

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

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**THE MOST HOLY BODY AND BLOOD OF CHRIST
JUBILEE YEAR - 'Pilgrims of Hope'**

Sunday 22nd June 2025

Spiritual Reflection:

Today we celebrate the Sacrament which is the source and summit of the Christian life. This phrase 'source and summit' is a rather awesome one. It is as if in the blessed Eucharist is contained the entire spiritual good of the Church, namely Christ himself, our Passover Lamb. The great St. Irenaeus put it so beautifully when he said many



centuries ago 'Our way of thinking is attuned to the Eucharist, and the Eucharist in turn confirms our way of thinking.' What does it mean to have our way of thinking attuned to the Eucharist?

Our word Eucharist has its roots in the Greek words *eucharistein* and *eulogein*, which recall the Jewish blessing - especially during a meal - of God's works of creation, redemption, and sanctification. At the very heart then, of the Eucharist, is a celebration of praise and thanksgiving at which

Christ is made real and present. This is why, on entering a church where the Eucharist is in the Tabernacle, we acknowledge the real presence of Christ Jesus in the Tabernacle and genuflect in adoration. We must continue to cultivate a genuine sense of Eucharistic wonder and awe. As we allow the Holy Spirit to work within us, he helps us grow in awareness of the fact that it is truly Christ himself whom we are receiving.

This understanding that Christ is real and present in the Eucharist cannot be apprehended by the senses but only by faith, and our faith relies on God's authority, for it was Jesus himself who said: 'This is my body, which is given for you.' The eminent Church father St. Cyril said, 'Do not doubt whether this is true but rather receive the words of the Saviour in faith, for since he is the truth, he cannot lie.' The Eucharist is our greatest gift; it is our richest blessing and most cherished treasure. Nothing in the Christian life compares to it for in the Eucharist is Christ himself, the 'Godhead here in hiding'.

Dear Friends in Christ,



SICK AND RETIRED CLERGY FUND This weekend we have the annual retiring collection for the Sick and Retired Clergy of the Diocese of Brentwood. We have over twenty retired priests in the diocese; some of them are infirmed and must be cared for in Care Homes. Others are in their 70's, 80's & 90's. All

the retired priests will be on a state pension, but the Diocese doesn't provide a private pension scheme for the clergy. This is why this annual retiring collection is important; it not only gives the clergy a little extra other than their pensions, but helps them pay their respective bills in their places of residence. Most of the Priests who are retired have given fifty years of their lives in the service of the Diocese as Parish Priests to various communities. I have a personal responsibility for our Sick & Retired Clergy, ensuring they are provided for and cared for in the best way possible. If you can help in anyway

whatsoever, please contribute generously to this retiring collection this weekend.

FIRST HOLY COMMUNION - GOING FORTH MASS:

Next **Sunday 22nd June** at the 9.30 a.m. Mass. Fifty-four of our parish children made their First Holy Communion last month, and now they all come together to share in the great gift of the Eucharist and receive the Lord's Blessing as they 'Go Forth' in their young lives of faith. The Catholic Faith teaches us that once we receive our First Holy Communion at the age of reason, we have an obligation to participate in the weekly celebration of Holy Mass. I would commend this teaching to all our parents. Sadly, since Covid, many families have fallen by the wayside in the practice of their faith, often only making an appearance when it's time for sacramental preparation and then disappearing again after the celebration. This is not only an insult to Almighty God, but also an insult to these young children, whose example from parents is their model of life. Can I make an impassioned plea to all parents to continue to bring your children to Holy Mass each week and help them deepen their understanding and commitment in the life of faith.



My sincere and grateful thanks to our Team of Catechists who have worked so hard with the children over the past several months. The catechists give of their time freely, and it's a real commitment in faith. If there are any parents who would be willing to become First Holy Communion Catechists, please see Fr John or Victoria Campling, or leave your name and details at the parish office. Grateful thanks to Sally Terry who has been a Catechist for the past ten years, who is now stepping down from the team.



FORTY HOURS OF EUCHARISTIC ADORATION - QUARANT ORE In this Holy Year - as Pilgrims of Hope, our parish will be celebrating the 'Quarant ore' - the 'Forty Hours' of Eucharistic Adoration. There will be a special Mass on **Thursday 26th June** at 7.30 p.m. followed by Exposition of the

Blessed Sacrament until Midnight and then resuming Exposition again from Friday 27th June at 6.00 a.m. and concluding with Solemn Benediction at 5.45 p.m. on Saturday 28th June. Our guest preacher will be Monsignor Kevin Hale, Parish Priest of Our Lady of Lourdes Parish, Leigh-on-Sea. For over 35 years I have always tried to offer the opportunity for the parishes where I have served to celebrate the 'Quarant Ore.' This is a real moment of grace for any parish, and especially being the Mother Church of the Diocese, we open our doors to all the Diocesan Parishes. Where parishes are thriving throughout the world, Prayer and Exposition of the Blessed Sacrament are regular features of these parishes. When Jesus was in the Garden of Gethsemane with his disciples, his question to them was "Can you not watch with me for one hour?"

During this 'Quarant Ore' I am asking every member of our Cathedral Parish to give one hour, or more, to the Lord. To help with prayer, choose a special intention that you wish to pray for. You can pray the Rosary with this intention in mind or, bring your bible and read or just sit and meditate before the Blessed Sacrament. There are lists in the Narthex to sign up for an hour. May I ask the men of the parish to cover the nightshift (Friday night through Saturday morning).

If you're on your way to work and have done an hour of prayer, there will be a light breakfast available of teas/coffees/cereals/toast and butties in the Parish Hall Friday & Saturday mornings from 6.45 a.m. - 8.15 a.m.

There are lists in the Narthex to sign up for Eucharistic Adoration. If you can give more than one hour, please put your name on the lists. Let these Forty Hours truly be a very special time for our parish. The power of prayer, as Jesus said, can move mountains. Perhaps one of the special intentions can be to encourage our lapsed Catholics to return to the practice of the faith. The Lord always hears our prayers!

A nice way to be involved in the Forty Hours would be to purchase a long burning candle in remembrance of deceased loved ones. These candles will be lit throughout the whole of

the 'Forty Hours.' CANDLES COST £5.00 EACH. PLEASE RETURN INSERT WITH YOUR MONEY BY THURSDAY 26TH JUNE 2025.



May God bless you all

A handwritten signature in black ink, appearing to read 'Fr. John'.

PLEASE PRAY for the repose of the soul of Princeton Farnworth, Patricia Bauckham, Bridget McMullen, Maria Casale, Celine Wells, Dorothy Caddell and Deirdre Driscoll who died recently; funeral details are as follows:

Princeton's Requiem Mass will be celebrated in the Cathedral on Monday 23rd June at 10.30 a.m.

Patricia's Requiem Mass will be celebrated in the Cathedral on Wednesday 25th June at 12 Noon.

Bridget's Requiem Mass will be celebrated in the Cathedral on Thursday 26th June at 12 Noon.

Maria's Requiem Mass will be celebrated in the Cathedral on Wednesday 2nd July at 10.30 a.m.

Dorothy's Requiem Mass will be celebrated in St Teresa's Church, Beaconsfield on Monday 30th June at 1.30 p.m.

We have been informed that former parishioner Celine died in a nursing home in February of this year; the funeral has already taken place.

Details of Deirdre's Requiem Mass are not yet confirmed.

May they rest in the peace of Christ.

COFFEE AFTER 9.30 MASS TODAY will be hosted by the First Holy Communion group; next week will be the turn of the Friday Lunches group. Please do join us.

EUCCHARISTIC MINISTER AND READERS' ROTA I have taken over the responsibility of putting the rotas together for Eucharistic Minister and Readers. Those of you who fulfil these roles should have received an email from me (alixholmes22@gmail.com) asking for your availability for the next rota starting on 20th July; if you have not already done so, can you please drop me an email **before 6th July**. Many thanks Alix.

APPEAL FOR SUNDAY CHILDREN'S LITURGY CATECHISTS We are seeking some new volunteer Sunday Liturgy Catechists. I know many parents accompany their young children on Sunday mornings to the Sunday Liturgy. Would you please consider becoming one of the Catechists, to help with the sessions? The more volunteers we have, your service would only be required once a month. We really are desperate for new catechists, as several have stepped down recently. If you are willing to help, please contact Jane Davenport, or Fr John at Clergy House. Thank you!

NEW ALTAR SERVERS I would like to extend an invitation to any boys and girls who have 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. Our Parish MC Thomas Bridge will give instruction and training for new servers who have expressed an interest in serving on the following date:

Saturday 12th July- 10 - 11.00 a.m. - Training session

If your child would be interested, please leave your details with Mo in the parish office.

FOLLOWING THE RECENT CAFOD WATER APPEAL we would like to thank everyone that put forward their ideas for fund raising events to be held in the parish. We are delighted to let you know about the first 2 events we will be hosting in the coming weeks:

Cathedral Parish Family BBQ on Sunday 13th July from 2.00 - 4.00 p.m. in the Cathedral grounds, kindly organised by the PACE

team. For catering purposes, please sign up in the list in the narthex if you will be attending.

Table Top Sale on Saturday 19th July from 11.00 a.m. - 3.00 p.m. in the large parish hall. A good opportunity for those who want to recycle any unused items and good condition clothing. For those interested in hiring a table, the charge will be £10 and proceeds from anything you sell is yours (please note that any unsold goods must be taken away with you at the end of the event). For those interested in hiring a table, please add your details to the list in the narthex. For those wishing to attend the event, there will be a £1 per person entry charge which will include a raffle ticket. Refreshments will be available to buy from the small hall.

We look forward to your usual generous support to make a good headway in our CAFOD water appeal.

RITE OF CHRISTIAN INITIATION OF ADULTS - JOURNEY OF FAITH PROGRAMME Since the election of Pope Leo XIV there has been a lot of interest shown in the Roman Catholic Faith. Over the past year or so there has been an upsurge in people seeking entry into the Catholic Church through the RCIA programme. If anyone is interested in learning more about the Roman Catholic Faith possibly with the view of receiving the Easter Sacraments next year, please contact Fr John at Brentwood Cathedral, Tel No: 01277 265235 or frjohnharvey@brcdt.org

The RCIA is a systematic programme of instruction in Catholicism covering all aspect of the Roman Catholic Faith. The basis of the course is rooted in the Creed, which we profess each week at Holy Mass. Fr John will be only too happy to sit down with you and explain the whole course, which usually commences at the beginning of September and continues through to the Easter Vigil, which next year falls on Saturday 4th April 2026.

THE 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. Why not come along and join us?

PILGRIMS OF HOPE PRAYER GROUP - for this special jubilee year why not join the parish Pilgrims of Hope prayer group? It couldn't be easier. The group pray every Monday evening at 8.00 p.m. Prayers and reflections are shared on a WhatsApp group with each person praying privately wherever they find themselves. If you'd like to join the WhatsApp group then please give your mobile number and name to the parish secretary.

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, Esmeralda Chester, Keith Chester, Dermot Dalton, David, Iris Davis, Patricia Decup, Sheila Deed, Charlotte Donnelly, Margaret F, Rebecca Florendo, Angela Gavin, Julian Goode, Deacon Nicholas Holmes, Wong Su Hwa, Jess, Lisa Landy, Suzie Law, Lawrence, Peter Madden, Romek Matyszczyk, Tony Maule, John McCarthy, Carmel Micallef, Stephanie Murray, Harry Newman, Barney O'Driscoll, Joe O'Herlihy, Matthew Pegg, Steven Poole, Margaret Ross, Geraldine Sheehan, Robin Shenton, David Spring, Mary Stretch, Tim, TCT, Siobhan Vaughan, Kalcho Yankov and all our sick.

GENERAL NEWS

CELEBRATING NICEA To celebrate 1700 years since the Council of Nicaea, Deacon Ken Carleton recently gave a study day entitled 'Consubstantial with the Father: Creed, Church and Constantine'. The statement of faith it produced became the basis of the Creed we recite at Mass on Sundays. A fully edited

version of the study day is now available free of charge on www.whatgoodnews.org

ST VINCENT DE PAUL SOCIETY - NATIONAL PILGRIMAGE TO WALSINGHAM Join the St Vincent de Paul Society for a pilgrimage to Walsingham in this year of Jubilee. A wonderful occasion to gather members from all across the Society, taking place on **Sunday 6th July 2025**. The day will include Mass, Anointing of the sick and Benediction. Full details can be found in the flyer, including how to register. If you have any questions, get in contact: bethant@svp.org.uk

ST VINCENT DE PAUL (SVP) BRENTWOOD COMMUNITY FESTIVAL to be held on **Saturday 12th July** from 1.00 - 3.30 p.m. in Brentwood Cathedral Hall. Come along to this free event celebrating the work of SVP volunteers across Essex and East London, and discover how you can help make a difference in our community and beyond. Music, food, and displays of life-changing projects. Book your free ticket: www.eventbrite.co.uk/e/community-festival-svp-tickets-1404654331919 All very welcome to attend!

THE DIOCESAN LOURDES PILGRIMAGE 2025: Join Bishop Alan in Lourdes from **Friday 18th to Friday 25th July**. We can support those with medical needs. For further information, please 'phone Tangney Tours on 01732 886666 or book online: Brentwood Lourdes Pilgrimage - Tangney Tours

ST JOHN BOSCO CHILDREN'S CAMP 2025. For children aged 9-12 years old (school years 5-7), a week of great fun, activities including climbing wall and zip wire, fishing, football, archery and much more, all in a beautiful setting. The Camp has a Catholic ethos, and exists to give children a magnificent holiday. **26th July - 2nd August**. For more details, and application information: www.boscocamp.co.uk. The Camp is a special work of Caritas Diocese of Brentwood.

“WE BELIEVE” - NATIONAL FESTIVAL OF CATHOLIC LIFE to be held on **25th - 28th July 2025** at Oscott College, near Birmingham organised by the Guild of Our Lady of Ransom. Celebrate the Jubilee Year of Hope with Catholics from across the country and a wide range of inspiring speakers. Day tickets available, or come and camp for the long weekend, or stay nearby. Currently a significant “Earlybird” booking discount is still available - full weekend passes are just £70. All the details are at www.webelievefestival.com

VACANCIES St Joseph the Worker School are seeking a **Learning Support Assistant** for a September 2025 start. Part-Time - 22.5 hours per week (8.30 a.m. - 1.00 p.m.), Scale 4 Points 6-8 depending on experience. Closing date: **Friday 27th June** at 12 Noon.

VACANCIES Sacred Heart of Mary Girls’ School, Upminster are seeking **Learning support Assistants- (2 posts)** - APTC points 3 - 4 (£27,729 -£28,125 pro rata) (£19,310 - £19,586 Actual). For more information about the post or to arrange a visit to the school, please contact the SENCO, Ms Dosoo, on 01708 222660. Applications for this post will be accepted via QuickApply. Closing date: **Friday 27th June**.

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 |
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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 |
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