

RECENTLY DIED

Please pray for the eternal repose of the following:

Mrs Lilian Evans R.I.P. – The Funeral Service will be celebrated at Thornhill Crematorium on Monday 21st June at 12.45pm.



Eternal rest grant unto her,

O Lord,

and let perpetual light

shine upon her.

May she rest in peace.

Amen.

Pray for the Sick

Holy Family: Catherine Driscoll, Kay & Paul Parris, Sheila Ferriter, Bernard Perry, Mary Bodman, Collette Griffin, Vivian Miller, Valentine, Brian Webster, Henry Fernandez, Hanna Marengi, Susanna, Martin, Chris Collins, Sharon Dobson.

St Mary's: Fr Christopher Delaney, Bethan Williams, Jean Allen, Madison Lane, Marian Lamb, Nadasiri Ifada, Cecily Hughes, James Church, Anthony Jackson, Tom Hopkins, Margaret Griffiths, Joanne Coakley, Helen Ward, Carina Foster, Ben Foster, Maria Sullivan, Phyllis Shannon, Mary D'Alpa, John Barry, Joseph Stancombe, Patricia Sadka, Mary Williams.

CANON PATRICK O'GORMAN CELEBRATES HIS GOLDEN JUBILEE

We offer our congratulations and extend the assurance of our prayers to Canon Patrick O'Gorman, Parish Priest of St Helen's in Barry, who will celebrate the Golden Jubilee of his Ordination to the Priesthood on Sunday 20th June. As many of you will know, Canon Pat and Mgr John have been close friends for many years.

RETIRING COLLECTION THIS SUNDAY - SATURDAY 19th / SUNDAY 20th – THE DAY FOR LIFE

Today we celebrate the gift of human life, from natural conception to natural death. We are called to respect, protect and nurture human life in all its dimensions and circumstances. The sustenance of the vulnerable is the concern of us all. There will be a retiring collection, with our contributions distributed to a number of key Catholic institutions and agencies that proclaim and apply the GOSPEL OF LIFE.

N.B. IT WOULD BE HELPFUL IF YOUR CONTRIBUTIONS COULD BE PLACED IN AN ENVELOPE MARKED 'DAY FOR LIFE'.

Parish Contacts

The Priory 67 Talbot St. Canton, Cardiff
tel: (029) 20 230 492

Parishes of St. Mary's and Holy Family
new email address is: canton@rcadc.org

Canon Peter Collins

e-mail: peter.collins@rcadc.org

Fr Nick Williams

e-mail: nicholas.williams@rcadc.org

Deacon Professor Maurice Scanlon

e-mail: maurice.scanlon@rcadc.org

tel (029) 2021 2651

Deacon Christian Mahoney

Contact details to follow

Retired Priest in Residence at Holy Family:

Monsignor Canon John Maguire

Website: cardiffwestcatholics.org.uk

Bank details for standing orders, which are directly linked to the respective parish accounts are as follows:

Account name: Archdiocese of Cardiff

Sort code: 20-18-23 (for both)

St Mary's Acc No: 03285375

Holy Family Acc No: 63656861

St Mary's SVP contact number 07731847622.

Parish Safeguarding Reps

Mrs Ellery Hennessy (Holy Family)

Mr Jack Meggitt-Phillips (St Mary of the Angels)

Primary Headteachers:

Holy Family

Mrs Louise Mills Tel: 20565354

St. Mary's

Miss Claire Russell Tel: 2022 5680

Secondary Headteachers:

Corpus Christi

Mr Patrick Brunnock Tel: 20761893

Mary Immaculate

Mr Huw Powell Tel: 2059 3465

St David's 6th Form College

Mr Mark Leighfield Tel: 20498555

Holy Family & St Mary of the Angels

Keyston Rd, Fairwater CF5 3NP

Kings Rd, Canton CF11 9BX

20th-27th June 2021 12th Sunday of Ordinary Time (Cycle B)

Readings for the 12th Sunday of Ordinary Time

Job 38:8-11.

The final chapters of the Book of Job offer what can only be described as magnificent literature. The entire book is a meditation on the nature of suffering, specifically with regard to how and why a just man suffers undeservedly. Man must come to terms with the fact that God holds sway over the whole of Creation. Even if God does not directly intervene to alleviate suffering, our disposition must be characterised by the deepest trust in God's providence. Our worship of God, our recognition of his majesty, must not be dependent upon us being satisfied that God is attending to our needs. God is entitled to demand our trust. God does not need to justify himself before us and we are incapable of justifying ourselves before him. Through his example of complete trust in God, Job teaches us that every human situation, including suffering, must be addressed through a recognition of the omniscience and omnipotence of God. The imagery of the sea, conceived of as the dangerous and unruly waters, represents the chaos of the world we inhabit. We are often subject to that chaos, in danger of being engulfed. We must learn to trust in God who alone can restrain and contain such chaos. Even when we are struck by disaster, we must entrust ourselves, our all, to God.

"Come thus far, I said, and no farther: here your proud waves shall break."

Psalm 106.

O give thanks to the Lord for his love endures for ever.

Corinthians 5:14-17.

It is interesting to note that Paul never refers to the stories which describe the life and public ministry of Jesus. Rarely does he employ the words of Jesus in order to provide justification for the teaching he promulgates. It is not that Paul is assuming authority upon the basis of his own merits but rather that he demonstrates his complete conviction that the resurrection ruptures the whole of human history: the world as it once was has passed away. Anything that purports to be outside the context of the resurrection can only be provisional and illusory. The resurrection of Christ radically refashions the whole of Creation. The power and triumph of Christ is all-embracing. This present existence cannot enlighten us and all of its elements and dimensions must be made subject to the victory of Christ. Only the resurrection of Christ can enlighten us.

"And for anyone who is in Christ, there is a new creation; the old creation has gone, and now the new one is here."

Alleluia, alleluia! May the Father of our Lord Jesus Christ enlighten the eyes of your mind, so that we can see what hope his call holds for us. Alleluia!

Mark 4:35-41.

Let us interpret this text within the context of what is revealed through the Book of Job. The sea / the lake / the waters represent the chaotic powers. When Jesus demonstrates his mastery over the waters it constitutes a demonstration of his power over evil, the most chaotic ingredient of human nature and experience. The disciples are far from understanding who it is they are following. They know that Jesus is offering leadership and wisdom that is distinct from all others. Jesus acts, intervenes, with the power that only God possesses. The disciples will still be slow to comprehend: "Why are you so frightened? How is it that you have no faith?" We are all slow to learn, slow to grasp, slow to trust. We must spend time with the Master. We must follow him, listen to him, trust him. Our faith is tested in the humdrum of everyday life yet alone in the midst of a crisis. Too easy for us to say, "Master, do you not care?" We are so susceptible to the temptation of defining faith according to our own parameters. We so often accuse God of being some grand puppeteer but such an attitude merely reveals our own need and demand for one more miracle, one more proof, before offering commitment. Our arrogance would make God our puppet.

"Quiet now! Be calm!" And the wind dropped, and all was calm again.

Holy Family Masses

**Sunday: 12th Sunday of Ordinary Time
Day for Life(20th June)**

6pm Vigil Mass Saverio Risoli

11am Paul Mantle

Thursday:

9.30am

(PUBLIC ACCESS)

Sunday: 13th Sunday of Ordinary Time (27th June)

6pm Vigil Mass

11am Sharron Caraher

St Mary's Masses

**Sunday: 12th Sunday of Ordinary Time
Day for Life(20th June)**

10am Canon Pat O'Gorman (Golden Jubilee)

12pm Peter O'Rourke

6pm Sam Cross

Monday: St Aloysius Gonzaga, Religious (21st June)

9.30am Mary & George Phillips

12.15pm Jeff Webber

**Tuesday: Sts John Fisher & Thomas More,
Martyrs (22nd June)**

9.30am Coulson Family Ints. (PUBLIC ACCESS)

12.15pm Michael Carass RIP

7-8pm Adoration & Benediction

Wednesday: Weekday in Ordinary Time (23rd June)

9.30am June Vaudin

12.15pm DR & DWA Utley

Thursday: Nativity of St John the Baptist (24th June)

12.15pm J M Donovan

7-8pm Adoration & Benediction

Friday: Weekday in Ordinary Time (25th June)

9.30am John Roberts

12.15pm Glenys Price (Get Well)

Saturday: Weekday in Ordinary Time (26th June)

12.15pm Jeff Webber

Sunday: 13th Sunday of Ordinary Time (27th June)

10am Sheila Sage

12pm Donovan Family

6pm Thomas Andrews RIP

The Angelus and Prayer During the Day live-streamed at 12pm daily. Evening Prayer live-streamed at 7pm daily except Sundays.

Tuesday and Thursday: 7-8pm Adoration & Benediction (including Evening Prayer).

Confessions on Saturday 10am to 11am. Access to the children's liturgy room via the side gate.

FEASTS OF THE WEEK

Monday 21st June – Memoria: St Aloysius Gonzaga, Religious.

Aloysius Gonzaga was the son of Ferdinand, Marquis of Castiglione, in the diocese of Brescia. He was born on the 9th March 1568. When Aloysius was fourteen, he accompanied his father to Spain. The Marquis had been summoned to attend the Empress Maria of Austria, wife of Maximilian II. King Philip II of Spain made Aloysius a page at Court. Even in the midst of royal pomp and ceremonial, the head and heart of Aloysius were not turned from his focus on faith.



Upon his return to Italy in 1584, Aloysius manifested his desire to enter the Society of Jesus. His family offered stern resistance initially but Aloysius finally obtained the permission of his father to enter the novitiate at Rome in 1585, during the pontificate of Saint Pius V. Aloysius offered his profession on the 20th November 1587 and soon afterwards received minor orders.

From a young age, Aloysius manifested a deep faith and a sincere spirit of devotion. In 1591 Rome was struck with an epidemic, an all too regular occurrence because of the social conditions across the city. Aloysius dedicated himself to work in the hospital. As a result of his service to those in greatest need he himself contracted the disease and died at the age of twenty-four on the 21st June 1591. Aloysius was canonised by Pope Benedict XIII in 1726.

My Seminary College was administered by the Jesuits for nearly two hundred years from its foundation in 1589. In 'The Comedor' (Staff Dining Room) I had a specific place setting as Vice-Rector which was directly below a portrait of St Aloysius. Aloysius is one of the Saints designated by the Church as a Patron of Catholic Youth. We invoke his intercession for the sustenance of faith in our young people.

Tuesday 22nd June – Feast: St John Fisher & St Thomas More, Martyrs.



St John Fisher was born in Beverley, in the East Riding of Yorkshire, in 1459. Educated at Cambridge, he received his Master's degree in 1491 and became a Fellow of Michaelhouse, now Trinity College. Having been ordained to the priesthood in the same year, Fisher had care of souls in the parish of Northalerton from 1491 to 1494.

He then proceeded to a succession of academic appointments. He became Senior Proctor, obtained his Doctorate of Divinity and became Master of Michaelhouse in 1496. In 1501 he became Vice-Chancellor of the University. In 1502 he resigned as Master of Michaelhouse and became Chaplain and Confessor to Lady Margaret Beaufort, Mother of King Henry VIII. Lady Margaret became a major contributor to the University, and Fisher became the first Lady Margaret Professor of Divinity at Cambridge. Margaret Beaufort's endowments enabled Fisher to create many scholarships and introduce Greek and Hebrew into the curriculum. It was Fisher who arranged for the already famous Erasmus to come to Cambridge as a Professor of Divinity and Greek.

In 1504, John Fisher was appointed as Bishop of Rochester in Kent and also became Chancellor of Cambridge University. He was tutor to Prince Henry (he became King Henry VIII in 1509). From 1527 Bishop Fisher actively opposed the attempt made by his former student to

divorce his Queen, Catherine of Aragon. Bishop Fisher refused to take the oath attached to the Act of Succession which acknowledged the issue of Henry and Anne Boleyn as legitimate heirs to the throne. Fisher was imprisoned at the Tower of London in April 1534. The following year Fisher was named as a Cardinal by Pope Paul III. Just one month after the proclamation of this Papal honour, John Fisher was beheaded. Before his death, Fisher reflected upon John 17:3-5 – "Eternal life is this: to know you, the only true God, and him whom you have sent, Jesus Christ. I have given you glory on earth by finishing the work you gave me to do." – he then said, "There is enough learning in that to last me the rest of my life." St John Fisher was canonised by Pope Pius XI in 1935.

St Thomas More was born in London in 1478, the son of Sir John More, barrister and judge. At the age of thirteen Thomas was attached to the household of the Archbishop of Canterbury, John Morton. Having gained great proficiency in theology and classics, the Archbishop sponsored More to go up to Oxford to study law at the then Canterbury College.



After two years at Oxford, in 1496 he entered Lincoln's Inn and was called to the Bar in 1501. He pursued a legal career and entered Parliament in 1504. He seriously considered a vocation to the priesthood, as either a diocesan priest or as a Franciscan friar. In 1505 he married his beloved Jane Colt who bore him four children, three daughters and a son. Jane died in 1511. More married Alice Middleton, who was herself a widow, so that she could become a stepmother to his children.

Thomas More was renowned for his scholarship and wit and was part of a network of scholars who fostered a true 'humanism'. In 1516 he wrote his famous work entitled 'Utopia'. Favoured for his many skills by the King, Thomas More was appointed Under-Sheriff of London in 1510, Envoy to Flanders in 1516, Privy Councillor and Master of Requests in 1518, Speaker of the House of Commons in 1523, High Steward of Oxford University in 1524, High Steward of Cambridge University and Chancellor of the Duchy of Lancaster in 1525.

The by now Sir Thomas More was appointed Lord Chancellor by King Henry VIII in 1529. In 1532 he resigned this position because of his opposition to the King's policy regarding 'the marriage'. There was also the issue of the King's denial of the Pope's Supremacy over the Universal Church. In 1534 he was confined to the Tower. On the 22nd June 1535, John Fisher was executed, and on the 1st July Thomas More was brought to trial at Westminster Hall. Following his condemnation he was executed for treason on the 6th July 1535. He died "the King's good servant – but God's first." Together with John Fisher, Thomas More was canonised by Pope Pius XI in 1935.

Thursday 24th June – Solemnity: The Nativity of St John the Baptist.



John was born to Zechariah and Elizabeth in a village some six miles west of Jerusalem in the hill country of Judah. Following the Annunciation and having been prompted by the news delivered by the Angel Gabriel that her cousin Elizabeth was expecting a child, the Blessed Virgin Mary journeyed south to make her Visitation. Mary stayed with Elizabeth until John was born. We honour Saint John the Baptist as the last Prophet of the Old Covenant and the Herald of the New and Eternal Covenant.

TENTH ANNIVERSARY OF THE INSTALLATION OF ARCHBISHOP GEORGE STACK

When the 20th June does not fall on a Sunday, we celebrate the Feast of the Protomartyrs of Britain – Saint Alban for England and SS Julian and Aaron for Wales. On the 20th June 2011 our Archdiocese celebrated the Installation of its Seventh Archbishop, the Most Reverend George Stack. We extend our congratulations and offer the assurance of our prayers to Archbishop George on this significant anniversary. Having reached the age of seventy-five, Archbishop George has submitted his resignation to the Holy See in accordance with the norms for bishops. It may be some time before his resignation is actually accepted by the Holy Father. As the then Dean of the Cathedral, I worked closely with Archbishop George in organising the Installation Mass and the Reception that followed. Archbishop George has rendered great service to the Archdiocese over the past ten years and his ministry has brought great fruitfulness in so many ways. We pray that God's grace will continue to sustain him in the days ahead.

RETURNING TO MASS

The Spring Plenary Session of the Bishops' Conference of England and Wales took place between the 19th and 22nd of April. The bishops engaged with their sequence of meetings via internet connection. The Conference issued a document entitled 'The Day of the Lord'.

The bishops reflected upon the creative and diverse methods employed in parishes to maintain contact and sustain outreach during the lockdowns. Although we cannot predict the exact pace of our emergence from pandemic restrictions, the bishops encourage reflection on how we face the challenge of encouraging parish communities back to the practice of the faith.

"It is the Eucharist, the celebration of the Mass, that makes the Church; and it is the Church, in the gift of the Holy Spirit, which makes the Eucharist.

"The Holy Sacrifice of the Mass is the lifeblood of the Church. It requires our active participation and, to be fully celebrated, our physical presence. At this moment, then, we need to have in our sights the need to restore to its rightful centrality in our lives the Sunday Mass, encouraging each to take his or her place once again in the assembly of our brothers and sisters.

"We face the task of seeking to nurture the sense of Sunday as 'a weekly gift from God to his people', and something we cannot do without; to see Sunday as the soul of the week, as giving light and meaning to all the responsibilities we live out each day; to see the Sunday Eucharist as food for the unique mission with which we have been endowed."

Recommencing the Celebration of Baptisms

I have recently recommenced the Preparation Programme for Baptisms and I am pleased to announce that we now have permission to celebrate Baptisms once again. I ask that new parents contact me by telephone at their convenience to make appropriate arrangements.

FORTHCOMING INVESTITURE

On Saturday 26th June Fr Nicholas will celebrate his investiture into the Equestrian Order of the Holy Sepulchre of Jerusalem. The investiture will take place at St Chad's Cathedral in Birmingham. The Most Reverend Dr John Wilson, Archbishop of Southwark and Grand Prior of the Order in England and Wales, will preside. Please keep Fr Nicholas in your prayers as he undertakes his final preparation for this significant event.

HOLY FAMILY DEFIBRILLATOR

We are in the process of purchasing a defibrillator for Holy Family Church (St Mary's already has one).

No doubt many of you were horrified to see the awful event last weekend involving the Danish football player Christian Eriksen, who suffered a cardiac arrest on the pitch. It certainly brought home the effectiveness of a defibrillator; he may well have died without it, but luckily is making a good recovery after prompt action by teammates and paramedics.

The director of the charity Calon Hearts, through which Holy Family obtained a grant towards the funding of our defibrillator, was interviewed on TV last Monday saying they had received 100 requests for defibrillators on that day alone.



Defibrillators save many lives each year but obviously there have to be people who know how to use them in order for the full benefit of having one on the premises to be gained. Calon Hearts is offering free training on the use of a defibrillator. They are easy to use and give voice prompts to assist the user.

Please consider being trained in the knowledge that you may one day be able to save a life. Contact us at canton@rcadc.org to register your interest.

CLEANING ST MARY'S CHURCH

I am seeking volunteers to clean St Mary's church on Wednesday 23rd June between 6.30pm and 7.30pm. This church has not been cleaned for many months and I need a thorough 'blitz' in advance of a wedding that will be celebrated on Saturday 26th June. I hope that a group of volunteers will commit to cleaning the church regularly on the first Wednesday of each calendar month. If you are willing to assist, please contact myself, Canon Collins.

MASS INTENTIONS

There are a number of Mass intentions available at the moment, particularly for weekday Masses. Why not take this opportunity to have a Mass said for a family member or simply a private intention?

May I remind you that there are often an intention available for the Thursday 9.30am Mass at Holy Family which cannot be viewed via the website but can be attended in person.

PRAYER OF SORROW / ACT OF CONTRITION

Wash me from my guilt and cleanse me of my sin. I acknowledge my offence; my sin is before me always. Psalm 50:4-5.

Father, I have sinned against you and am not worthy to be called your son. Be merciful to me, a sinner. Luke 15:18; 18:13.

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Saviour Jesus Christ suffered and died for us. In his name, my God, have mercy.

O my God, because you are so good, I am very sorry that I have sinned against you, and with the help of your grace I will not sin again.

LET US DAILY OPEN OUR HEARTS IN CONTRITION TO ALMIGHTY GOD AND
REMIND OURSELVES HOW ESSENTIAL IT IS TO GRANT MERCY
IF WE EVER EXPECT TO RECEIVE MERCY.

ACTS OF SPIRITUAL COMMUNION

A Prayer by St Alphonsus Liguori.

My Jesus, I believe that You are truly present in the Most Holy Sacrament. I love you above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as being already there and unite myself wholly to You. Never permit me to be separated from you. Amen.

A Prayer by St Thomas More.

Give me, good Lord, a longing to be with You ... give me warmth, delight and quickness in thinking upon You. And give me Your grace to long for Your holy sacraments, and specially to rejoice in the presence of Your blessed Body, Sweet Saviour Christ, in the Holy Sacrament of the Altar.

PRAYER FOR WALES

O Almighty God, who in your infinite goodness have sent your only-begotten Son into this world to open once more the gates of heaven, and to teach us how to know, love and serve you, have mercy on your people who dwell in Wales. Grant to them the precious gift of faith, and unite them in the one true Church founded by your divine Son: that, acknowledging her authority and obeying her voice, they may serve you, love you, and worship you as you desire in this world, and obtain for themselves everlasting happiness in the world to come. Through the same Christ our Lord. Amen.

Our Lady, Help of Christians, pray for Wales.

Saint David, pray for Wales.

Saint Winefride, pray for Wales.

THE ANGELUS

V. The Angel of the Lord declared unto Mary:

R. And she conceived of the Holy Spirit. Hail Mary,

V. Behold the handmaid of the Lord:

R. Be it done unto me according to your word. Hail Mary,

V. And the Word was made flesh:

R. And dwelt among us. Hail Mary,

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech you, O Lord, your grace into our hearts, that we, to whom the Incarnation of Christ, your Son, was made known by the message of an angel, may by his Passion and Cross be brought to the glory of his Resurrection, through the same Christ our Lord. Amen.

THE MAGNIFICAT

My soul glorifies the Lord, my spirit rejoices in God, my Saviour. He looks on his servant in her lowliness; henceforth all ages will call me blessed. The Almighty works marvels for me. Holy his name! His mercy is from age to age, on those who fear him. He puts forth his arm in strength and scatters the proud-hearted. He casts the mighty from their thrones and raises the lowly. He fills the starving with good things, sends the rich away empty. He protects Israel, his servant, remembering his mercy, the mercy promised to our fathers, to Abraham and his sons for ever. Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

THE PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love.

V. Send forth your Spirit and they shall be created.

R. And you shall renew the face of the earth.

V. Let us pray: O God, who taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of the same Spirit we may be always truly wise and ever rejoice in his consolation. Through Christ our Lord.

R. Amen.

THE SEVEN GIFTS OF THE HOLY SPIRIT

Wisdom, Understanding, Right Judgement, Courage, Knowledge, Reverence, the Spirit of Wonder and Awe in the presence of God.

THE TWELVE FRUITS OF THE HOLY SPIRIT

Charity, Joy, Peace, Patience, Goodness, Kindness, Long-suffering, Mildness, Faith, Modesty, Self-control, Chastity.

FINANCE & PROPERTY

Parish Offertory Collection at St Mary's:

6th June - £470.65

St Mary's Standing Orders per week amount to £ 600.00

Parish Offertory Collection at Holy Family:

6th June - £341.51

Holy Family Standing Orders per week amount to £ 250.00

WHY NOT GIFT-AID ALL YOUR PARISH DONATIONS?

COPIES OF 'THE UNIVERSE' ARE ON SALE FOR £2.40

GIFT AID ENVELOPES FOR THIS FINANCIAL YEAR

Envelopes are available for collection in both parishes. Please collect them from the church if possible. If you no longer require them as you donate online, please let us know.

BANK DETAILS FOR STANDING ORDERS

Bank details for standing orders, which are directly linked to the respective parish accounts are as follows:

Account name: Archdiocese of Cardiff

Sort code: 20-18-23 (for both)

St Mary's Acc No: 03285375

Holy Family Acc No: 63656861

RED MISSION BOXES IN HOLY FAMILY

Please either bring the boxes, or ideally the counted contents to Mass on Saturday or Sunday up until Christmas, or contact Phil Smith on 07305571513, 02920306210 or pwsprint@hotmail.co.uk and he will collect them from their homes, following Covid guidelines. Anyone wishing to become a box holder should contact Phil. If any one should wish to make a one off donation it would be gratefully received.



FROM DEACON MAURICE – UPDATE AND APPEAL FOR REACHING OUT

As you may be aware we have obtained funding from the SVP (London - £50k) and the Welsh Government (£25k) to refurbish the former St Clare's Church on Mill Road in Ely as a Vincentian Community Centre to provide help to those in need in our communities. This will form an important link between the SVP groups and all our volunteers in St Mary's, Holy Family and St Francis Parishes. The work is due to start in the next week or so and the projected time scale to completion is around 4 – 5 months. Our food distribution/food bank programme, which forms part of our 'Reaching Out' service, will move from Holy Family parish hall to this new community centre when refurbishment is complete and in addition we plan to open a charity shop for good quality clothing, a café/meeting room and facilities for counselling/support. This is an exciting and important development and we will need volunteers to help bring it to fruition. So please, please let me know if you would be willing/able to give a few hours of your time to take this important and exciting charitable project forward, remembering that more hands make light work. (mfscanlon@hotmail.co.uk or 07747038274).



Our food distribution work continues really well, so many thanks to all who have made donations so far and to all our volunteers who are enabling us to provide food boxes to 60-70 families on a weekly basis across Ely, Caerau, Canton, Fairwater and Pontcanna. We need ongoing funding of around £500 monthly so please continue to help if you can with money or food donations or both. Perhaps you may be able to make a regular weekly or monthly donation of £5, £10 or £20 - or more or less, by Standing Order? If you are willing and able to contribute with a one-off donation or on a more regular basis please contact me on 07747038274 or email: mfscanlon@hotmail.co.uk or Neil O'Toole on 07860647367 or email: neilgot@me.com Thanks for your ongoing generosity in these troubled but improving times. God bless you all and keep safe and patient for just a little longer (hopefully).

SVP SUPPORT CENTRE MANAGER IN ELY, CARDIFF

An exciting vacancy has arisen for a Support Centre Manager to join our brand new SVP Support Centre at the former St Clare's Church in Ely, Cardiff. We are looking for an individual who is passionate about helping people in need and enhancing the local community. The successful candidate will be responsible for the day to day running, overall management and financial sustainability of the Centre. A key part of the role will be to develop and lead regular sustainable activities for those in the local community including food parcels, shop, café, new support services and new initiatives for people coming to use the Centre. For further information please contact Laura Whittaker (01274513045), Peter Sullivan (07906101015) or Deacon Maurice Scanlon (07747038274) as soon as possible.

When will things go back to normal?

The Family Life Team for the Archdiocese would like to invite YOU to a 'Drop in Zoom' if you would like a bit of advice, support or information or just chat with likeminded parents/grandparents about the joys and challenges they face within their families and maybe discover how the Church can support the families of our community, directly or through signposting to appropriate organisations.

Zoom Drop In Sessions will be held by Zoom on Tuesdays during June/July as follows;

June 22nd at 8pm,
June 29th at 11am
and July 6th at 11am

Parents and grandparents can 'drop in' to the sessions as suits your availability and as one off or several as you wish....but you will need to get a joining invitation, so, please email flc@rcadc.org and a joining invitation will be sent by reply.

If you do find things getting too much, remember to talk to family and friends and share your feelings; if this isn't possible or appropriate remember there are organisations that can offer support or just a listening ear:

Family lives - offer information and support on many aspects of family life and parenting. They offer an online chat and have a helpline 0808 800 2222

Samaritans – call them anytime 116 123

If you have domestic abuse concerns, **Refuge** have a 24 hour helpline 0808 2000 247

Ask your MP to sign a Parliamentary motion to stop 'DIY' abortion

Carla Lockhart MP has launched a parliamentary motion calling on the Government to end 'DIY' home abortion.

It is therefore vital that as many MPs as possible sign Carla Lockhart's motion to send a clear message to the Government that they must end dangerous 'DIY' home abortion services as soon as possible.

Right To Life UK has launched an easy-to-use tool which makes it simple for you to send an email to your MP asking them to sign the motion. Please click the link below to contact your MP now. It only takes 30 seconds!

www.righttolife.org.uk/DIYmotion

Scripture and Wellbeing

For the month of June, the focus of the God Who Speaks Team is on Scripture and Wellbeing. Their new six-part Scripture and Art series – Soul to Soul invites you to walk with them, alongside some biblical characters. They explore the link between faith and meaning, suffering and the 'dark night of the soul', and what salvation might mean in the here and now. Using the rhythm of the day, this resource offers hope and wisdom in tough times today -

<http://www.godwhospeaks.uk/the-god-who-speaks/focus/scripture-and-wellbeing/>



MARRIAGE CARE

The Coronavirus pandemic may have put normality on hold but Marriage Care's support for your relationship continues. The impact of COVID-19 has put increasing pressure on relationships, and we urge people to seek the support or expert help they need before reaching breaking point.

We offer marriage preparation, relationship counselling and more.

We specialise in helping couples build and sustain strong, fulfilling, healthy relationships, and in providing support in times of relationship difficulty. Why? Because better relationships make for better lives, more stable families and a stronger society.

We're ready to help, whatever your circumstances.

<https://www.marriagecare.org.uk/>

Relationship Counsellors—volunteers needed

Are you looking to volunteer in a friendly environment and to make a difference in your community? Then Marriage Care has the opportunity you are looking for!

We are currently recruiting Relationship Counsellors to support couples, particularly from across the Cardiff Archdiocese, via webcam and face-to-face, who are experiencing difficult times.

To apply, you will need a recognised qualification in Relationship Counselling & 150 hours of client experience. All our volunteer Counsellors are provided with the necessary supervision and CPD necessary to fulfil their role.

For more information, please visit marriagecare.org.uk/getinvolved or contact rachaelo@marriagecare.org.uk

With thanks to the Cardiff Diocesan Trustees for their financial support of this recruitment process.