

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

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**THIRTY-FIRST SUNDAY IN ORDINARY TIME (B)
Sunday 3rd November 2024**

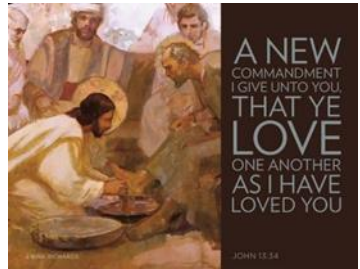
Spiritual Reflection:

Jewish Rabbis counted 613 separate and individual statutes in the Law and attempted to differentiate between heavy and light commands. We human beings are given to complicating things. Jesus, however, is given to simplifying things, making them easier for us to understand.

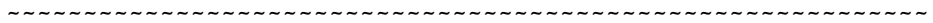
Quoting from Deuteronomy 6:4 and Leviticus 19:18 he gives us a breath-taking and utterly divine compression of the central tenets of both Jewish and Christian faith. The first quotation came to be known as the Shema, named after the opening word of Deuteronomy 6:4 which means literally 'hear'. The Shema was recited by devout Jews every morning and evening, and to this day every synagogue service begins with this prayer. We would do well to learn it: 'Hear, O Israel: The Lord our God, is one Lord; and you shall love the Lord your God with all your heart, and with your soul, and with all your mind, and with all your strength.

We can use the Shema today and examine our conscience. Do we love the Lord our God with all our soul, all our mind and all our strength? St. Thomas Aquinas wrote: 'Therefore in the

love of God no measurement is proposed beyond which it is not fitting to proceed; but no matter how much anyone loves, he will always love further, and for this reason it is said that there is no pre-fixed measure beyond which it is not fitting to progress.’ In other words - we can’t love God or our neighbour enough. Our next question must then be: how do we love God? We love God by seeking to be with him - in prayer, by reading his Word and spending time with him in the Blessed Sacrament. Some may protest and say, ‘Yes, yes, I know I must pray and do these things, but I must also love my neighbour.’



Noble and impressive as this may appear it is not the complete picture. We can only love our neighbour because we love God. ‘But if we are to love our neighbours as we ought, we must have regard to God also: for it is only in God that we can pay the debt of love aright. Now a man cannot love his neighbour in God, except he loves God himself; wherefore we must love God first, to love our neighbour in him’ (St. Thomas Aquinas).



Dear Friends in Christ,

We have just entered November, the Month of Holy Souls. This is our opportunity to remember in a very special way all our deceased relatives, friends and benefactors. As you can see at the altar is the Book of Remembrance and all the November Deceased List envelopes returned by yourselves. Each day throughout November Mass will be offered for the Holy Souls; we lift all our deceased loved ones to the Lord in thought and prayer. At the end of each of our weekday masses we will pray a decade of the rosary and prayers for the deceased for the repose of all our Holy Souls. Please make



a very special effort to attend an additional mass during this special month of remembrance.

PARISH CHRISTMAS BAZAAR - SATURDAY 14th DECEMBER
11.00 a.m. - 3.00 p.m.

CAN YOU HELP? May I appeal to your generosity? The success of any Parish Bazaar is always dependant on the generosity of the Parish Community. I know it's over 15 years since there was a Parish Bazaar, and people may have got out of the custom of donating items. But may I make this impassioned plea to you all for various gifts and items for the Bazaar, and luxury gifts and items for the GRAND DRAW. Grand Draw Tickets will be handed out about the third week of November. It would be wonderful if everyone could donate something to the Bazaar. My experience of Bazaars is that they are truly a wonderful social occasion for the whole parish community. Lots of parishioners can get involved. There is a sign-up sheet in the Narthex of the Cathedral if you can help in any way the day before Friday 13th December in setting up, and Saturday 14th at the Bazaar itself, and afterwards in the grand clear up. The next Bazaar Committee Meeting will be on **Friday 1st November** at 7.30pm. **THANK YOU!**

CHRISTMAS GRAND DRAW PRIZES We would like to request various Grand Draw Prizes to be donated; all brand-new items please: A Flat Screen Colour Television, Wii, X BOX, I Pods, any other new electrical goods. Various Christmas Hampers, Crate of Wine, Restaurant Vouchers, Theatre Vouchers, Hotel Vouchers, National Trust Membership, Or Spa Vouchers, Crystal Glass Sets, M&S Vouchers, Fitbit Watch, Beats Headphones, Fortnum & Mason Hamper, Large Christmas Cake. Would there be any parishioners who would be willing to donate some Money for Grand Draw Prizes £200, £100, & £50?



GIFTS AND ITEMS FOR VARIOUS STALLS The success of any Bazaar is holily dependent on the generosity of the whole parish community. We would like to appeal to the parish for various

gift items for the Bazaar this year. A Bazaar is not a Jumble Sale, so we do ask for new or nearly new items please. One of the most successful stalls at a Bazaar is the 'BOTTLE STALL' - I would appeal to the parish for about 300 bottles of wine and spirits. If every person brought one bottle we would achieve our goal. (The weekend of 16th /17th November, we are appealing for BOTTLES. Please do whatever you need to remind yourselves; a note on your mobile phone; leave a bottle by the front door; put a message on your fridge) Toiletries are always popular. (Toiletries & Fancy Goods, please bring along the weekend 23rd / 24th November). Children's cuddly toys, which are in good condition; and good Bric-a Brac. Various Gift Cards, On the day there will be refreshments. A home baked cakes stall, jams & preserves. Various Sweets and chocolates, Christmas chocolate stockings, Candy Canes. Good quality toys and new toys. Small children's gifts for Santa's Grotto. **NO CLOTHING. You can bring any items now; please drop off at Clergy House during the week.**



COULD WE MAKE A SPECIAL APPEAL FOR MATCHED GIVING? Can anyone help with Matched Giving from your Firm or Bank? Many companies do employ a Matched Giving facility, all you need to do is ask your place of employment; this truly would be of great benefit to us. If you work at the bazaar on a particular stall, whatever is raised is often matched by the company or bank. Please investigate it!

May God Bless You All,

Handwritten signature of Fr. John.

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

NEW CTS SUNDAY MISSAL Copies of the new CTS 2024 Sunday Missal are now available to purchase from the parish office at a

price of £10.00 per copy. The Missals run from the First Sunday of Advent 2024 to Christ the King 2025.

FIRST HOLY COMMUNION PROGRAMME 2025 Registration forms for this course are available in the narthex; please note the **deadline date** for these forms is **TODAY** Sunday 3rd November 2024. Participating families should have already picked up a Mass Registration Card from the narthex and should be getting this signed weekly at the end of Sunday Masses by Fr John, Fr Matus or one of the Deacons. Please ensure you keep this card safe!

THE PARISH YOUNG ADULTS GROUP will meet this Sunday evening after the 6.30 p.m. Mass. We'll meet outside clergy house and walk to a local pub together for a drink and something to eat. All aged 18-35 are very welcome.

THE NEXT 'BIG CLEAN' will take place **tomorrow Monday 4th November** at 9.45 a.m. Please bring along your mops and buckets, vacuum cleaners, brooms and dusters. Thank you!

PLEASE PRAY for the repose of the soul of Monica Lyth who died recently; funeral details are as follows:

Monica's Requiem Mass will be celebrated in the Cathedral on Wednesday 6th November 2024 at 11.00 a.m.

May she rest in the peace of Christ.

YOUTH MASS, the first Thursday of the month, Brentwood Cathedral, from 6.00 p.m. Join the BCYS to celebrate Youth Mass each month with other young Catholics from all around the Diocese. There will be pizza in the Parish Hall from 6.00 p.m. with a different input each month - speakers, workshops, prayer and worship, Reconciliation or more! Youth Mass is then celebrated in the Cathedral at 7:30 p.m. Next date: **Thursday 7th November**.

BRENTWOOD REMEMBRANCE SERVICE AND PARADE will be taking place on **Sunday 10th November** and will mean that Ingrave Road will be shut from 10.15 - 11.45 a.m. therefore

please be aware that this will have an impact on both our 9.30 and 11.30 a.m. Masses.

CHARISMATIC PRAYER GROUP will meet in the Upper Room of the Cathedral on **Thursday 14th November** 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 IN FAITH COURSE The next meeting will be on **Thursday 14th November** and the theme will be: How do we recognise the Church today?

THE CAMPION SCHOOL SENIOR CITIZENS' PARTY will be held at the school on Sunday 15th December between 12.30 p.m. - 5.00 p.m. If you would be interested in attending, contact Clergy House by **Tuesday 26th November** at the very latest.

FOODBANK COLLECTION Please contribute as generously as you can to the parish Foodbank collection that will be taking place on the weekend of **30th November/1st December**. 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 seasonal 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.

MISSIO Would any parishioners that have red boxes at home please return them to the parish office by the end of November for the annual count.

CATHEDRAL USHERS We are looking to expand our team of Cathedral Ushers; if you think you could commit to this important ministry and would be interested in finding out more about the role, please leave your details at the Parish Office.

FRIDAY FRIENDSHIP LUNCH Every Friday all are welcome to come along to the parish hall (12 noon - 2.00 p.m.) for a light lunch, cakes and drinks and most importantly, friendly faces and an opportunity to meet up with others. If you would be willing and able to help with this initiative, please pop along on a Friday and see the team or, alternatively, contact the parish office.

REPOSITORY PLEA We are seeking volunteers to help with the Repository during the month of December; no special skills are needed as there will always be a member of the Repository team working alongside any new volunteers. Going forward, for the new year we are also seeking additional regular volunteers to help with the Repository, in particular at the 11.30 a.m. Mass. If you would be interested in finding out more, please contact the parish office.

IMPORTANT INFORMATION - CATHOLIC SCHOOLS APPLICATIONS If you are going to apply for a Catholic Primary School with your child starting in September 2025, please make a note of these dates in your diary; at these meetings, Certificate of Catholic Practice forms will be issued to those families who are known in the parish and are regularly practicing their faith. Please note the following important information:

- a) Fr John will know those families who have been practising their faith by coming to Sunday Mass. These families will receive a Certificate of Catholic Practice.
- b) If you have not been practising your faith, please do not approach Fr John for a Certificate of Catholic Practice as he will not be able to provide you with this document. Instead, apply directly to the Catholic school of choice.
- c) If you are applying for a non-Catholic school that requires evidence of religious practice and you have been practising your faith, please see Fr John
- d) If you are applying for a non-Catholic school that requires evidence of religious practice and you have *not* been practising your faith, please simply apply directly to the non-Catholic school of your choice.

- e) Please note that Fr John will not supply additional references or documentation to parents who may go to appeal for a place at a non-Catholic school.

Fr John will be available only at the following time in the Cathedral to see parents who are **registered as parishioners** and who are practicing their faith by attending Sunday Mass.

PRIMARY SCHOOL APPLICATIONS

Wednesday 13th November~ 4.00 p.m. to 7.00 p.m.

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.

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.

JUST FOR INFORMATION Clergy days off are Tuesday (Fr John) and Wednesday (Fr Matúš); 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.

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: Sylvia Allum, Merle Anderson, Alistair Bailey, Yvonne Ball, Hermine Bayley, Eda Bright, 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, Peter Madden, Romek Matyszczuk, Tony Maule, John McCarthy, Carmel

Micallef, Stephanie Murray, 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

CAFOD-DEC MIDDLE EAST HUMANITARIAN APPEAL The conflict in the Middle East is getting worse and the families affected need our help. Please donate today to the CAFOD-DEC Middle East Humanitarian Appeal and support our local Caritas partners in Gaza and Lebanon as they continue to provide essential food, water and shelter: [//cafod.org.uk/give](http://cafod.org.uk/give)

THE CAMPION SCHOOL are seeking generous donors to contribute to the cost (£695) of their new lectionaries - which every Catholic Church and Chapel need to purchase as the scripture translation used in Mass changes. These donors may have a connection to the school and/or may wish to give in memory of a loved one. Please help us to proclaim the Word of God to future generations of Catholic students! If you are able to help, please contact the school directly (contact@thecampionschool.org.uk) or via your parish priest.

CATECHIST TRAINING AND RESOURCES DAY, Brentwood Ursuline Convent School, **Saturday 9th November**, 10.00 a.m. - 3.00 p.m. With guest speakers, new workshops, exciting resources and fresh ideas. Open to anyone working with young people in the Diocese of Brentwood, including First Holy Communion / Confirmation Catechists, Parish Partnership Youth Coordinators and Youth Leaders as well as those who look after the children's liturgy, especially any young people (16+) who already are or may be interested in working as young leaders and catechists in the parish, and wish to develop their faith further post-confirmation. Please visit www.bcys.net/events for more information on how to reserve your FREE place.

RUN ALPHA CATHOLIC CONTEXT - ROMFORD Join the Alpha UK Catholic Context team on **Saturday 9th November**, 10 a.m.-3.30

p.m. at St Peter's Catholic Primary School in Romford for a session especially tailored for Catholic parishes to explore Alpha as a tool for evangelisation. Run Alpha is designed to give you the opportunity to experience sample Alpha sessions, discover how Alpha works in a Catholic parish setting, hear from other parishes already running Alpha, and most importantly to give you space to ask all your questions. The event is free. Please bring a packed lunch, tea and coffee will be provided.

More details about the day can be found in the registration link below. To register for Run Alpha in Romford please follow this link: [Run Alpha - Catholic Context, Romford Tickets, Sat 9 Nov 2024 at 10:00 | Eventbrite](#) If you have any questions in the meantime, please contact Michael Roche at Michael.Roche@alpha.org.

SIXTH FORM OPEN EVENING AT Sacred Heart of Mary Girls' School will be held on **Wednesday 13th November**. Headteacher's address at 6.00 and 7.00 p.m. Parking onsite for disabled users only

SIXTH FORM OPEN EVENING at St John Payne Catholic School will be held on **Wednesday 13th November**, from 5.00 to 7.00 p.m. This event is a wonderful opportunity for you and your child to explore the exciting possibilities that our Sixth Form offers. The evening will feature speeches from our Head Teacher and the Head of Sixth Form in the Aquinas Hall, starting at 5.00 p.m. and again at 6.30 p.m. We will provide valuable information about our curriculum, the overall vision for our Sixth Form and the support available to ensure a successful transition into Sixth Form. If you would like to attend, please visit our school website to register your interest.

BE STILL AND KNOW THAT I AM GOD RETREAT - 21st - 24th November. Join Fr Roger Dawson, SJ, for this retreat exploring the human condition with practices common to mindfulness and to Christian contemplative prayer. The retreat will seek to reclaim those practices that share common ground with the tradition of apophatic prayer and theology rooted in the monastic and the Eastern Orthodox traditions. For more

information: <https://christianheritagecentre.com/events/be-still-and-know-that-i-am-god/>

PROCLAIM THE WORD: A SERIES OF TALKS FOR READERS/LECTORS Fr Adrian Graffy, Scripture scholar and member of the Pontifical Biblical Commission, will be giving the first talk in a series planned for readers/lectors. This first talk, entitled 'He stood up to read (Lk 4:16), will survey how the ministry of reader has developed from the New Testament to the institution of readers at Vatican II. The talk will take place on **Wednesday 27th November** at 7.00 p.m. (refreshments from 6.30) at the hall of the Catholic Church of Christ the Eternal High Priest, 410 Brentwood Road, Gidea Park, RM2 6DH. Entrance is free, and the talk will also be available on-line at www.whatgoodnews.org

ASSISTED SUICIDE BID BEFORE PARLIAMENT Kim Leadbeater MP is introducing a bill to introduce assisted suicide, which will be voted on by MPs on the **29 November**. We know that assisted suicide laws in other jurisdictions have had devastating consequences for the poor, disabled and marginalised. This is the biggest threat to the vulnerable in a decade, and we need a huge effort to lobby MPs. Please contact your MP by visiting www.livesworthliving.org.uk

VACANCY for a Cook (Full-time) to work Tuesday, Wednesday, Thursday, Friday and Saturday from 12.00 Noon- 7.00 p.m. Required to work in a unique position within a small religious community, based in Colchester - The Canonesses of the Holy Sepulchre. If this is of interest to you, please submit a CV and any enquiries to: caremanager@canonesses.co.uk or call on 07394 980188. Closing date for applications **13th November 2024**.


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
			