaliscarefostering.org where you will find information about the many types of fostering or you can call us on 0208 298 2800 or email us at info@chrysaliscare.org. We would love to hear from you and would very much like to welcome you to our team.

ESCORTED PILGRIMAGE To Knock & Co Mayo, 7th April 2024. £899.00 pps. Price includes flight, 10kg hold luggage, 5 nights in 4* Castlecourt Hotel, Westport with Dinner, Bed & Breakfast. Lunch on three days. All entertainment, excursions and transport included. Visit Knock, Galway City, Kylemore Abbey, Croagh Patrick & Ashford Castle. Single supplement on Enquiry. Contact Patricia or Natali on 01268 762 278 or 07740 175557 or email knockpilgrimages@gmail.com

BCYS SUMMER LOURDES YOUTH PILGRIMAGE - July 2024 (exact dates TBC in due course) Bookings are now open online for the Brentwood Catholic Youth Service pilgrimage to Lourdes in July. The week is spent serving the main Diocesan pilgrimage, assisting the elderly and infirm, alongside times of retreat, reconciliation, visiting the baths, taking part in the beautiful Processions, an afternoon in the mountains, party and social nights - all with other young Catholics from around our Diocese. The pilgrimage is open to all those in school year 10 - 13, with all those of school leaver age (18+) invited to join us as young leaders (subject to attending a training weekend). All details and applications can be found on the website www.bcys.net/events/sl24

40 YEARS OF WALSINGHAM HOUSE TEAMS 2024 marks 40 years of retreat teams at Walsingham House. There will be a celebration Mass with Bishop Alan on **Saturday 31st August 2024** at Walsingham House at Abbotswick. Please save the date as it would be wonderful to see Walsingham House and BCYS alumni and friends gather together to mark this milestone. More information to follow in the new year.

COULD YOU INSPIRE THE NEXT GENERATION and gain valuable experience of presenting to young people at the same time? CAFOD, the Catholic Agency for Overseas Development, is looking for volunteers to join us in our mission to our Catholic schools. Full training and support provided. See cafod.org.uk/Volunteer for more information or contact East Anglia's CAFOD representative Jane Crone jcrone@cafod.org.uk

VACANCY St Helen's Junior School are seeking an Admissions & Senior Administrator: 08:15am - 16:15 (term time, plus inset days and one week). Salary range: Scale 5, Point 9 (£22,669.86) per annum. Please contact the school office for further information and an application pack: admin@st-helens-jun.essex.sch.uk. Closing date **Tuesday 30th January 2024**.

VACANCY Sacred Heart of Mary Girls' School, Upminster are seeking a Part Time Assistant School Keeper. Pay Spine - APTC 4 points 7 - 10 (£27,858 - £29,142) pro rata (actual £15,606 -

£16,325), 52 weeks a year, 20 hours a week. Completed application form (available on the school website www.sacredheartofmary.net) letters of application and the names and addresses of two referees should be sent to the Mrs K. Jones at the School by email to kjones@mary.havering.sch.uk
Closing date: 1 p.m. **Friday 2nd February 2024**

VACANCY The Diocese of Brentwood seeks to appoint an outstanding **Choral Director** to assist the Director of Music in the establishment and delivery of the Diocese of Brentwood Schools Singing Programme, and to continue the development of Sacred Music in the parishes of the Diocese, including the Cathedral. To deliver choral provision primarily in schools.

To apply for this post, applicants can complete the Recruitment-Application-Form-March-2022 available on the following link <https://www.dioceseofbrentwood.net/diocese/working-for-us> and send a supporting statement of no more than two A4 pages (font size 11 minimum) which outlines why you are a suitable candidate for the post and which aspects of the job description particularly attract you to the post. These documents should be returned by email to hr@brcdt.org For more information please read: NSSP Choral Director Application Pack (002). Closing date **7th February 2024.**

VACANCY Pact, the Prison Advice & Care Trust, seeks a 'Head of Faith in Action' to engage and inspire Catholic people and other Christians to offer the hope of a fresh start to people caught up in the criminal justice system.

The role is home-based with frequent national travel. This post is subject to a Genuine Occupational Requirement that the post holder is a committed active Roman Catholic Christian under Part 1 of Schedule 9 to the Equality Act 2010. Salary: £46,225 per annum. A full job description, person specification and application form can be found here: Head of Faith in Action job - Homebased with extensive national travel - PACT (Prison Advice and Care Trust) (livevacancies.co.uk). Closing date **7th February 2024.**

VACANCY St Joseph the Worker, Hutton is looking for a Parish Administrator to provide complete and comprehensive administration for the church community. The post is for 12 hours a week, over two days (one must be a Friday). CV and Covering letter required for application. For further information, please contact Fr Leslie Knight on 01277 221917 or email hutton@brcdt.org. Closing date noon on **23rd February 2024**.

VACANCY St John's RC Special School, Woodford Bridge are seeking a SEN Class Teacher (MPS) and Classroom Support Assistants. These are full-time, term time only roles in a school with students aged 5 - 25 with a wide range of special needs. Previous experience essential. For application packs please contact the school office on 020 8504 1818 or email office@stjohnsrcschool.co.uk stating the role you are interested in.

VACANCIES IN DIOCESAN SCHOOLS:

<https://www.dioceseofbrentwood.net/departments/education/vacancies/school-vacancies/>

QR CODES and CONTACTLESS GIVING A new online donation system has been set up so that parishioners and visitors are now able to donate by using a QR code directly to the Parish; donations can be made either with or without gift aid using the QR codes below or by scanning those displayed around the Cathedral:



Please treat as gift aid donation, all qualifying gifts of money made from the date of this declaration. I am a UK taxpayer and understand that, if I pay less Income Tax and/or Capital Gains Tax in the current year than the amount of Gift Aid claimed on all my donations, it is my responsibility to pay any difference.

Donate £3.00	Donate £5.00	Donate £10.00	Donate £20.00

Donate without Giftaid-it

If you are unable to donate with Giftaid-It then please use the codes below.

Donate £3.00	Donate £5.00	Donate £10.00	Donate £20.00