



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



PALM SUNDAY OF THE PASSION OF THE LORD (A) SUNDAY 29TH MARCH, 2026



Response to Psalm:

My God, my God, why have you forsaken me?

Gospel Acclamation:

**Praise to you, O Christ, King of eternal glory
Christ became for us obedient to the point of death,
even death on a cross.**

**Therefore God has highly exalted him
and bestowed on him the name that is above every name.
Praise to you, O Christ, King of eternal glory.**

Communion Antiphon:

**Father, if this chalice cannot pass without my drinking it,
your will be done.**

Image: Entry into Jerusalem No. 26 Scenes from the Life of Christ: 10. Entry into Jerusalem - from Scrovegni Chapel
Source: [Wikimedia](https://www.wikipedia.org) Artist: Giotto (1266–1337)

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

Parochial Administrator: Fr. Frank Westcott

Please Note: This week the final Stations of the Cross will be available 9am Friday 27th March following Mass at St Helen's and 7pm Friday 27th March at St Margaret's.

HOLY WEEK This Sunday will be Palm Sunday which marks the beginning of Holy Week.

Palms will be distributed at all Masses. Please do take one of our newly available Holy Week and Triduum Leaflets, which includes Mass times.

Clocks Forward: Please remember that the clocks 'Spring' forward by one hour at 2am on Sunday 29th March.

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 donations and special collections. The instructions are mostly self-explanatory; however, if you require any assistance, please do not hesitate to ask.

Easter Collection

It is traditional that the offerings you make at the Easter Triduum form part of your gift to your priest. There will be green/white envelopes available from this weekend at the back of both churches which also have a Gift Aid line on them if you would please add your number. Alternatively, there will be an option added to the Dona Digital Collection Plate machine on Easter weekend if you would like to make your offering that way, which will also have an option for Gift Aid. If you would like to make a bank transfer then please use the following bank details:- Account Number: 01017616 Sort Code: 40-13-22 and please quote Easter as your reference. Many thanks for your kind generosity.

Whatsapp Group: If anyone would like to join the parish Whatsapp Group, which is available for the whole parish to use and to help keep everyone up to date with current issues and events, please contact the administrator, Denise Terry-Roberts, at d.terryroberts@btinternet.com or on 07545 240064 for her to add your mobile number.

Mass Times and Intentions

PALM SUNDAY OF THE PASSION OF THE LORD (A)

SUN 28 MAR	St H 5.30pm	Dave Speller RIP (Kathy Speller)
SUN 29 MAR	St H 8.45am	Peggy & Nick Hayes RIP (Lillie & Marvin)
	St M 10.30am	John Scott RIP (Pat Scott)
MON 30 MAR	St H 9.00am	<i>No Weekday Parish Mass</i>
TUE 31 MAR	St H 9.00am	Holy Mass
WED 1 APR	St H 9.00am	Holy Mass
	11.00am	Chrism Mass at Cathedral
THU 2 APR	St H 7.30pm	EVENING MASS OF THE LORD'S SUPPER (MAUNDY THURSDAY)
FRI 3 APR	St M 3.00pm	FRIDAY OF THE PASSION OF THE LORD (GOOD FRIDAY)

EASTER SUNDAY OF THE RESURRECTION OF THE LORD (A)

SAT 4 APR	St M 8.00pm	SATURDAY VIGIL MASS People of the Parish
SUN 5 APR	St H 8.45am	Deceased members of the Jeffers Family (Mary Bergin)
	St M 10.30am	Brian Arnell RIP Lesley Boyall RIP Fr Andrew Hurley RIP (Richard Arnell & Family)



**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.**

***EUCCHARISTIC ADORATION / HOLY
HOUR following 9.00am Mass at St
Helen's on Fridays unless a 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!

Ongar Churches Together

The Good Friday Walk of Witness visiting all the churches in Ongar will begin at 10am St James.

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 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.

A gentle reminder on receiving Holy Communion

From time to time, it is helpful to recall the Church's guidance on how Holy Communion is received, so that we can approach the Eucharist with reverence and unity.

At some Masses, Holy Communion may be offered under both kinds. The Church provides different ways for this to take place, one of which is called intinction—when the Host is dipped into the chalice.

However, this is carried out according to the Church's liturgical norms. For this reason, self-intinction—when a communicant dips the Host into the chalice—is not permitted.

The Church's guidance expresses this clearly:

“If Communion from the chalice is carried out by intinction... the priest takes a host, dips it partly into the chalice and... the communicant receives the Sacrament in the mouth from the priest.”

(General Instruction of the Roman Missal, no. 287)

“The communicant must not be permitted to intinct the host himself in the chalice...”

(Redemptionis Sacramentum, no. 104)

It is also important to remember that Christ is fully present—Body, Blood, Soul, and Divinity—under each species of the Eucharist. This means that receiving the Host alone is a complete Holy Communion.

As the Church teaches:

“Communion under the species of bread alone makes it possible to receive all the fruit of Eucharistic grace.”

(General Instruction of the Roman Missal, no. 281)

While receiving under both kinds is a fuller sign, it is not necessary in order to receive the whole Christ.

This gentle reminder is offered to help us all receive Holy Communion in a way that reflects the Church's teaching, and to deepen our shared reverence for the great gift of the Eucharist.

Yours in Christ,

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>

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 Applications are now closed, however we have had some applicants drop out so if you know of a young person in Year 10 or above who may still be interested, please do get in touch.

World Youth Day 2027 (Seoul, South Korea) We have an initial group preparing to attend. There is still time to nominate a young person (aged 19+ by August 2027). Further details are available on our website.

Youth Mass There will be **no Youth Mass in April** due to this falling on Maundy Thursday, so we are encouraging young people to attend their own parish Masses. The next Youth Mass will take place on Thursday 7th May, which you are very welcome to attend. Please do just send us a quick message if you are planning to bring a group, to assist with catering arrangements.

Diocesan Walsingham Pilgrimage – Saturday 23rd May Representatives from the BCYS will be joining the Diocesan Pilgrimage to Walsingham, and we would like to invite other young people to join and assist with the liturgy. Please contact us if interested.

Flame 2027 – Saturday 6th March, OVO Wembley Arena Almost 1,000 young people from the Diocese are already registered. A limited number of early bird tickets (£30) remain available. To book, please complete the form: <https://forms.office.com/e/KTevSZwGQH>

Walsingham House Team Applications Applications are now open for those finishing Year 13 or university who are interested in a year of volunteering at Walsingham House. For further information, please email clairebailey@brcdt.org.

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*

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

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

[School Business Manager - Sacred Heart of Mary Girls’ School, Upminster](#)

Deadline for application: Friday 10th April, 2026 - Please contact joakes@mary.havering.sch.uk to arrange a visit

Campion School Open Evening Campion School would like to warmly invite parents/carers and year 5 boys to our Open Evening on Thursday, 25th June from 4.30 pm to 7 pm. The 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

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.**

CARITAS Ahead of the local elections, now is the time to let politicians know your views on climate justice. **13th April at 6:30pm**, join parishioners from across the UK as we share free guidance on key environmental issues and how to engage local politicians in defending our common home. To register: <https://tinyurl.com/delpolitics>

Mass Attendance: Feb 5.30pm: 37 Sun 8.45am: 35 10.30am: 36 Total: 108

Offertory/Cheque Collections: £324.26

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.