

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

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FIFTH SUNDAY IN ORDINARY TIME (B)

Sunday 4th February 2024

Spiritual Reflection:

Mark gives us a picture of Jesus' activities at the start of his public ministry. We can see how his sphere of action expands: after healing Peter's mother-in-law, he heals all those who come to the house, and then goes through the whole of Galilee. We can now see how Jesus is unwilling to turn away any who come to him for help. He spends time in prayer, but this leads him to more action, and an eagerness to reach more people, both to preach and to heal.



In all his works, Jesus reveals the coming of the kingdom of God. His miracles, healing sickness and casting out demons, reveal God's power and how that evil is defeated. Jesus performs these miracles not only to help the individuals concerned, but to show that he is victorious over the devil. His exorcisms anticipate the victory over the ruler of this world achieved by his death and resurrection. 'Now is the judgement of this world, now shall the ruler of this world be cast out; and

I, when I am lifted up from the earth, will draw all men to myself.'

The victory of Jesus over evil is one in which we can share today. We all face a spiritual battle in our daily lives, and it is important for us to remain aware of this, to turn to the Holy Spirit for guidance and strength. Many forms of evil in the world are obvious: wars, genocide, oppression, and torture. But we are also assailed by more subtle evils: temptations to idolatry, superstitions, and false philosophies of this world. In our secular society there are many voices drawing us away from God, some obviously but some in a more insidious way that can delude us.



This is why we need to spend time in prayer every day and fill our minds with the truths of the Gospel. We hold fast to an invincible hope, that Satan is already conquered by Christ's victory over evil every day if we turn to him, and we can rejoice that at the end of time the devil and his helpers will be vanquished once and for all.

'Lord Jesus, deliver us from all evil, and grant us the wisdom to cling to the truth of the gospel, so that we may share in your victory over Satan and all his works.'

Dear Friends in Christ,

I would like to take this opportunity of expressing my sincere and grateful thanks to various parishioners who have kindly offered to sponsor the purchase of some new Altar Linen, in remembrance of deceased loved ones. This is truly a beautiful way in remembrance to know that the Holy Mass will be celebrated daily at the dressed altar. I will now investigate with the Ecclesiastical Suppliers the various costs for the linen. If anyone else would like to sponsor an Altar Cloth, (Large or Small), or a Linen Corporal, which is placed on the altar at every mass for the sacred vessels to rest on, please contact Fr John or the Parish Office. Once again, a big thank you for your kind and generous response.

THE HOLY SEASON OF LENT is only ten days away, Ash Wednesday is on **14th February**. It seems as though we've only just come out of Christmastide. Obviously, with Easter being so early this year, Lent starts that much earlier. The Church gives us this wonderful Penitential Season each year to prepare ourselves for that singular moment in history when Jesus, the Son of God, would triumph over death itself. This was part of God's eternal plan of Salvation for all of humanity. Literally, millions upon millions have followed the Lord Jesus Christ since his time here on earth, and we are part of that ongoing story of the Paschal Mystery. As I stated in my homily last week, just imagine the world without the presence of Jesus Christ? It would be a very different place! There would be no goal, no destination, nothing really to strive for; life would become very self-centred. The Christian influence on our history is gargantuan: think of education, the medieval schools of learning all Catholic; the Hospital and Nursing system, which had its origins in Catholic religious life; the beautiful architecture that exists throughout the world, Catholic in its response of the day, (see the beautiful Basilica and Cathedrals and Churches of the world, and all the religious designed and painted art. It is all around us every day, and often, we don't notice it, but Christianity has made the greatest contribution to the whole of humanity.

The
Season
of
Lent



May God Bless You All,

Jan Nowotnik

LENTEN TALKS I have 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.

RITE OF CHRISTIAN INITIATION OF ADULTS

I commend to your prayers our candidates and catechumens who are preparing for the reception of the Easter Sacraments 2024. The Rite of Election - takes place on **Sunday 18th February** at

3.00 p.m. in the Cathedral, and Bishop Alan will welcome all those preparing for reception at Easter. This is always a joy filled celebration. This year in the parish ten men and women have been receiving instruction, and some are also bringing their children into the church as well. Please keep them all in your prayers.



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 contact Fr Mark Swires our Promoter of Vocations vocprom@dioceseofbrentwood.org

CATHEDRAL CAR PARK I would like to extend my sincere and grateful thanks to Keith Moran who very kindly arranged for the repainting of all the car parking spaces on behalf of the parish.

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.

COFFEE AFTER 9.30 MASS today and will be hosted by St Helen's Ladies group, the proceeds of which will go to the homeless and the following week will be the turn of the SVP representatives.

LUNCHTIME PIANO RECITAL to be given by David Silkoff in the Cathedral on **Wednesday 7th February** at 1.00 p.m. All are very welcome.

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.

JOURNEY OF FAITH PROGRAM: Our next meeting, Session 14, will take place on **Thursday 8th February** at 7.30 p.m. in Clergy House. The Theme: **ESCHATOLOGY: Death - Judgement - Hell - Heaven.**

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 next **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.

PLEASE NOTE The parish office will be closed on **Thursday 8th** and **Monday 12th February.**

PLEASE PRAY for the repose of the soul of Margaret (Peggy) Byrne who died recently.

Peggy's Requiem Mass will be celebrated in the Cathedral on Friday 16th February at 11.00 a.m.

May the souls of the faithful rest in the bosom of all God's saints and one day dwell in the land of the living.

VESPERS FOR UKRAINE There will be a special Vespers on **Friday 23rd February** at 6.00 p.m. to pray for peace in Ukraine on the eve of the second anniversary of the Russian invasion. The service will feature a mixture of Ukrainian music and familiar English church music, including a contribution by Ukrainians who are now part of our community. There will be refreshments available in the Parish Hall from 5.00 p.m. and again after the service. All welcome.

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.

LENT FOODBANK COLLECTION will take place on **Sunday 10th March**. Please support the Brentwood Foodbank by bringing items to the Cathedral on that day or give online www.brentwood.foodbank.org.uk

PARISHIONER ANGELA JAMES will be running the London Marathon on **Sunday 21st April** to raise money for Brentwood Catholic Children's Society. If you are able to support in any way, she would be very grateful; you can donate on the following link <https://www.justgiving.com/page/angela-james-1696073073514> or alternatively, please join Angela for the Coffee Morning on **Sunday 7th April** where all donations received go to BCCS. Thank you

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 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, Matthew Pegg, Steven Poole, Geraldine Sheehan, Robin Shenton, David Spring, Mary Stretch, Tim, TCT and all our sick.

GENERAL NEWS

APPRENTICESHIPS AT WALSINGHAM HOUSE Walsingham House are offering a two-year apprenticeship course in Youth Ministry and Chaplaincy (Yr13 school leavers). Participants will live and work at Walsingham House, running retreats for young people across the diocese whilst studying with St Mary's University, Twickenham. For more information, please email

clairebailey@brcdt.org or visit www.bcys.net/apprenticeship-opportunity-at-walsingham-house/

CARITAS DIOCESE OF BRENTWOOD is inviting you to take part in several activities during Lent. We have a photo challenge for all ages, Stations of the Cross for teenagers, a Giving Calendar to help collections for local foodbanks, suggestions on how to raise awareness for the homeless within Essex and East London and some great resources from charities such as SVP and CAFOD. Information/resources at www.caritasbrentwood.org/lent or by emailing sianthomas@brcdt.org

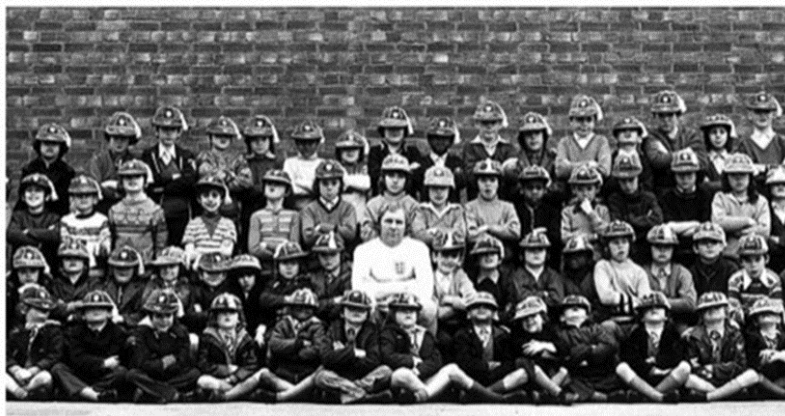
HCPT EASTER LOURDES VOLUNTEERS WANTED! Are you, or do you know anyone who is 18 - 30 years old and would like the opportunity to travel with The Brentwood Group on Pilgrimage to Lourdes this Easter? HCPT Group 709 are an all-adult service group who are looking for enthusiastic, hard-working individuals 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/

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.

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

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 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:

giftaid it

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
			