

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

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**FIRST SUNDAY OF LENT (B)  
Sunday 18th February 2024**

Spiritual Reflection:

The Holy Spirit led Jesus into the desert for forty days to be tempted and tested. During Lent we too are led by the spirit into the mystery of Jesus' sojourn in the desert. 'By the solemn forty days of Lent the Church unites herself each year to the mystery of Jesus in the desert (CCC540). Lent, then, is a journey into the desert. We too, during this holy season, can expect to be tempted and tested.

The name Satan means 'adversary'. In the book of Job, we are given a vivid picture of Satan in God's heavenly court, along with all the other angels, where he has the role of accuser or prosecutor. The Scriptures identify Satan as the serpent in the Garden of Eden who tempted Adam and Eve and, therefore, as the origin of sin and temptation. What the Scriptures and tradition make known is that humankind has a mortal enemy who, although a finite being created by God, is in a desperate struggle to overthrow God's reign, usurp his Lordship and lead his creation into darkness and death. On Easter Sunday each of us will recite our baptismal promises and in doing so renew them. Bear this in



mind as we move through lent because, as you will be aware, a renewal of our baptismal promises involves us actively, freely, and voluntarily rejecting Satan.



Lent is also a time for us to discover anew and afresh the gospel, the Good News which Jesus began to proclaim immediately after his time of testing. What is the Good News? The Good News is a message in two parts; the first part is to repent, and the second part is to believe in the gospel. We walk together on this road marked out for us by the church and take up our call to stand firm and resist the devil, knowing that he will flee, and embracing freely and with love the gospel, which is Christ with us and in us, the hope of salvation.

‘In these days, therefore, let us add something beyond the wonted measure of our service, such as private prayers and abstinence in food and drink. Let each one, over and above the measure prescribed for him, offer God something of our own free will in the joy of the Holy Spirit. (St. Benedict)



Dear Friends in Christ,

As we have entered this Holy Lenten Season, let us embrace the disciplines of Lent, of - Prayer, Fasting and Almsgiving. The personal decisions we make during this special period are important. It is a Penitential Season, meaning that we are examining our lives in every aspect to see where improvements can take place. We are encouraged to celebrate the Sacrament of Reconciliation throughout Lent. With regards to personal prayer, there are many things that we can do; - remember to pray our morning and evening prayers, read a chapter of the bible each day, attend an additional mass once a week (see Lenten Mass schedule), attend the Stations of the Cross on Friday’s, Holy Hour on Monday at 6.30pm & Wednesdays at 9.45am. With

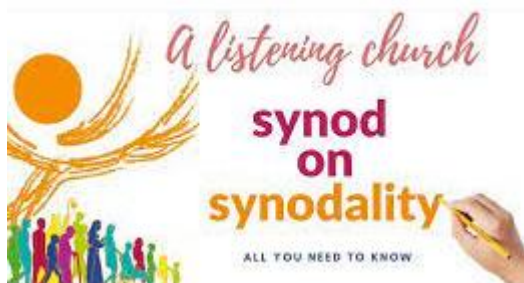


regards to Fasting - this weekend we will receive our CAFOD envelopes; next Friday 23<sup>rd</sup> February is CAFOD Family Fast Day; what we save in our fasting we place in our envelopes and give to CAFOD. You may like to donate to the Food Bank - once again our box will be present in the Narthex during Lent for your offerings.

We have so many opportunities to do good in this life; one act of human kindness can change a person's life. One kind word can transform a person's day. Perhaps during this Holy Season, we can practice one act of human kindness every day. You will be amazed at the difference it will make to you and to others. And as the Gospel told us on Ash Wednesday: 'The Lord who sees all that is done in secret will reward you...!'



**STATIONS OF THE CROSS** The traditional devotion during the Lenten Season. I would encourage all our parishioners to attend the Stations of the Cross on Fridays at 7.00pm. This beautiful devotion follows the last journey made by Jesus on Good Friday to Calvary.



**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

21<sup>st</sup> February 2024) who was the Guest Preacher and Spiritual Director for the whole Synod; The Revd Dr Jan Nowotnik (Wednesday 28<sup>th</sup> February 2024) Director of Mission for the Bishops' Conference, and its National Ecumenical Officer; Mr Austen Ivereigh (Wednesday 6<sup>th</sup> March 2024) Roman Catholic Journalist, Biographer of Pope Francis; Writer, speaker on contemporary Church affairs; Bishop Nicholas Hudson Wednesday 13<sup>th</sup> 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 last weekend this will be a wonderful opportunity to gain experience 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. We are in the process of organising recording of the talks so that more people in the parish and diocese can have access to these great speakers. **All of the talks will commence at 7.30 p.m.**

**RITE OF ELECTION** Will take place at Brentwood Cathedral today. We have ten Candidates and Catechumens plus four children. Please keep them in your prayers as they enter this final stage of instruction and prepare to be received into full communion with the Catholic Faith at the Easter Vigil this year.

**THE CHOSEN** A most wonderful portrayal of the Life of Jesus Christ, now into its fourth season. This truly wonderful production gives an in depth and real insight into the whole Christ event. There is a Chosen App that can be downloaded, it is also available from Apple TV, Amazon Fire TV; consult the Chosen Website for access to the series. This could be a very spiritual way to enter the Lenten Season

May God Bless You All,



**CAN YOU HELP ME PLEASE?** I'm looking for some voluntary help at least once a month please, and especially around the big liturgical holiday's e.g. Easter & Christmas; to give the Cathedral Church a good clean and polish. As you know it is a very large space, and as a Cathedral, it is the Mother Church of the

Diocese. We do have many visitors and groups coming to visit the Cathedral, and this is wonderful, but at times after the weekend Masses it can get rather dirty, especially if the weather has been bad outside. I appeal to all the parish, if you are available, to help me give a deep clean on **Tuesday 27th February**, immediately after the 9.15 a.m. Mass. Please bring along your

brooms and dusters, the more helpers we have the quicker we will complete the cleaning. I thank you all in advance for giving of your time.

**THE BLESSED SACRAMENT CHAPEL** Is the most Sacred area in any Cathedral or Church. Reservation of Jesus in the Most Holy Eucharist is kept in the Tabernacle, and many people come and pray before the Blessed Sacrament daily. You may have noticed that the Chapel is looking a little tired and the walls are extremely dirty; this was recently pointed out to me by one of the Canons at our Chapter Mass this week. I must admit that I had noticed how dirty the walls had become. I would like to initiate a project for the Blessed Sacrament Chapel to be decorated. If there are any parishioners who know of Decoration Companies, could you kindly let me know through the Parish Office, we will need about three quotes for the work. Also, it would be wonderful if this project could be sponsored by the whole parish community. Any donations can be Gift Aided; obviously, we need to cost the whole project first. But if you can help in any way whatsoever, everything will be appreciated. We have a very beautiful Cathedral Church, and anything that can enhance its beauty can only be a good thing.



**HOUSE BLESSINGS** It is the home that the first experience of love occurs; it is there that love is nurtured and grows to maturity. The Christian home is also the ground for much of people's spiritual growth. The ministry of Jesus occurs in many different homes, therefore, to hallow the home as an environment for nurture and renewal, is a deeply felt need by many Christian households. The blessing of a home encourages Catholics to dedicate their life at home to God and to others.

If anyone would like their home blessed, especially during this Lenten Season, please contact Fr John or Fr Gary, who will be only too willing to come and bless your home and family.

**COFFEE AFTER 9.30 MASS** today and will be hosted by the CAFOD representatives; there is no coffee morning on Sunday 25th February and the following week will be the turn of the Love in Action group.

**PLEASE PRAY** for the repose of the soul of Cecilia Mitchell and Katie Butler who died recently.

*Cecilia's Requiem Mass will be celebrated in the Cathedral on Monday 19th February 2024 at 10.30 a.m.*

*Katie's Requiem Mass will be celebrated in the Cathedral on Thursday 29th February 2024 at 11.15 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.

**LUNCHTIME ORGAN RECITAL** on **Wednesday 21 February** at 1.00 p.m. to be given by Matthew West from the RCM.

**MARANATHA** On **Thursday 22nd February**, Fr. Paschal Uche will be celebrating Mass followed by Prayer and Praise at 7 p.m. at the Sion Community, Sawyers Hall Lane, Brentwood, CM15 9BX.

**JOURNEY OF FAITH PROGRAM:** Our next meeting, Session 17, will take place on **Thursday 22nd February** at 7.30 p.m. in Clergy House. The Theme: **MARY: Mother of God, Mother of the Church, Devotions.**

**CAFOD FAMILY FAST DAY** is on **Friday 23rd February**; join us for a Lenten soup lunch in the parish halls from 12 - 2.00 p.m. Please do come along and support us; all money raised will go to Cafod.

**PLEASE NOTE** the parish office will be closed from **Friday 23rd February** and will reopen again on **Monday 4th March.**

**WALK WITH ME BOOKLETS** There are a few remaining copies available for purchase in the narthex. These provide day-to-day reflections that will help you remember the real meaning of this sacred time of preparation for Easter. Price £1 each. Please place money in wall safe marked 'Publications/Booklets'.

**CAFOD BIG WALK** Take on a challenge like no other this Lent to raise money to help people as they overcome poverty. You can walk when and where you choose, alone or in a group. We have arranged a group to walk after Sunday Mass from and back to the Cathedral; it starts on Sunday 18 February, meeting after the 11.30 a.m. Mass, meeting outside the parish hall. On Sunday 25 February, the walk will also be after the 11.30 a.m. Mass. Sunday 3 March the walk will be led by Lorraine Cowley from the Love in Action group and will leave after the coffee morning. On both Sunday 10 and 17 March, the walk will be led by Roy from the Love in Action group and will leave after the 9.30 a.m. Mass. Finally, on 24 March (Palm Sunday), the walk will be led by Margaret Walker, the Cafod representative. Please come and join us if you can, even if only one or two walks. Please sponsor Margaret on the Cathedral's Big Lent Walk using the following link: <https://parishes.walk.cafod.org.uk/fundraising/cathedral-parish-brentwood> or QR code below.



**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.

**PARISH LENT FOODBANK COLLECTION** will take place on the weekend of **9th/10th March**. All the donations go to the Brentwood Food Bank to help local people in need. Donations of non-perishable items such as tinned meat/vegetables/fruit, teabags, breakfast cereals, sugar as well as toiletries (particularly nappies sizes 4, 5 & 6) and treats (biscuits and confectionary) would be very gratefully received. If you wish to donate money instead, please place cash in an envelope clearly marked with 'Brentwood Foodbank Donation' or make cheques payable to Brentwood Foodbank.

**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](http://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, Dermot Dalton, 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 Matyszczczyk, Tony Maule, John 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, Siobhan Vaughan and all our sick.

## GENERAL NEWS

**LECTIONARY READINGS FOR LENT** Commentary on every Scripture reading from Ash Wednesday to Good Friday by Fr Adrian Graffy, parish priest of Gidea Park and member of the Pontifical Biblical Commission, is available free of charge on [www.whatgoodnews.org](http://www.whatgoodnews.org) Click on 'Scripture Readings' and 'Lent Readings'. The commentaries are also available in book form from Darton, Longman and Todd [www.dartonlongmantodd.co.uk](http://www.dartonlongmantodd.co.uk)

**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](mailto:clairebailey@brcdt.org) or visit [www.bcys.net/apprenticeship-opportunity-at-walsingham-house/](http://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. All

information and resources can be found at [www.caritasbrentwood.org/lent](http://www.caritasbrentwood.org/lent) or email [sianthomas@brcdt.org](mailto:sianthomas@brcdt.org)

**THE MARILLAC** The Marillac Neurological Care Centre located in Eagle Way Warley is an independent ABI (Acquired Brain Injury facility) having some 52 beds and specialising in the rehabilitation of patients. Having previously been run by the Daughters of Charity it is now completely independent and acts as a non-profit making charitable company and is registered as a charity. We are seeking additional Trustees to assist in the running of this wonderful institution. It is not an onerous task with a maximum of 4 board meetings per year and a monthly attendance (personal or by zoom/teams) on particular committees which are for an hour or so. If you feel that such a voluntary role would be of interest to you, please contact Peter Nicol, Chair of Trustees at [chair@marillac.co.uk](mailto:chair@marillac.co.uk) to discuss further.

**SJOG HOMES FOR UKRAINE** As an official provider of the government scheme, SJOG Homes for Ukraine acts as a matching, training, and support pathway for guests from Ukraine and hosts in the UK who are willing to provide much-needed support. Our programme operates collaboratively with the esteemed Caritas Social Action Network (CSAN). At SJOG Homes for Ukraine, we offer a range of services to ensure fulfilling experience for both guests and hosts. These services include matching, training for hosts and guests, transportation assistance, a Welcome Box for Ukrainian guests upon arrival, and support during the placement. More information on the project can be found at the following link: <https://sjog-homesforukraine.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](mailto:knockpilgrimages@gmail.com)

**DIOCESAN PILGRIMAGE TO LOURDES** Join Bishop Alan on the Diocesan Pilgrimage to Lourdes (**Friday 19 - Friday 26 July**). To book, please go online: Brentwood Lourdes - Lourdes - Tangney Tours ([tangney-tours.com](http://tangney-tours.com)). If you wish to discuss any aspect of the pilgrimage, please e-mail Kathryn Young or Suzanne Reeves at [Lourdes@brcdt.org](mailto:Lourdes@brcdt.org)

**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.

**VACANCY** Loughton parish are seeking a cleaner. The successful applicant will effectively manage the routine cleaning at Loughton-Parish of St Edmund of Canterbury. Hours: 9 Hours per week. Salary: £11.95 per hour, starting ASAP. Apply by sending a CV and covering letter (no longer than A4) to [loughton@brcdt.org](mailto:loughton@brcdt.org) Closing date for applications is **16th 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](mailto: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](mailto: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
			