

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

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## Spiritual Reflection

Sometimes, in unguarded moments, clergy are often prone to confess that giving the homily on the Feast of the Holy Trinity isn't their favourite task! The problem, they sometimes protest, is that the Blessed Trinity is such a mystery and preaching on it is, well, difficult, challenging and mysterious! In fact, what we need to understand about this feast-day is that it isn't about getting our heads around the Trinity - that is truly an impossible task. It's more about getting our heads (and hearts) into the Trinity. The Trinity isn't a mystery to be solved but rather a mystery to be discovered.



Truly, the mystery that Jesus unveiled is that God is Three Persons in the One: God is Father, God is Son and God is Holy Spirit. This pivotal truth of Christian faith cannot be accessed simply through human reason. Yes, reason can bring us to the very edge of this ocean, but faith enables us to jump in and immerse ourselves in the depth, length, width and height of God's everlasting love revealed as Father, Son and Holy Spirit.

Through the grace of Baptism, we come to know the Father, are redeemed by the Son and are called to live our lives in the power of the Holy Spirit - we have a relationship with each member of the Holy Trinity. The Trinity seeks worshippers. At the heart of worship is praise and adoration of the goodness, truth and beauty of God. And it is through the grace of praise and worship that we can enter the mystery of the Trinity.



The word 'trinity' does not appear in the Bible. It was coined by Theophilus of Antioch around 180AD to express this clear teaching of the New Testament. Christopher Columbus had a great devotion to the Blessed Trinity. He invoked the Trinity at the beginning of every enterprise and every letter he wrote began with the 'In the name of the Most Holy Trinity'. On his third voyage in 1498 he vowed to consecrate to the Trinity the first land he would discover, and that was Trinidad. We too, like Columbus, can set off on a voyage into the Ocean of God's love revealed by the Father, through the Son and in the power of the Holy Spirit.

Dear Friends in Jesus Christ,

On this beautiful Feast of the Most Holy Trinity, we rejoice with the Universal Church in the great mystery of God who is Father, Son and Holy Spirit. We have all been initiated to the whole of God's life through the Sacrament of Holy Baptism, which means we are completely caught up in the whole of the Divinity of God. The Lord is never mean in his giving, he doesn't just give us a small part of his Godhead, he gives us everything. As we grow in faith, we develop a relationship with the Divinity of God, who is Father, Son and Holy Spirit. Each member of the Trinity has a purpose: the Father is Creator; the Son is Redeemer; The Holy Spirit is Sanctifier; and yet they are united in this One Godhead.



Every time we make the sign of the Cross, we invoke the Holy Trinity. This is not some bland gesture that should ever be taken lightly, it is an affirmation of faith in the Trinity of God. As people of faith, we should always use every means possible to know God; this happens through our personal prayer life, and our relationship with

each member of the Holy Trinity. The Sacred Scriptures give us the most incredible insight into the Divinity of God. The Old Testament teaches us about Divine Revelation, how God manifested himself to Abraham and the Chosen People. The New Testament teaches us how the fullness of Revelation of God manifested Himself through the Incarnation. God becomes Man in the person of Jesus Christ, and the Gospels teach us who Jesus is, where he came from, why he came into our world, and how he secured humanity through His Passion, Death & Resurrection. Today let us reflect on our lives of faith in the Trinity of God.



**THANK YOU TO THE WHOLE PARISH:** As I shared with you last weekend, I was taken into hospital on two occasions over the past couple of weeks with suspected heart attack. This was my first ever experience of the National Health Service as a patient. I was completely

overwhelmed by the incredible professionalism, love, care and concern of the medical profession. The Doctors and Nurses were exceptional, and I can only stand in admiration of all of them. I would like to call out all the nurses, whom patients spend most of their time with. It is a real vocation, and they worked so hard on every shift I saw in the hospital, their total dedication to health care and patients was exemplary. I had to attend Bart's Hospital for and Angiogram last Saturday and spent the day there. Once again, I witnessed this incredible care. Ironically, nearly all the nurses who looked after me over the past two weeks were Roman Catholic. I was discharged as an outpatient now. Further testing will take place over these next weeks.

On a personal note, I would like to thank all the parishioners who sent good wishes over the past couple of weeks; it was extremely thoughtful of you and I'm extremely grateful for your kindness. Also, I would like to thank Fr Matus & Theresa my PA, for stepping up for me over these past days, it's good to know that there was someone who could organise and keep everything running smoothly. The Parish Confirmation, last Sunday, I believe went extremely well. I was still in hospital at that point and remembered you all in prayer.

**FIRST HOLY COMMUNION - GOING FORTH MASS: Next Sunday 7<sup>th</sup> June, the Feast of Corpus Christi, at the 9.30am Mass.** 46 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.

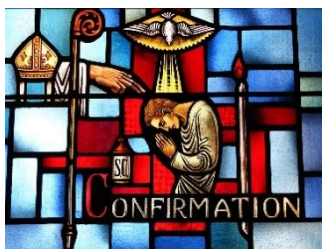
The Catholic Faith teaches us that once we receive our First Holy Communion at the age of reason, we have an obligation to participate in the Weekly Celebration of Holy Mass. I would commend this teaching to all our parents. Please can I make an impassioned plea to continue to bring your children to 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 & helpers, 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 at the Parish Office.

Following the 9.30am Mass, there will be a special reception in the Parish Hall for the First Communicants. If family members would like to donate sweets and food items for the children's reception, please bring them in advance of the Mass and drop them at the parish hall.

THANK YOU TO CONFIRMATION CATECHISTS: Since I got home, I have heard some truly wonderful accounts of the celebration of the Sacrament of Confirmation last weekend. I would like to thank Bishop Alan for celebrating the Sacrament here in the parish, and a very special thanks you to Fr Matúš and all the Confirmation Catechists who have worked so hard over the past several months with our young people. Sincere congratulations to all who were Confirmed.



CONFIRMATION PROGRAMME FOR ADULTS 2026/2027: For whatever reason, sometimes young people do not always complete a Confirmation Programme during their adolescent and teenage years but often return to the practice of the faith as adults. I have had several requests for an Adult Confirmation Programme. I am hoping to begin an Adult Confirmation Programme later in the year; could I make a request to the whole parish community to see if there is any more interest in the programme and receiving the Sacrament of Confirmation? Fr Matúš runs the Teenage Programme.

**NEW ALTAR SERVERS:** As we have just celebrated First Holy Communion with our young boys and girls, I would like to extend an invitation to any of them who may be interested in becoming Altar Servers. This is a truly wonderful ministry in the church, and it allows young boys and girls to really understand the ministry of service at a very young age. We are very fortunate to have a lot of young servers at the Cathedral Parish, but new servers are always welcome.



Training sessions will take place at *10.00am on Saturday, 6 & Saturday, 13 June*. If you are interested in attending, please do give your name into the Parish Office.



**FORTHCOMING MARRIAGES 2026:** This is a call to all who are preparing for Marriage this year 2026, whether here at the Cathedral or abroad. Could I ask you all to ensure that your documentation is completed at least two months before the wedding, especially for those marrying abroad. All documents need to be returned to Fr John or Fr Matúš so that they can be processed expeditiously. Please ensure that Marriage Preparation Course is completed through Marriage Care; new Baptismal Certificates no older than six months have been obtained; Statutory

Declarations of Freedom have been signed by a Notary. The Chancery is always closed during the month of August, so it is imperative that all documentation is received prior to then. Thank you!

**FROM OUR GIFT AID ORGANISER:** Our Parish Gift Aid Organisers are Michael & Amy Edwards. I would encourage all parishioners to join the Parish Gift Aid Scheme. If you are a Taxpayer, it's a painless process, all we need is you name and address, there are Gift Aid Application Forms in the Narthex of the



Cathedral and Michale and Amy will be only too willing to give you all the information and help you need. Through the Gift Aid Scheme, we can claim back 25 pence in every pound donated to the church, when you use your envelopes or pay by Standing Order. Please think about joining, and a very big thank you to those who already belong!

**RESUIESCAT IN PACE:** In your mercy, please pray for the repose of the soul of Kathleen Lillis (Mother of Michelle Arthur), who passed away this week. Kathleen was one of our oldest parishioners, 97 years of age, and up until the last couple of weeks was active and attended regularly our weekday and Sunday Masses. We extend our condolences to all her family in this great time of loss. As yet no funeral arrangements have been made.

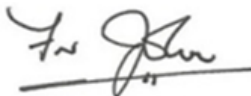
**CONGRATULATIONS** to Carmelina Triolo & Polizzotto Guglielmo who were married at the Cathedral last *Saturday 23<sup>rd</sup> May* and also to Ashley Barry and Ritchie Savage, who are to be married next *Saturday, 6<sup>th</sup> June*. May the Lord continue to bless them through the Sacrament of Matrimony. We wish them every joy and happiness in their married life for the years to come. Ad multos annos!

**ANNIVERSARY OF THE DEDICATION OF THE CATHEDRAL** - *Monday, 1 June* marks the 35<sup>th</sup> anniversary of The Dedication of The Cathedral (dedicated by Cardinal Basil Hume on 31 May, 1991).

**THE PARISH PASTORAL COUNCIL** will meet in the Parish Hall at 7.00pm on *Tuesday, 2<sup>nd</sup> June*. This is an open meeting and all are welcome to attend, so please do join us.

**MASS INTENTIONS:** As you can appreciate this is a parish where there are quite a few requests for masses, anniversaries, etc. To avoid any disappointment with dates, it is recommended that you book well in advance of anniversary dates, in fact, some parishioners book several months in advance. A mass intention can be requested for any occasion: Birthdays, Wedding Anniversaries, for people who are sick, memorial anniversaries, etc. To book a Mass please call in at Clergy House or phone Theresa, our parish secretary, who will be only too willing to help you. 01277 265235

May God bless you all.



**COFFEE AFTER 9.30 MASS TODAY:** will be hosted by Missio. There will not be any Coffee after 9.30am Mass next week, as The First Holy Communion Group will be celebrating their Going Forth Mass.

**THE FRIDAY FRIENDSHIP LUNCHESES:** All are welcome to come along to the parish hall every Friday (12 noon - 2.00 p.m.) for sandwiches, cakes and drinks and most importantly, friendly faces and an opportunity to meet up with others.

**MASS TIMES** in the Cathedral:

SATURDAY VIGIL MASS at 6.30pm

SUNDAY: 8.00am / 9.30am / 11.30am & 6.30pm

WEEKDAY MASSES Monday to Friday at 9.15am

SATURDAY: 9.15am

**PILGRIMS OF HOPE PRAYER GROUP:** Why not join the parish Pilgrims of Hope prayer group? It couldn't be easier. The group pray *every Monday evening at 8.00pm*. 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, please give your details to the parish secretary.

**SICK & HOUSEBOUND PARISHIONERS:** If there are any sick of housebound parishioners that would like a visit from one of the priests please contact

Clergy House Tel No: 01277 265 235. We can also arrange for Holy Communion to be brought to your homes on a regular basis.

**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 01277 265 235.

**SACRAMENT OF RECONCILIATION** is available in the Cathedral on Saturdays from 10.00 - 11.00am. Confessions in Italian are also offered.

**PLEASE PRAY FOR OUR SICK** and housebound parishioners and friends, including: Sylvia Allum, Merle Anderson, Suzie Anderson, Alistair Bailey, Yvonne Ball, Hermine Bayley, Heidi Brenke, Eda Bright, Roisin Cassels, Esmeralda Chester, Keith Chester, Dermot Dalton, David, Iris Davis, Patricia Decup, Sheila Deed, Margaret F, Rebecca Florendo, Angela Gavin, Brian Hodgkins, 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, Liam O'Herlihy, Steven Poole, Margaret Ross, Geraldine Sheehan, Robin Shenton, David Spring, Mary Stretch, Tim, TCT, Siobhan Vaughan, Michael Wilson, Kalcho Yankov and all our sick.

**MONTHLY YOUTH MASS** will be held on *Thursday, 4<sup>th</sup> June* - 6.00pm in the Parish Hall, followed by Mass in The Cathedral at 7.30pm. All young people are very welcome.

**STEPHEN KING** - We are delighted to celebrate the work of Stephen King who recently retired as Cathedral Organist, having served in the role for 33 years. Parishioners are warmly invited to join us on *Sunday, 14<sup>th</sup> June at 1.00pm* in the Parish Hall for refreshments. Anyone wishing to contribute towards a presentation gift may give donations to Theresa in Clergy House.

**DIOCESAN MISSION MASS** You are invited to the Diocesan Mission Mass with **MISSIO & the Mill Hill Missionaries** on *Saturday, 20<sup>th</sup> June at 11.00am* at Our Lady of Light, Church Road, Clacton-on-Sea, CO15 6AG. It will be followed by a shared lunch after Mass. If you would like to go, please RSVP to [redbox@missio.org.uk](mailto:redbox@missio.org.uk) or telephone 07593 544622.

**MARRIAGE AND FAMILY LIFE MASS** will take place in The Cathedral at *3.00pm on Saturday, 11<sup>th</sup> July*. If you are married or engaged to be married, please join us as we celebrate the great vocation of married life.

**NEW HALL SCHOOL CHORAL VESPERS** on *Wednesday, 10 June at 5.15pm* in the School Chapel. Presided by Fr. Andrew Robinson and led by The New Hall School Choristers, who sang at the 11.30am Solemn Mass at The Cathedral in March. All are welcome.

**PILGRIMAGE OF REPARATION AND PRAYER FOR THE SANCTITY OF LIFE**

Celebrated by Rt Rev. Peter Collins, Bishop of East Anglia

When: *Saturday, 1<sup>st</sup> August 2026*

Where: Shrine of Our Lady of Walsingham

Time: 12:00-17:00, beginning with the Pilgrim Mass at noon

Coach(es) from: **Forest Gate: St. Anthony's Church (E7 9PS)** at 7:30am (contact Sr. Shanthi Lavi Dsouza (07587479793) or Sr. Emalda Mary (07435 976315) **Upton Park: Our Lady of Compassion (E13 9BF)** at 7:30am (contact Annie (07980 309922) Price: £25 - Further information can be found on the website <https://prolifepilgrimage.org/> Pilgrimage of Reparation and Prayer for the Sanctity of Life.

**A DAY WITH MARY PILGRIMAGES 2026** - Pilgrimage to Italy (*Tuesday, 1<sup>st</sup> to Thursday, 10<sup>th</sup> September 2026*). Further information is available at <https://www adaywithmary.org/> Closing date 23<sup>rd</sup> June 2026.

**WORLD YOUTH DAY 2027 (SEOUL, SOUTH KOREA)** - Be part of something extraordinary at World Youth Day 2027 in Seoul, South Korea. Travel with the Brentwood Catholic Youth Service to join hundreds of thousands of young Catholics from around the world, gathered with Pope Leo for this global celebration of faith. Open to those currently in Year 13 and above. Details and applications: [www.bcys.net/events/wyd27](http://www.bcys.net/events/wyd27)

### WINE TASTING EVENING - SATURDAY, 6<sup>TH</sup> JUNE ST JOSEPH THE WORKER

Tickets are now available for the Wine Tasting Evening on *Saturday, 6 June, 6.30 for 7.00pm* start in St Joseph's Hall. Led by sommelier Tim Haslam, there will be 6 Italian wines with accompanying cheeses for tasting. Tickets are £25 each (over 18s only) and numbers restricted to 60 only so get your ticket early! Tickets available at 5.30pm Saturday and 10.30am Sunday Masses; card or cash payment can be made. Entrance to the event will be by advance ticket only.

### CAMPION SCHOOL OPEN EVENING - YEAR 5 STUDENTS

The Campion School warmly invites parents/carers and year 5 boys to our Open Evening on *Thursday, 25th June from 4.30 pm to 7 pm*. Headteacher's talk will be at 4.30 pm and repeated at 6.30 pm. Please visit our school website for more details [www.thecampionschool.org.uk](http://www.thecampionschool.org.uk)

### ALL BRITAIN FLEADH 2026 - BRENTWOOD

will take place in Brentwood between *Friday, 26<sup>th</sup> June - Sunday, 28<sup>th</sup> June 2026*. The Fleadh is a celebration of Irish music, song, dance, storytelling and culture. Events will take place at Brentwood County High School on Saturday & Sunday. Please see <https://www.comhaltas.co.uk/all-britain-fleadh-2026-wristbands> for more information.

An annual event of the Fleadh, is the Fleadh mass, which will take place on *Saturday, 27th June 2026, 6.30pm* at The Brentwood Cathedral, when we will be joined by some of the Fleadh musicians. After the mass, there will be a traditional Irish music session at the Holiday Inn, Brook Street. Everyone is welcome.

### BRENTWOOD URSULINE - MUSICAL APTITUDE ASSESSMENTS FOR MUSIC SCHOLARSHIPS & PLACES - YEAR 7 ADMISSION SEPTEMBER 2027

Is offering 17 of the Year 7 places for admission in September 2027, on the basis of musical aptitude.

Parents wishing to apply should submit the appropriate form (available to download from the website [www.brentwoodursuline.co.uk](http://www.brentwoodursuline.co.uk) or direct from the school). Completed forms must be sent to the school by *Friday, 17th July 2026*. For further information, please do not hesitate to contact the school.

### GRAYS - 140 YEARS CELEBRATION

- This October, St. Thomas' Church and school in Grays will be celebrating 140 years of serving the community. All are invited to attend Mass with the Bishop on the *Saturday, 10th October at 5:00pm* to mark the occasion. In addition, if anyone has any images or memories that they would like to share, please do send them directly to St. Thomas'.

**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 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

Brentwood Diocesan Trust – Registered Charity No. 234092