

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

**Canon John J Harvey
Cathedral Dean**

**Father Gary Dench
Assistant Priest**

Clergy House: 01277 265235

Deacon Paul Conrad: 01277 810321

Deacon Nicholas Holmes: 01277 373788

Email: cathedral@brcdt.org

Website: www.brentwoodcathedral.org.uk

**SIXTEENTH SUNDAY IN ORDINARY TIME (B)
Sunday 21st July 2024**

Spiritual Reflection:

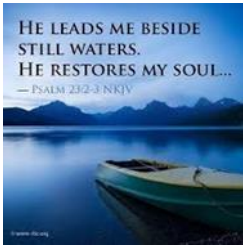
‘Come away by yourselves to a lonely place, and rest for a while’

‘Grant me most dear and loving Jesus, to rest in you above created things; above health and beauty; above all glory and honour; above all power and dignity; above all knowledge and skill; above all praise and fame; above all sweetness and consolation; above all hope and promise; above all merit and desire; above all gifts and favours that you can bestow and shower upon us; above all joy and jubilation that the mind can conceive and know; above angels and archangels and all the hosts of heaven; above all things visible and invisible; and above everything that is not yourself, O my God.’



O Lord my God, you transcend all things; you alone care most high, most mighty, most sufficient and complete, most sweet and comforting. You alone are most full of beauty and glory, in whom all good things in their perfection exist, both

now and ever have been, ever will be. All, therefore, is too small and unsatisfying that you can give me beside yourself or that you can reveal and promise me of yourself unless I can see and fully possess you. For my heart cannot rest nor be wholly content until it rests in you, rising above all your gifts and creatures.'



‘O Lord Jesus Christ, spouse of the soul, lover of purity and Lord of creation, who will give me wings of perfect liberty, that I may fly to you and be at rest? When shall I be set free, and taste your sweetness, O Lord my God? When shall I become recollected in you, that for love of you I may no longer be conscious of myself? But of you alone in a manner not known to all men, and above all perception and measure...?’

‘Come to me, Lord, come, for without you no day or hour is happy; without you my table is without its guest, for you alone are my joy. Sadness is my lot, and I am like a man imprisoned and loaded with chains, until you refresh me with the light of your presence and show me your face as my friend. Let others seek whom they will besides you, but nothing ever can or will give me joy but yourself alone, my God, my hope and my eternal salvation.

(Thomas a Kempis, The Imitation of Christ)

Dear Friends in Jesus Christ,

As this academic year rapidly comes to an end, I would like to take this opportunity of expressing my sincere and grateful thanks to all the Headteachers, teachers, teaching assistants, chaplains, and ancillary staff who work in all our parish schools: St Helen’s Junior & Infant Schools; The Ursuline High School and the Ursuline Prep School. We thank God for the end of another successful year at our schools. The summer recess is



a wonderful opportunity to recharge batteries and get plenty of rest and relaxation before the return in September. Our thanks to all the teachers who will be moving on to new schools, and of course to all our children for their contributions to school life throughout the past year.

The school holidays are not a holiday from God or the life of faith. Our obligations as Roman Catholics, even on holidays, is to participate in the weekly Eucharistic Liturgy. I have always believed that this is an incredible opportunity to experience the church in many different parts of the world. In Europe you have some of the wonderful basilicas and cathedrals and churches, some of them centuries old. In North America there are many Catholic Churches, and they usually make it a point to welcome visitors throughout the summer months. Wherever you go, enjoy your holiday, and remember, the Lord is always with you!

May God Bless You All,

A handwritten signature in black ink, appearing to read "Fr. Gary Dench", with a horizontal line underneath.

PARISH NEWSLETTER - THE SUMMER RECESS During the summer recess there will be a single page newsletter produced weekly. As many parishioners will be away on holiday, and as all the parish programmes do not resume again until September, there will be very little information for the newsletter. If anyone has anything urgent, they need included in the weekly newsletter, can you drop off / or email your information at the latest by Wednesday each week. The parish newsletter is always printed on Thursday morning.

FR GARY DENCH - NEW APPOINTMENT As was announced recently, Fr Gary is to take up his new assignment as Parish Priest of St Joseph, Hutton, during the first week of September. He has been at the Cathedral Parish for five years now, since his ordination. It is customary in parishes to show appreciation to our priests who have served us Fr Gary has been here for five years now. With the summer recess upon us, I thought it opportune to begin the process of organising a special collection for him. I have invited him back for a special **Mass** of

Thanksgiving on Sunday 22nd September at the 6.30 p.m. Mass. If you would like to contribute to this special gift, please use the envelopes you received in your parish newsletter last weekend; there are some spare envelopes in the Narthex. Or you can contribute through your gift aid envelopes and online. Please ensure that you use your parish Gift Aid number and mark it for 'Gift for Fr Gary.'

RITE OF CHRISTIAN INITIATION OF ADULTS As the Summer Recess rapidly approaches, I would like to appeal to the whole parish community about the Journey of Faith Programme. Is there anyone who may be interested in the RCIA Programme, with the view of being received into full communion with the Roman Catholic Faith at Easter 2025? I know there are many people who attend Holy Mass weekly with their families who are not baptized Roman Catholics, I would ask you to consider joining this program for the information and knowledge it imparts, but also to consider reception into the Catholic Faith. Every year we run this programme leading to a reception in the Church at the Easter Vigil. It is a systematic programme of instruction covering every aspect of Catholicism, including Scripture, Sacramental Life, and The Dogmas of our Faith, Catholic Practice & traditions, Christology & Mariology, Study of the Church. Please contact Fr John who will explain the full process to you. (Tel No: 01277 265235) Hopefully the New Program will begin with an **Introductory Meeting on 12th September 2024** in Clergy House at 7.00 p.m.

PLEASE PRAY FOR FR MARTIN BOLAND

Some of you may have heard that Fr Martin was in hospital recently. In his own parish newsletter last weekend, he shared with his parish community that he had recently had surgery for cancer; this surgery was a success. However, to reduce the risk of recurrence in the future, he must now undergo chemotherapy to be administered over a twelve-week period; he will be out of his parish during this period. He is extremely positive about his situation and places his trust completely into God's hands. Please



keep Fr Martin in your thoughts and prayers, and all who are sick and suffering at this time. Thank you!

NEW ALTAR SERVERS I would like to extend an invitation to any of the boys and girls who recently made their First Holy Communion, to consider becoming an Altar Server at the Cathedral Parish. This is a truly wonderful opportunity for our young ones to get involved in the life of faith and give great service to God and the Church. I was an Altar Server right up until I was Ordained to the Priesthood. Parents, can you alert your children to this invitation. We will train the children at the altar. Our Parish MC Thomas Bridge will give instruction to the children. If you are an Altar Server, you are expected to be present at weekly mass!

FIRST HOLY COMMUNION PROGRAMME 2024/2025 This is advanced notice to those parents whose children will be in Year 4 as of September 2024 (8 years rising 9). First and foremost, the First Holy Communion Programme is for those families who are practicing Roman Catholics, which means weekly Mass attendance; and, that you live in the Cathedral Parish of St Mary & St Helen. This is an extremely important time in your child's life, and their spiritual preparation for the Sacraments of Reconciliation and the Holy Eucharist should be treated with seriousness and total commitment. If you are not practicing your faith, please don't waste our time. A **Parent Information Meeting** will be held on **Wednesday 25th September at 7.30 p.m.** in the Cathedral, explaining the First Holy Communion course and its requirements.

WE WELCOME SR MARY SEBASTIAN OGWUIKE IHM who will be giving an appeal on behalf of the Sisters of the Immaculate Mary this weekend; please give as generously as you are able.

HOLY HOUR Please note, there will be no Holy Hour during the month of July.

MISSIO RED BOXES Huge thanks to all those who have handed back their Missio boxes; replacement boxes are now available for

collection from the narthex of the Cathedral. We are still able to accept any boxes containing donations; please hand them into the parish office. Thank you.

PLEASE PRAY for the repose of the soul of Alan Bailey, Kenneth Eady, Anthony Bennett and Eileen Browne who died recently; funeral details are as follows:

Anthony's Requiem Mass will be celebrated in the Cathedral on Monday 5th August at 12 Noon.

Eileen's Funeral Service will be celebrated in the Cathedral on Thursday 8th August at 10.30 a.m.

The details of Alan's funeral are not yet known.

The details of Kenneth's funeral are not yet known.

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.

COFFEE AFTER 9.30 MASS today will be hosted by the Spanish Speakers' Community team; next week will be the turn of the SVP representatives.

LUNCHTIME PIANO RECITAL to be given by Paul Bateman and Roderick Elms in the Cathedral on **Wednesday 24th July** at 1.00 p.m. All are very welcome.

FRIDAY FRIENDSHIP LUNCH Please note, the Friday Friendship Lunches have now finished for the summer break and will resume again in September.

VESPERS FOR UKRAINE On **Friday 23rd August** at 6.00 p.m., the eve of Ukraine's National Day, we will be holding a special Vespers for Ukraine in the Cathedral which will be attended by the Mayor of Brentwood. This will be an opportunity to join in prayer with the Ukrainians who have been welcomed into our town and the people of Ukraine. It will feature Ukrainian and English music and hymns with a dual language service book available. During the afternoon there will be events in the

parish hall hosted by members of the Ukrainian community. These will include examples of Ukrainian crafts and activities for children. Following the service refreshments will be served in the parish hall. Everyone is welcome to this important service. The Ukrainian community values and appreciates all the support we offer them.

PARISH PEACE GARDEN The Love in Action group is making a start on the parish Peace Garden and needs some physical help digging etc. If you are able to spare half an hour or so to help create this wonderful parish facility, please contact Heather Leathley (heatherleathley1@gmail.com). Thank you!

PROJECT 58.7 - FEEDING THE HOMELESS A group from the parish and friends have been providing meals for the homeless (and others living on the edge of society) since the beginning of Covid. We are part of a larger project under Churches Together in Basildon which has been going for 10+ years. We now need a few more volunteers - people that can cook either a main meal or a pudding or provide fruit and yoghurts for up to 25 people. We also particularly need a few more deliverers - to collect the food from the cooks etc and take it to the venue in Basildon. This all happens for us on Mondays, Wednesdays and Thursdays. Other groups in Basildon do this on other days of the week. If you can help or just want to know more please email Maddy on maddy.edwards1@gmail.com.

REFERENCES FOR WORK AND OTHER POSITIONS Fr John receives many requests for references which he is happy to write for people that he knows. However, it is not helpful to mention to him in passing that you have given his name as a referee or for him to receive unexpected reference requests. Therefore, before you give his name as a referee, please ensure that you make an appointment to meet with Fr John first to discuss the position you are applying for and the nature of the reference required. Thank you.

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.

CHORAL VESPERS is celebrated in the Cathedral on Wednesdays and Fridays at 6.00 p.m. (during term time). Everyone welcome.

THE HOLY HOUR of prayer and adoration before the Blessed Sacrament takes place on a 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 below:



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, 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, Baby Austin Hughes, Wong Su Hwa, Jess, Brian Kelleher, Lisa Landy, Lawrence, Susan Maskall, Romek Matyszczyk, 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

YOUTH 2000 SUMMER FESTIVAL 2024 Our annual youth 2000 summer festival will take place from **Friday 23rd August - Monday 26th August** in the beautiful surroundings of Ampleforth Abbey, North Yorkshire. This festival is an opportunity for young people (aged 16-35) from across the UK to grow in their relationship with God, form friendships and be inspired to live out their faith! The programme will include input from incredible speakers, a wonderful variety of workshops, and loads of opportunities to be with Jesus and encounter His love. Visit www.youth2000.org/events for information and tickets (which include food and accommodation).

WALSINGHAM HOUSE ANNIVERSARY MASS This year marks 60 years since the opening of Walsingham House and 40 years since the first volunteer team took residence. There will be a **Mass of Thanksgiving on Saturday 31st August** at midday celebrated by Bishop Alan in the grounds of Walsingham House at Abbotwick. Everyone is very welcome to attend with a special invite to those who have been part of the Walsingham House team over the last 40 years. After Mass you are welcome to stay for a picnic in the grounds.

“ADOREMUS” FESTIVAL On **Saturday 14th September** at Oscott College in Birmingham, the “Adoremus” National Eucharistic Congress and Pilgrimage is taking place with representatives from dioceses across England and Wales. Our diocese has been allocated 43 places. If you would like to attend, please contact the Diocesan Co-ordinator, Father Dan Mason at frdanmason@brcdt.org There will be a coach leaving for the Congress from Brentwood Cathedral at 8.00 a.m. on the day. There is no charge for the coach or attending the Congress but you will need to bring a packed lunch. Parishes are also encouraged to arrange a time for Exposition of the Blessed Sacrament either on the 14th or 15th September. More information about this will be sent out to parishes in the coming months.

CALLED AND GIFTED TEACHING DAY On **Saturday 14th September** from 9.00 a.m. to 4.15 p.m. at the Most Holy Redeemer Church in Billericay we will be running a “Called and Gifted” teaching day. “Called and Gifted” is a discernment process developed by the Catherine of Siena Institute which enables everyone to understand the gifts and the charisms that God has given to them so that they are able to share these gifts with others. Those who have taken part in the Called and Gifted process have found that their faith has deepened and that they have been able to discover new ways of serving God in their parish and the wider community. As well as the teaching day, participants are invited to complete an online “Gifts Inventory” prior to the day, as well as having a 1-1 Zoom session with a member of the Called and Gifted team. The total cost of the

process including the Teaching Day is £120 which includes online access to the Gifts Inventory as well as a Resource book which will be given out during the Teaching Day. In order to secure your booking please register your interest before Thursday, 1st August by emailing the Billericay Parish Office at billericay@brcdt.org. If you would like more information about Called & Gifted, please visit their website: <https://www.calledandgifted.org.uk/>

OPEN HOUSE BILLERICAY On Saturday 12th October the Most Holy Redeemer Church, Billericay will be hosting a day focusing on parish renewal with talks and workshops designed to help parishes transition from maintenance to mission. Bishop Alan will also be presiding at the Midday Mass. Get inspired by priests and parishioners as they share stories of transformation. Hear what they are learning and dream about the change that could be possible in your own parish. The day will last from 9.30 a.m. to 5.00 p.m. and the cost is £20 per person. In order to attend you will need to register in advance by following this link: <https://divinerenovation.org/events/>

VACANCY Sacred Heart of Mary Girls' School, Upminster are seeking an enthusiastic, talented and highly motivated Attendance and Pastoral Support Officer to contribute significantly to the sustained success of our school and pastoral team. For further details, please contact the school. Closing date **Friday 2nd August 2024**.

VACANCY - Walsingham House Retreat Manager: Walsingham House at Abbotswick, the youth retreat centre for the Diocese of Brentwood, are seeking to appoint a Retreat Manager. The Retreat Manager will work to ensure the smooth and efficient running of retreats, leading and training the volunteer team, and developing the programmes on offer to schools and parishes. Walsingham House has an excellent reputation for the quality of the retreats offered and after a year to rebuild we are keen to develop this further. This is not necessarily a "live-in" role but accommodation can be provided if required. For more information please see: <https://bcys.net/news/vacancies/> Closing date is **Friday 30th August**.

VACANCY A vacancy has arisen for a part-time Caretaker at The Immaculate Conception, Epping. The post will be part-time (around four hours per week - with a flexible working agreement to be agreed which includes weekends and being on site on a Tuesday). This is a one-year fixed-term contract that may be extended or made permanent. The start date for the role is October and the salary is negotiable depending on skills and experience. Full job description: Caretaker Epping - 2024 If you have any queries or if you would like to apply, please send your CV and cover letter by email to epping@brcdt.org

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 Gifaid-it

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

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