



St. Helen's
Catholic Church
The Presbytery
87 High Street
Chipping Ongar
CM5 9DX

The Catholic Parish of Ongar and Doddinghurst

Email: ongar@brcdt.org

Tel: 01277 362645

St. Margaret of Scotland
Doddinghurst Road
Doddinghurst
CM15 0QJ



FOURTH SUNDAY OF LENT (A) SUNDAY 15TH MARCH, 2026



Year A

4th Sunday of Lent

Response to Psalm:
**The Lord is my shepherd;
there is nothing I shall want.**

Gospel Acclamation:
**Praise and honour to you, Lord Jesus
I am the light of the world, says the Lord;
whoever follows me will have the light of life.
Praise and honour to you, Lord Jesus**

Communion Antiphon:
**The Lord anointed my eyes: I went, I washed,
I saw and I believed in God.**

Our parish newsletter can also be found online at catholicparishongar.org to access newsletter links.

Parochial Administrator: Fr. Frank Westcott

Please Note: This week, Stations of the Cross will be available 7pm Friday 13th March at St Margaret's then 3.30pm Sunday 22nd March and at 9.00am Friday Mass at St Helen's during Lent.

In Case of Emergency If there is no answer from the parish phone and you are seeking a priest in an emergency then please call one of the local parishes; either Loughton 02085083492 or Epping 01992572516 or any nearby parish.

Dona Digital Collection Plate (rear of St Helen's church) :

We now have new contactless facilities available for Offertory, the Repository or general donation. The instructions are mostly self-explanatory; however, if you require any assistance, please do not hesitate to ask.

Walsingham House/Abbotswick Visitors We have some young people currently staying at the Presbytery, for a while, whilst some fire safety work is carried out at Walsingham House. This may continue until end of March and they are aware of the current weekly parish usage of the Presbytery.

Lenten Lunches

This year our Parish Lenten Lunches at St Margarets were held on Saturday 21st February, Saturday 28th February and Saturday 7th March.. A simple lunch of homemade soup, french bread and cheese for £7 – this year's charities are the Smile train and the local homeless charity.

Baptism Please pray for Elsie Brooks who will be baptised next weekend and welcomed into our parish community.

Missio - Message from Father Anthony.

" Be assured of my prayers for you and your loved ones. Please send me your prayer intentions, which will be brought to the Lord during Mass in our Missio chapel, by emailing me at director@missio.org.uk Together let us be bridges of hope and healing in our beautiful, yet divided world.

Fr. Anthony Chantry

[CLICK HERE to read Fr Anthony's complete blog](#)

[You can also read the digital version of Mission Today by CLICKING HERE](#)

Mass Times and Intentions

FOURTH SUNDAY OF LENT (A)

'Laetere Sunday'

SAT 14 MAR	St H 4.30pm	Sacrament of Reconciliation
	St H 5.30pm	People of the Parish
SUN 15 MAR	St H 8.45am	Margaret Hinchin RIP Anniv.
	St M 10.30am	Deceased members of the Adams Family (Bernard & Mary Adams)
MON 16 MAR	St H 9.00am	<i>No Weekday Parish Mass</i>
TUE 17 MAR	St H 9.00am	St Patrick, B, Patron of Ireland John Sheehan Speedy Recovery
WED 18 MAR	St H 9.00am	Christina O'Neil RIP (Died 16/02)
THU 19 MAR	St H 9.00am	ST JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY Tony Armstrong Speedy Recovery
FRI 20 MAR	St H 9.00am*	Holy Mass
	St H 11.00am	Funeral Julia Wreford RIP Followed by burial at Ongar Town Cemetery, Love Ln.

FIFTH SUNDAY OF LENT (A)

SAT 21 MAR	St H 1.00pm	Baptism Elsie Brooks
	St H 4.30pm	Sacrament of Reconciliation
	St H 5.30pm	Meeda Mary Kearney RIP 17 th Anniv. (Helen Goodwin)
SUN 22 MAR	St H 8.45am	People of the Parish
	St M 10.30am	Rev. Ann Coleman on her retirement (Parishioners of St Margaret)



The Sacrament of Individual Reconciliation is available on request at St Margaret's, Doddinghurst following the 10.30am Sunday Mass.

Prayer List:

Please pray for all our parishioners and friends who are sick and need the benefit of our love and prayers: Alan Chapman, Maureen Hamilton, Lucy Gay, Sue Potter, Philip Denton, Douglas Jordan, John Varellas, Bruno Vassallo, Richard Denton, Theresa Aikin, Finlay Wilson and Family, David Love, Curtis & Family, Hayley Duff & Family, Bethany Luetchford & Family, Ann Bateson, Wayne Aikin, Frances Wiseman.

Please also pray for those whose Anniversaries occur at this time.

Eternal rest grant unto them, O Lord, and may perpetual light shine upon them. May they rest in peace.

If you would like to add a name to our prayer list, please contact the parish office. Let us keep one another in our prayers.

***EUCHARISTIC ADORATION / HOLY HOUR following 9.00am Mass at St Helen's on Fridays unless funeral**

Mothers Prayers Group The Mothers' Prayers Group meets on the last Wednesday of the month at 1.30pm in the Presbytery. Everyone welcome. Please call Lesley Denton 07981964892 for more information.

Could You Help Compose Our Bidding Prayers?

We are looking to expand our team of parishioners who help prepare the monthly bidding prayers, following the Liturgical Year (A). This is a wonderful opportunity for members of the parish to get involved and support the spiritual life of our church. There are plenty of online resources available, and guidance will be provided.

If you are interested, or if you would like to find out more, please speak to Fr. Frank, Lorraine, Audrey, or Denise. Flexibility is offered—if the rota does not suit your schedule due to holidays or other commitments, team members are welcome to swap dates among themselves. Please consider joining us in this meaningful ministry!

St. Margaret's Hall Hire St. Margaret's is available for hire for private functions and parties, children's parties, fitness classes, local groups and events holding up to 100 people at reasonable rates. For information or to make a booking please contact Kelly Love on ongar@brcdt.org or 01277 362645
Hall Usage Calendar <https://catholicparishongar.org/hall-usage-calendar/>

REPOSITORY: We have EASTER & ST PATRICK'S DAY CARDS in stock and also cards & gifts for Christmas, First Holy Communion's, Baptisms, Mass Intention Cards and other occasions for sale in the Repository in the porch at St Helen's at very reasonable prices. Please pay using the card box on the wall in the porch, the Dona device (Select Repository) or get in touch with Ann Jackson if anything else required.

Easter Lily Memorials at St Margaret's and St Helen's

This year we are introducing a new idea as part of our Easter celebrations. We will be decorating our churches with Easter Lilies for the Easter Vigil and Easter Sunday.

If you would like to sponsor a lily stem in memory of a deceased loved one.

✿ Cost: £2 per lily stem

🔍 The name of your deceased loved one will then be displayed on a list in both churches, St Margaret's and St Helen's. Please complete the form below and return it to the Presbytery — ideally before the Fourth Week of Lent — or place it in the weekly Offertory collection in an envelope.

Easter Lily Memorial Form

I would like to sponsor _____ Easter Lily stem(s)
at £2 per stem.

In memory of:

Requested by:

Contact details (optional):

Total enclosed: £ _____

Thank you for helping us make our churches especially beautiful as we celebrate the joy of Easter and the hope of the Resurrection.

God bless,
Fr Frank

CAFOD – The Big Lent Walk

This Lent, I'm walking 200km over 40 days in solidarity with those who walk miles each day just to access safe water. Your sponsorship will help bring clean, safe water to communities around the world. This Lenten challenge is really important to me, and your support would mean so much. Will you support my walk? All details on my fundraising page at the link below. *Thank you, Jim Browning*

<https://walk.cafod.org.uk/fundraising/jamess-fundraising-page2482>

Series of Four Lent Lectures 2026: Will take place at **Brentwood Cathedral Parish Hall** commencing Wednesday 25th February 2026 at 7.30pm The theme this year is: "What does it truly mean to be Catholic?"

This invitation is to the whole Diocese of Brentwood. All Welcome!

Talk 4. Wednesday 18th March. Rev Msgr John Armitage. The uniqueness of Catholicism for British Society. 7.30pm

Pilgrimage to Knock Shrine & Co. Mayo Led by Bishop Alan Williams

Monday 15th June 2026 to Friday 19th June 2026. 4 nights in Knock House Hotel, with Dinner, Bed & Breakfast. Visit Kylemore Abbey, Croagh Patrick, Ballintubber Abbey, Fr. Peyton Centre. Price of ?799.00 per person Package includes: Return flight from Lon Stansted – 10kg check in bag. 4 nights Dinner, B&B in Knock House Hotel. All entertainment, excursions and guided tours. Assistance from Knock Pilgrimages representative. Single room supplement ?250.00. Maximum 3. Contact: Patricia Tel: 01268 762 278 Mob: 07740 175 557 knockpilgrimages@gmail.com

Diocesan Pilgrimage to Walsingham (23 May 2026) A day pilgrimage of prayer with Mass, picnic, the Holy Mile walk and Vespers/Benediction at the Shrine of Our Lady of Walsingham with opportunities for young people to serve and an optional overnight at Walsingham House beforehand.

DIOCESAN LOURDES PILGRIMAGE: Would you like to join our bishop and parishioners and clergy from around the diocese on our annual pilgrimage to Lourdes this summer? The dates are Friday 17th - Friday 24th July. Please visit <https://tangney-tours.com/brentwood> for further information and to book, or contact Deirdre Pembroke, lourdes@brcdt.org if you have any questions. Paper booking forms to follow.

Summer Lourdes Pilgrimage (18-25 Jul 2026) Applications are open online for this years' Lourdes pilgrimage for those in year 10 and above. You can find all information and the link to apply at www.bcys.net/events/sl26 As always, there is funding available for which we can provide advice and support. We hope to have as many different schools and parishes represented as possible so if there is any support we can give, please do get in touch.

40 hours Devotion 40 hours of Continuous Eucharistic Adoration during Lent (night and day except during Mass) will take place on the weekend of 21-22 March at St John Vianney Catholic Church, 1 Stoneleigh Road, Clayhall, Ilford IG5 0HE, starting with Mass of Exposition and Procession of the Blessed Sacrament at 7am on the Saturday and ending with Benediction at 11pm on the Sunday. All are very welcome to take part in this very special devotion.

LIFE IN THE SPIRIT SEMINARS AT THE MOST HOLY REDEEMER, BILLERICAY



Starting on Wednesday, 15th April, there will be an opportunity to encounter the Holy Spirit and share your faith together at a series of seminars running every Wednesday evening from 7pm to 9.15pm in the Canon Roche Pastoral Centre at the Most Holy Redeemer Church, Billericay, Essex. (Postcode: CM12 9LL) Speakers include Michelle Moran, Father Paschal Uche and Reverend Wayne Dulson as well as video input from "The Gift". While the Seminars are mainly intended for practicing Christians, they are open to all people from every walk of life, including those who currently have no involvement with the Church. If you would like to take part in this please follow the link to register:

<https://mostholyredeemerchurch.churchsuite.com/events/6ehdypgb> Alternatively, you can use the QR code.

Diocesan School Vacancies *Click on vacancy to take you to the advert*

[Class Teacher – St Antony’s Catholic Primary School, Woodford Green](#)

Deadline for applications: 12:00 noon Thursday 19th March 2026

[Deputy Headteacher – Our Lady Immaculate Catholic Primary School, Chelmsford](#)

Deadline for applications: 12:00 noon Friday 20th March 2026

[Deputy Headteacher – St Mary’s Catholic Primary School, Tilbury](#)

Deadline for application: 12:00 noon Friday 10th April 2026

Brentwood Cathedral Lunchtime Recital - 1pm Wednesday 18th March

We are very much looking forward to next Wednesday 18 March when we will be welcoming for the first time KARPEDIEM a six piece band playing instrumental folk and celtic music, inspired by Irish, Scottish and English folk songs. The Recital will commence at the usual time of 1pm and finish at 2pm. We do hope you can join us on this rather special occasion and unique concert, not least as it falls a day after St. Patrick's day !! Refreshments will be served in the Song School afterwards.

Brentwood Cathedral Lenten Concert Please make a note in your diaries of this very special Lenten Concert to be given by the Choirs of Pembroke College Cambridge on Saturday 21st March at 7.30pm in the Cathedral. We are extremely fortunate to welcome this outstanding Choral Concert here. The Programme as you will see is hugely impressive, including the famous Allegri Miserere, Mendelssohn's Hear My Prayer (including O for the Wings of a Dove) and of course the wonderful Finzi Marsh and Bernstein pieces. Do please if you can spread the word, not least amongst any singers of our local choirs as it will be very attractive to them. There will be a fifteen minute interval with the Concert finishing at 9pm.

Mass for Migrants - You are warmly invited to join the Dioceses of Brentwood, Southwark, and Westminster for the 20th annual Mass for Migrants on Bank Holiday Monday, 4 May 2026, at St Antony of Padua Catholic Church. The celebration will begin at 12.00 pm with a procession of banners. This year, the Mass is hosted by the Diocese of Brentwood. Celebrated for the Feast of St Joseph the Worker, the Mass is prepared by the Caritas and Ethnic Chaplaincies of the three dioceses and gives thanks for the contributions made to faith, life and work in the UK by all those who have come from other countries to make their home here. **The preacher will be Archbishop Richard Moth, and the celebrant will be Bishop Alan Williams, sm.** Music will be provided by Nathan Chan and students from St Antony's Catholic Primary School, St Bonaventure's Catholic Secondary School and St Angela's Ursuline School. We will also be joined by community organisers from [Citizens UK](#). Please do come along and bring the family, whether you are from a migrant background or not; **all are welcome!** It is a joyful and celebratory occasion, providing a wonderful chance to embrace our communities. Everyone is invited to wear their national dress. *Banner bearers are invited to gather at St Bonaventure's Secondary School at 11.15 am, ready for the procession to begin at 12.00 pm. Parish and Catholic organisations are welcome to bring banners for the procession. Please contact: caritas@brcdt.org*

Mass Attendance: Feb 5.30pm: 27 Sun 8.45am: 37 10.30am: 31 Total: 95

Offertory/Cheque Collections: £ 261.63

Please make cheques payable to: 'Catholic Church Ongar St Helens'

For electronic payments please email ongar@brcdt.org or use the Dona machine at St Helens.

For Gift Aid/Envelopes please contact Peter Gaston on 07949654401

Thank you for your continued selfless generosity and support.

Please consider remembering the parish in your will.

SAFEGUARDING As part of compliance with safeguarding, any **children under 16 using the Presbytery toilet will need to be accompanied by an adult. Please be careful when using the uneven stairs on route.**

Parish Safeguarding Officers: Margaret Payne 01277 362203 and Audrey McGill 01277 823485

Please note there is a Hearing Loop available at St Helen's Church...please ask Fr Frank to activate it if required.