



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](mailto:ongar@brcdt.org)

Tel: 01277 362645

St. Margaret of Scotland  
Doddinghurst Road  
Doddinghurst  
CM15 0QJ



## THIRD SUNDAY OF LENT (A) SUNDAY 8TH MARCH, 2026



Image: Jesus and the Samaritan Woman – Veronese Source: [Wikimedia](https://commons.wikimedia.org/wiki/File:Jesus_and_the_Samaritan_Woman_-_Paolo_Veronese.jpg) Artist: Paolo Veronese (1528–1588)

Response to Psalm:  
**O that today you would listen to his voice!  
'Harden not your hearts.'**

Gospel Acclamation:  
**Glory to you, O Christ, you are the Word of God.  
Lord, you are indeed the Saviour of the World;  
give me living water, so that I will not be thirsty.  
Glory to you, O Christ, you are the Word of God.**

Communion Antiphon:  
**For anyone who drinks it, says the Lord,  
the water I shall give will become in him  
a spring welling up to eternal life.**

Our parish newsletter can also be found online at [catholicparishongar.org](http://catholicparishongar.org) to access newsletter links.

**Parochial Administrator: Fr. Frank Westcott**

**Please Note: This week, Stations of the Cross will be available on Sunday 8th March at 3.30pm at St Margaret's then 7pm Friday 13th March and at 9.00am Friday Mass at St Helen's.**

**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, and general donations. 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 will be held on Saturday 21<sup>st</sup> February, Saturday 28<sup>th</sup> February and Saturday 7<sup>th</sup> March at 12 – 2pm. 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. We will appreciate any soup donations. Please speak to Bernie Wrobel or Jane Gay after Mass.

**Missio** Spring copies of **Mission Today** will be available in both churches this weekend. *Mary Cox*

**A Day With Mary** is taking place at Westminster Cathedral on Saturday 14 March 2026 (9.45am to 5.00pm). Further info is available at <https://www.adaywithmary.org/> or <https://eventcatholic.com/>

**100 Club** Congratulations go to Kathleen Nash, No. 8 who was the lucky winner of £105 in the 100 club draw for February. Kathleen is actually going to be 100 soon. She is very excited to have won. Please see Bernie Wrobel or Anne Robertson if you would like to join.

## Mass Times and Intentions

### THIRD SUNDAY OF LENT (A)

SAT 7 MAR	St H 4.30pm	Sacrament of Reconciliation
	St H 5.30pm	People of the Parish
SUN 8 MAR	St H 8.45am	Sarah & David Marshall RIP (Lillie & Family)
	St M 10.30am	Deceased members of the Benson Family (Mary & Bernard Adams)
	St M 3.30pm	Stations of Cross
MON 9 MAR	St H 9.00am	<i>No Weekday Parish Mass</i>
TUE 10 MAR	St H 9.00am	Stephen Spencer (Pat Scott)
WED 11 MAR	St H 9.00am	Denis Sheehan RIP
THU 12 MAR	St H 9.00am	Owen Int. -Thanksgiving and continued good health (Margaret, Vicky, Richard)
FRI 13 MAR	St H 9.00am*	Stations of the Cross Margaret & Micheal Murray Golden Wedding Anniversary (Mary Bergin)
	St M 7.00pm	Stations of the Cross

### 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)



**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**

**Mothers Prayers Group** Mothers Prayers Group meets on the last Wednesday of the month at 1.30 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!

**NATIONAL MARRIAGE WEEK:** Please pray for all those living out the vocation to marriage and couples preparing to marry. Support is available for those who need it, and your parish priest can point you in the right direction. If you are celebrating a significant anniversary this year, please let your parish priest know so that you can be invited to the Mass of Thanksgiving in the Cathedral on Saturday 11th July.

**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](mailto:ongar@brcdt.org) or 01277 362645  
**Hall Usage Calendar** <https://catholicparishongar.org/hall-usage-calendar/>

**REPOSITORY: We have EASTER & ST PATRICKS 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 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



### Update: Christmas Toy Appeal 2025

Anne Bateson has received an update from the Charity:  
"The appeal was delivered successfully at the end of last year, providing 1,726 children with tailored stockings in time for Christmas Day, along with 80 festive food hampers. In total, the appeal reached over 2,000 people across Newham. We are hugely grateful to the churches, gyms, and everyone who contributed. The generosity and support you and all those involved showed truly helped make Christmas brighter for so many local children and families."

### 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>

### THANK YOU FROM CAFOD

#### Lent Appeal – Family Fast Day

Thank you for your generous support this Family Fast Day. £320 was raised by the parish in our Second Collection last week – your kindness is helping families like Shorai's in Zimbabwe and Rejoice's in South Sudan grow food, even in the face of drought and floods. You

have shown what it means to love your neighbour this Lent – fasting, praying and giving so families can put food on the table. Find out how your donations are helping to build a better world at [cafod.org.uk/thankyou](https://cafod.org.uk/thankyou)  
PS It's not too late to donate – pick up a CAFOD envelope in church or visit [cafod.org.uk/envelope](https://cafod.org.uk/envelope)



In loving Memory of  
FR EMILE NKUMU

25 November 1958 - 02 November 2025



### Memorial Service

7<sup>th</sup> March 2026

Mass Service : 2PM - 3PM

Reception : 3PM - 7PM

Address: Parkside community centre, 176  
Goodmayes Ln, Ilford IG3 9PP

### 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 3. Wednesday 11th March. Mr Mauro Iannicelli. Prayer as the Foundation of our Catholic Life. 7.30pm

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

**SVP and CAFOD Work Experience** The St Vincent de Paul Society and CAFOD are working together to offer a week of free residential work experience for 20 young adults in England and Wales. The experience will run from 21st – 26th June in London. Candidates must be aged 18-25 years old, but priority will be given to those in their first or second year at university. [Apply here](#) Applications close on the 6th April. For any queries, please contact KeziaH@svp.org.uk

### 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](mailto: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](mailto: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](http://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.

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

[Deputy Headteacher – St Joseph's Catholic Primary School, Stanford-le-Hope](#)

Deadline for applications: 23:59 Thursday 12th March 2026

[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

**Walsingham House Team 26/27:** applications are now open for the Walsingham House Team 26/27. Being on the team is a wonderful opportunity to work with young people from across the diocese, live in community and to share and deepen our faith. Applications are open to those aged 18-23 (current Yr13 and above). For more information including the application form please see the website <https://bcys.net/whabbotswick/be-on-team/> or email [michaelkearns@brcdt.org](mailto:michaelkearns@brcdt.org).

Mass Attendance: Feb 5.30pm: 33 Sun 8.45am: 43 10.30am:33 Total: 109

Offertory/Cheque Collections: £314.21

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

For electronic payments please email [ongar@brcdt.org](mailto:ongar@brcdt.org) or use the Dona machine at St Helens.

For Gift Aid/Envelopes please contact Bernard Adams 01277 823511

**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.