



Whitchurch

Parish of St. Teilo's with Our Lady of Lourdes

A Parish of the Archdiocese of Cardiff, Registered Charity 242380

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Parish Newsletter

Weekend 13th and 14th February 2021

Sixth Sunday of Ordinary Time

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Mass Times and Intentions week beginning 14 th February				
			Canon	Fr. Dwayne
Sunday 14 th February Sixth Sunday in Ordinary Time	Online	10.00am	For the People of the Parish	David and Helen Purnell – RIP
Monday 15 th February	Online	10.00am	Fr. Ray O'Shea – RIP (TC)	Joan Collins – RIP (SVP)
Tuesday 16 th February	Online	10.00am	David Thomas – RIP (PF)	Fr. Ray O'Shea – RIP
Wednesday 17 th February Ash Wednesday	Online	10.00am	Holy Souls	Wellbeing of Canon Isaac (TC)
Thursday 18 th February	Online	10.00am	Special Intention	Christina Lewis – Anniversary (Gerry)
Friday 19 th February	Online	10.00am	All the Sick	Wellbeing of all NHS workers and carers (TC)
Saturday 20 th February	Online	10.00am	Holy Souls	Bill Hall – Anniversary (CH)
Sunday 21 st February First Sunday of Lent	Online	10.00am	For the People of the Parish	Geraldine Fitzgerald (MT)

Quote of the Week



“At many moments in the past and by many means, God spoke to our ancestors through the prophets; but in our time, the final days, he has spoken to us in the person of his Son, whom he appointed heir to all things and through whom he made the ages.” **Letter to the Hebrews 1:1-2**



St. Teilo's remains closed for public worship,

Due to the Alert Level Four in place for the whole of Wales, with a very high risk of infection and the 'at risk' profile of many of our parishioners, **Mass will be live streamed only from St. Teilo's** until further notice.

Please take the Welsh Government advice and STAY AT HOME if at all possible.

The Bishops' Conference of England and Wales has confirmed that the obligation to attend Sunday Mass remains suspended.

Live Streaming

The webcam in St. Teilo's will be left on at all times, so please take the opportunity to 'look in' on the Church for prayer at any time.

Mass Times

Mass will continue to be broadcast live on the Parish Website from St. Teilo's at 10am each day. You are encouraged, not only to listen and watch the Mass but to take part by making the responses in your own home.

At Communion time each day, we will be led in praying St. Alphonse Liguori's Act of Spiritual Communion:

My Jesus,
I believe that You
are 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 if You were already there and unite myself wholly to You.
Never permit me to be separated from You.
AMEN.

Dial for Mass

We continue to operate the 'Dial for Mass' scheme for those who do not have access to the Internet. Ring to access our 'Dial for Mass' service. Mass will be available each Sunday from about 2.00pm and you can hear the previous Sunday's Mass by ringing the service at any time of day or night during the week. The number is a local number from Cardiff based landlines – 22 670 999. If you are dialling from outside Cardiff or from a mobile phone, you will need to dial 029 2267 0999.

Rest in Peace



In your mercy, please pray for the repose of the souls of Irena Davis, Marian Freeman and Fr. Ray O'Shea who have all died recently. Mrs. Davis' Requiem Mass is on Thursday, February 25th at 12.15pm. Due to COVID-19 restrictions, attendance is limited to family members and invited guests. However online attendance at the Requiem Mass will be available on the Parish Livestream. Details of Mrs. Freeman's and Fr. Ray's funerals are not yet available.

Please pray also for those whose anniversaries occur at this time: Fr. Luke Delaney, Elizabeth Pickard, Leo Fullerton, Dennis O'Neill, William Hellings, Augustine Besagni, David Davies, Pedro Ramos, Josephine Pearce, Armand Demay, Emily Cavenagh, Catherine Cummins, William Howe, Muriel Jones, Minnie Thomas, Jacqueline Murray, William Leahy, John Pearce, Margarete May, Latjof Forduary, John Aherne, Josephine McElligoth, Thomas Hennessy, Elizabeth Green, Francis Jenkins, Leonard Steer, David Purnell, Helen Purnell, Doris Pearse, Helen Diggins, Rev. Bernard Driscoll, Ryland Kiff, Christina Lewis, Vincent Scott, Winifred Taylor, Margaret Kelly-Howell, Suzanne Aubertin, Thomas Wheeler, Elizabeth Main, William Nelson, Patrick Burke, Margaret Driscoll and Jack Foley.

Canon Isaac

Canon continues to make progress and is in good spirits. Depending on the progress of his liver, he hopes to have the next operation in four to six weeks' time.

Online Events for The Year of the God who Speaks 2021



The Diocese of Northampton is offering a Zoom session called 'Many more began to believe in Him because of His Word' (Jn 4:41). John's Gospel and the Season of Lent on Tuesday, February 16th between 7.30-8.30 pm. All are welcome to attend, but most book in advance. Please book by emailing - admin@nores.org.uk



The Diocese of Menevia also has a programme of Scripture Talks for 2021. The next one is on Saturday, February 20th between 11am and 1pm and will be led by Fr. Liam Bradley on the topic of 'Creation and the Revelation of the Trinity in Genesis'. The talk will be available on the day at The Diocese of Menevia School of Evangelisation & Catechetics [website](#).

The previous talk, given by Fr. Tim McGrath, Parish Priest of Bridgend, on The Book of Revelation: Signs and Symbols for Understanding the Bible is available [here](#).

Ash Wednesday – February 17th

Wednesday is Ash Wednesday, a day of Fast and Abstinence when all Catholics fast from one meal and abstain from meat. Age restrictions apply to the fast. Lent is a good time to remember that all faithful Catholics are expected to keep abstinence from meat on all Fridays of the year.

Mass on Wednesday will be live streamed at the usual time of 10am. During Mass, Fr. Dwayne will bless ashes, both those in the Church and those you may choose to make at home.

If you have palms or palm crosses from last year, or from previous years, these can be used to create ashes. If you have no palms, other greenery could be used or you may simply burn a little paper, but the tradition of using previous year's palms is a long one and you are encouraged to do so if at all possible.

Making Ashes for Ash Wednesday

To prepare ashes: first 'lightly bake' the palms in the oven, to dry them a little. Then cut them up into smaller pieces and place them in an old baking tray or a large tin and light them out of doors and at a safe distance from anything combustible. Allow them to burn out and the ashes to cool before use. This might be part of Shrove Tuesday celebrations in the family.

A Family Service for Ash Wednesday

If you are unable to attend Mass when it is celebrated, you may choose to have a family service for Ash Wednesday instead. An outline service, including links to hymns on You Tube to which the family can listen or sing along can be found [here](#).

Lent 2021

Archbishop George has written a reflection for Lent:

Reflection for Lent 2021 - Archbishop George Stack

Lent 2021 will be unlike any Lent in living memory – or even beyond. The crisis of the pandemic, enforced isolation, the economic crisis, the food crisis and the right of children to their education means that, willingly or not, we have been driven into a desert and are being forced to realise that “Man does not live by bread alone”.

The three temptations of Jesus in the desert before he undertook his public ministry have always been the framework and pattern of our Lenten exercises. The gospel of Matthew portrays the “gods” of human satisfaction: food, material possessions, power, influence, control. These are the things to be worshipped, the objects of adulation. They take on a whole new meaning when we set them beside the challenges we face as individuals and as a society in discerning our priorities, re-discovering meaning, asking what is of true value in life, particularly during Lent in these COVID-19 times. This year, “The journey out to the desert” may not lead to exotic holidays or sandy beaches, no matter what inducements are offered by travel companies! The journey to the desert within is already being made, not least by those suffering major illness caused by COVID-19. It has certainly been made by the 100.000 people who have died as a result of COVID-19. The emptiness and sadness in the lives of those who mourn their loss contains its own desert experience of grieving and loss.

The journey into the desert during this time, the journey within, is as significant to those without religious faith as it is to those blessed with that faith. The big questions of life are addressed to us all – made even more poignant by life’s fragility, both personally and publicly, during this enforced time of pain and suffering. Why are we here? What ultimate meaning does life have? Do we control nature or do we need to care more for it? What constitutes the Good? And what - if anything - will happen after death?

Those questions always bubble away under the surface. Rarely are they addressed because we “do not have the time or space”. This enforced time and space, this enforced desert, has given us plenty of each. Like most desert experiences, it is unwelcome. The radio programme “Desert Island Discs” is a graphic reminder of survival without the props we build around ourselves.

The Desert Fathers and Mothers of the early Church realised the physical desert - symbolising the inner desert - was the only “place” to be alone with the self. The only place, ultimately, to be with God.

“Bubbles” are composed not just of human beings – no matter how close the family may be. Bubbles have been created in financial markets, residential and property markets, sky scraping offices, unregulated credit and so much else. Both Pope Benedict and Pope Francis have written powerfully on the dangers of exploitation of peoples by market forces and the

exploitation of creation itself by the destruction of the natural habitats of the world, all in the name of consumption. “Man does not live by bread alone”, particularly when one part of the human population consumes resources at the price of global warming and ecological disaster and to the detriment of their brothers and sisters in the so called “Third World”.

Our society is often spoken of as living in a cultural, social and political desert. This is sometimes illustrated dramatically in violent demonstrations when dialogue breaks down. But social unrest, caused by both poverty and deprivation, erupts when violence seems to be the only language listened to. In a cultural desert, the mind begins to burrow deep within itself – just as in an actual desert a human body seeks shelter among the rocks. What a pity the art galleries, concert halls, music venues and even sports facilities are closed – although for understandable reasons. These are places where “Mens Sana in Corpore Sano” are celebrated. A healthy mind in a healthy body.

Thank God, in every sense of those two words, that our churches are now allowed to be open for private prayer and public worship, albeit with severely limiting restrictions. Writing in “The Spectator” recently, Jonathan Beswick described an encounter he would never forget. “As I was walking down the lane outside a church, a neighbour called Steve stopped me and asked whether or not it was true that we had been closed down for public Masses. I replied that it was indeed true. Steve, with the characteristic frankness you would expect of a man who had played several times for Millwall in the 1960’s, shook his head sadly and said, ‘Either it matters, or it don’t”.

It is evident that our churches are oases of prayer, peace and contemplation, even when there are no services being held.

The sacred space, the tranquillity, the devotional atmosphere, the signs and symbols surrounding us within them, are gateways to the transcendent. Secular society might describe them as no more than places which are conducive to good mental health. The poet T.S. Eliot uses different words:

You are not here to verify,
Instruct yourself, or inform curiosity
Or carry report.
You are here to kneel
Where prayer has been valid.
(Little Gidding)

The writer and broadcaster Will Self, who describes himself as a non-believer whilst still visiting churches, reflects on secular and aesthetic humanism in a telling way:

“Like the Christianity which it has usurped, aesthetic humanism has a Trinity – albeit one in which paternity is inverted. It is Man who us now the father, and the old Roman goddess Fortuna whom we have made into our own image and likeness. As for the Holy Ghost, what could be more immanent – and yet transcendent – than the Internet, which is everywhere and nowhere at once, transmitting our divine creative spark?”

LENT

My heart is ready, Yes! My heart is ready!
Like a desert I am parched. My soul of sand
Soaks up the rain at once is dry again, and
The inner fount of life is rank and deadly.
In such abysmal straits, remind the self
That we are loved, for all our self despair;
That Jesus Christ has sought us out, that care
Will open up the inner streams of health.
God's love is real and God's affection never spent.
So, be watered, tended; be refreshed this Lent.
(Archdeacon Harold McDonald 2006)

Ways to Celebrate Lent 2021

Unlike last Lent, which we began with everyone in attendance at Church, this Lent will be somewhat different, so what can we do to celebrate Lent 2021 and while at a distance from our community continue to come close to the Lord Jesus who went into the desert for us? We would like to share a few examples of different ways in which you may mark Lent this year. Please feel free to use those that appeal to you and ignore those that do not.

The Art of Listening – Lent Retreat Days – Belmont Abbey

On the Wednesday mornings of Lent from Wednesday February 24th, Fr. Brendan Thomas OSB will be leading three hours of reflection and prayer from Belmont Abbey. The 'day' will last from 10am to 1pm including Mass from the Abbey at 11.30am via Zoom. To follow the Retreat, please register at the [link here](#). Videos of the talks will be made available online after each talk if you are not able to take part live. These will

be available at the same link.



Knowing Jesus – Ignatian Spirituality Centre Lent Online Retreat developed in collaboration with Radio 4



Knowing Jesus is a Retreat open to all who are interested in getting to know Jesus better. If we are to follow Jesus and imitate Him, we need to know Him through His words and actions as shown in the Gospels.



The Retreat is an invitation to spend a little time each day during Lent in coming to understand, know and love Jesus ever more closely.

The Retreat invites you to ponder Gospel stories, reflect on their meaning and see how startlingly relevant Jesus is to living a truly human life in the 21st Century. The Retreat, produced in Scotland by the Society of Jesus, is available online at [Online Prayer](#) a smartphone app is being developed and will be launched before Ash Wednesday.

Every day there is a passage from Scripture plus 'A Thought for Today' a piece of music and a picture to ponder. The retreat team also give suggestions on how to pray with the day's materials. Participants are invited to find a time to pray with the Scripture or other material daily; anything from 15 minutes to an hour a day, whatever works best for you.

If you wish to receive a daily email reminder to pray [click here](#)

If you wish to receive more details about the Retreat and the App [click here](#)

Small group discussions will be facilitated during Lent. If you would like to join a group weekly to share the fruits of your prayer, then [register for one of our online groups here](#)

The BBC [Radio 4 Daily Service](#) will be taking up the themes of the Retreat (Monday to Friday 9.45am – Radio 4 Long Wave). So those who cannot access the web or app will be able to take part in the Retreat via the Radio.

Finding Hope in Scripture Online Lenten Retreat



This Retreat led by Sr. Hyacinthe of the Portsmouth Diocese begins on Monday, February 22nd at 7.30pm for 6 weeks.

The Retreat will take a look at the virtue of hope from different Scripture passages, so that we may grow in hope with others. The reflections will be followed by live-streamed Adoration and Compline with the Dominican Sisters of St. Joseph. [Register here to participate.](#)



Global Healing

The Global Catholic Climate Movement has developed a series of reflections for Lent. These take place across the six Thursdays of Lent from February 18th to March 25th from 7.30pm to 8.30pm.

In 2015, Pope Francis published his ground-breaking letter on the environment Laudato Si'. Since then, millions of people worldwide have joined the global movement to address the environmental crisis our world is facing.

This Lent, the Global Catholic Climate Movement is inviting YOU to join them for a series of reflective evenings with inspiring speakers, prayer and discussion, using the film-based resource "Global Healing". These engaging documentaries will inform and challenge people to respond to Pope Francis' call to Care for Our Common Home. Suitable for all who are concerned about what is happening to our world and who want to take action. Please [click here](#) for more details.

Catholic People

The February edition of the Archdiocesan Newspaper [Catholic People](#) is now available. As usual, it is full of interesting articles.

A prayer against disease

Many thanks to the Parishioner who has shared this prayer with us. Throughout the centuries, disease and death have plagued most of the world and Christians have often turned to God for deliverance. While medicine has greatly improved, it does not eliminate the need to invoke God's powerful aid in the fight against disease.

O Jesus, Divine Redeemer,
be merciful to us, and the entire world.

Amen.

O Mighty God! O Holy God,
O Immortal God! have pity on us,
and the entire world.

Amen.

Grant us pardon and mercy, O my Jesus;
and during these days of present danger
pour down your most precious blood upon us.

Amen.

O eternal Father,
have mercy on us,
through the sacred blood of Jesus Christ.

Amen

Christ the King Catholic Primary School – Nursery Applications

The application system for nursery admission to Christ the King Catholic Primary School will be open from Monday, January 18th to Monday, February 22nd. Application forms will be available on the School website – <https://www.christthekingcathprm.co.uk/> or by email – christthekingprm@cardiff.gov.uk

Housebound Parishioners without internet access

If any parishioner knows of any Catholic in the parish who is housebound and unable to access the parish newsletter online, please let us know at whitchurch@rcadc.org so that the newsletter can be mailed directly to them. Many thanks to Peter Searle who prints and posts the newsletter to housebound parishioners each week.

Donations to the Parish – Virgin Money Giving

Donations to the parish made online should be completed at the following web address:
<https://uk.virginmoneygiving.com/fund/Stteiloswitholol>

Please continue to donate via Virgin Money Giving for those one-off donations or consider a Standing Order for regular monthly donations to the life of the parish. If you would like to set up a standing order, please e-mail whitchurch@rcadc.org for more information.

Mass Intentions

If you would like to book Mass Intentions, please do so by email to whitchurch@rcadc.org. The donations can be made via the [Donation link](#) on the Parish Website. The guidance is that the minimum donation for a Mass intention should be £10 but your donation amount is at your discretion.

Praying for the Sick and the Dead

We have a long-standing tradition of praying for the sick and the recently deceased by name during our Masses on weekdays. During the pandemic, we are remembering our sick and dead at each Mass. Please do let me know if you would like me to add someone to the sick list or the list of the recently deceased. To do so, please email me on whitchurch@rcadc.org ensuring that you include the person's name and whether (s)he should be added to the sick list or the list of those who have died.

Online Newsletter

If you have any items you would like us to include in the newsletter, please email:
whitchurch@rcadc.org.

Staying in touch with the Parish

If there are any updates on the situation or items of parish news, these will be updated first on the parish Facebook page (<https://www.facebook.com/stteilos.olol/>) or the parish twitter account (https://twitter.com/stteilos_olol) followed by the parish website (<https://stteilos-olol.co.uk/>).

Children's Liturgy and Family Time

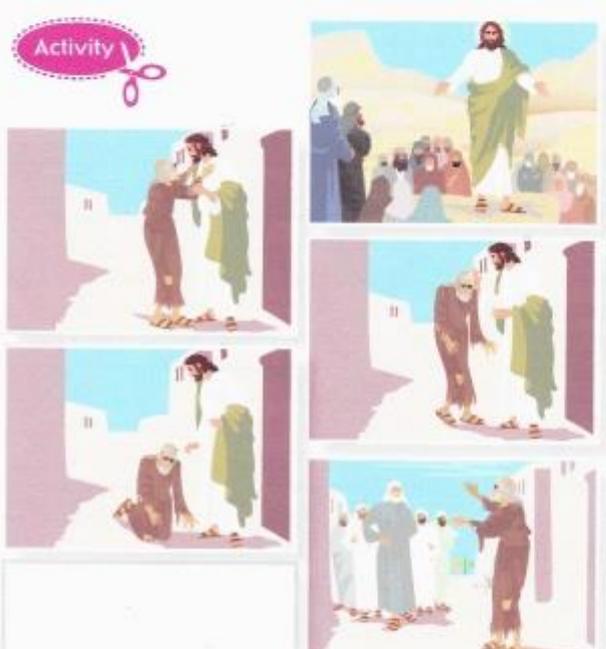
The sheet that would have been used for Children's Liturgy this weekend is below; many thanks to Nick for providing them and for all that he is doing to support the children of our parish at this time. You can access the companion Family Time Leaflet by clicking on [this link](#).

ROOTS
WORSHIP AND LEARNING FOR THE WHOLE CHURCH

FOR PARENTS

Bible reading
Mark 1.40-45
Jesus meets a man with leprosy and is moved to reach out and heal him. The man tells everyone about Jesus. How does it feel to be left out of things?

Activity



Put the pictures in the right order. Add a final picture to show how the leper might have felt after he had been healed.

Living faith
Do something this week to help someone feel included. Make an effort with someone you usually ignore.

Take-home sheet

FRIDAY PRAYER

Lord Jesus, help us to be people who include others and make all people welcome. Amen.

Talk about...

What sort of people do we think of as unclean?
How does it feel to be left out of things?
What would it be like to be sent away from your home and family?
What would it be like to come back?

CHECK IT OUT!

Watch together
Beauty and the Beast 
A Disney classic retelling the story of a girl, a beast, and the power of love to change people.

Children and Family Lent Calendar

As an extra resource we have also received a copy of a Lent Calendar. There is a reflection for each day of Lent. If you want to print and keep the calendar you can download it from [here](#)

LENT CALENDAR

A calendar for daily reflection and preparation during Lent inspired by seven of the last sayings of Jesus from the cross. This is designed for families of all ages to do together at home. During ongoing COVID-19 restrictions, ensure that seeing or contacting others is done in a safe and socially-distanced way.



WEEK BEGINNING	14 February	21 February First Sunday of Lent	28 February Second Sunday of Lent	7 March Third Sunday of Lent	14 March Fourth Sunday of Lent	21 March Fifth Sunday of Lent	28 March Palm Sunday
Words spoken by Jesus	Father, forgive them for they do not know what they are doing. Luke 23.34	Today you will be with me in Paradise. Luke 23.43	Woman, here is your son... here is your mother. John 19.26-27	My God, my God, why have you forsaken me? Matthew 27.46	I am thirsty. John 19.28	Father, into your hands I commend my spirit. Luke 23.46	It is finished. John 19.30
THEMES	Forgiveness	Hope	Family and friends	Courage	Justice	Trust in God	Love
SUNDAY		Smile! Share happiness with those around you.	Pray for your church community today.	Have courage in your faith in God – share it with others!	Raise some money for charity during this week.	Pray Jesus' words today: 'Into your hands I commend my spirit.'	Holy Week Start Holy Week by making a palm cross.
MONDAY		Pray the Lord's Prayer. How can you make your bit of earth more like heaven?	Spend some quality time with your family or friends	Pray for those who are facing an uncertain or challenging future.	Be grateful for all that you have – try not to waste anything.	If you have any worries pass them over to God.	Jesus prays with his disciples. Pray for your friends today.
TUESDAY		Think before you judge people – give them a chance.	Be grateful for the little things that happen today.	Look out for anyone who appears to be lonely. Make time for them.	Read a newspaper. Pray for any situations that trouble you.	Pray for the first (non-family) person that you see today.	Jesus is denied by Peter – be confident and proud of your faith in the Lord!
WEDNESDAY	Ash Wednesday Start Lent in prayer – ask God to help you each day.	Pray for all who are persecuted.	Are there any housebound people in your neighbourhood whom you could help?	Pray for the unemployed and for all who feel desperate.	Look at a charity website (e.g. Tearfund, Oxfam) and pray for their current work.	Do you know anyone who is recently bereaved? Give them a call.	Jesus prays in the Garden of Gethsemane. Spend some quiet time today.
THURSDAY	Do you need to seek forgiveness from anyone?	Talk to somebody you'd normally ignore.	Surprise a friend by doing something special for them.	Ask God to help your belief to grow stronger.	Think about how you treat others. Are you always fair?	Keep focused on God – think before you speak and act.	Jesus washes the disciples' feet – show compassion to someone today.
FRIDAY	Try to be peaceful all day – no negative words or actions!	Surprise someone by sending an affirming text message.	Make contact with someone you have not seen for a while.	Think about those who are in hospital – pray that they will be strengthened.	Check any prejudices that you might have. Change any negative attitudes.	Think about your relationships with others – put right any disagreements.	Fast today as you think about the cross – just have a simple meal and water.
SATURDAY	Make friends with anyone you've fallen out with – forgive as Jesus forgives.	Pray for those who are sick – that they will be comforted.	Do a positive action to show appreciation to someone who cares for you.	Think differently: challenge yourself to do something new!	Try not to spend any money on yourself.	Ask someone to pray for you and your intentions. Pray for them too!	Jesus is placed in the tomb. Pray for those who have died.