



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

The Catholic Parish of Ongar and Doddinghurst

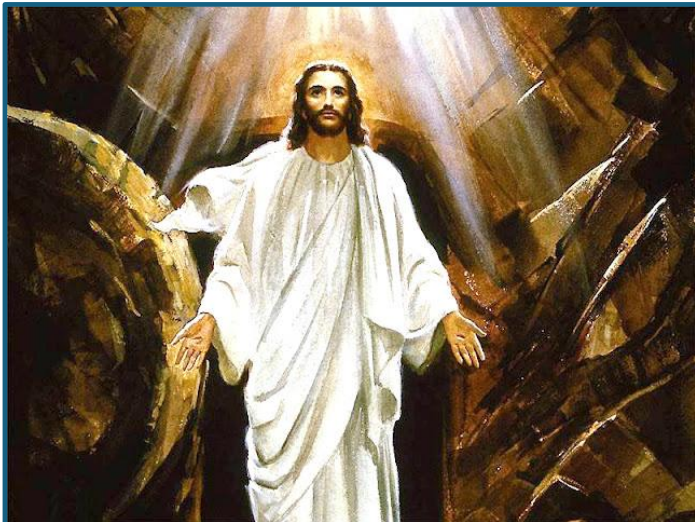
Email: ongar@brcdt.org

Tel: 01277 362645

St. Margaret of Scotland
Doddinghurst Road
Doddinghurst
CM15 0QJ



EASTER SUNDAY OF THE RESURRECTION OF THE LORD SUNDAY 05TH APRIL, 2026



Response to Psalm:
This is the day the Lord has made.

Gospel Acclamation:

Alleluia, alleluia.

**Christ, our Passover lamb, has been sacrificed;
let us therefore celebrate the festival in the Lord.**

Alleluia.

Communion Antiphon:

**Christ our Passover has been sacrificed, alleluia;
therefore let us keep the feast with the unleavened
bread of purity and truth, alleluia, alleluia.**

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

Parochial Administrator: Fr. Frank Westcott

Happy Easter!

Dear Brothers and Sisters in Christ,

Alleluia! He is risen!

With hearts full of joy, we celebrate the glorious Resurrection of our Lord Jesus Christ. Easter is the triumph of light over darkness, of hope over despair, and of life over death. Through His Resurrection, Christ renews our faith and invites each of us to share in the promise of new life.

As we gather in prayer and fellowship this Easter season, may we be reminded that the Risen Lord walks with us always strengthening us in times of trial and calling us to be witnesses of His love in the world. Let us carry the joy of Easter into our homes, our parish, and our community, extending kindness, compassion, and peace to all we meet.

I would like to offer my sincere thanks to all who have helped make Holy Week and the Easter Triduum such prayerful celebrations in our parish. I am deeply grateful to everyone who contributed to the liturgy in so many ways—choir, servers, readers, musicians, sacristans, and all who worked quietly behind the scenes. Your dedication and reverence helped us to enter more fully into the mystery of Christ's Passion, Death, and Resurrection.

A special word of thanks to those who gave their time and creativity to beautify our churches of St Margaret's and St Helen's. The care and love shown in preparing our sacred spaces truly lifted our hearts and minds to God.

Thank you also for the many personal gifts and cards I have received during this Easter season. I am truly overwhelmed by your kindness and generosity. Your thoughtfulness and prayers are deeply appreciated, and they are a great source of encouragement and support in my ministry among you.

I am so happy to be your priest over this past year, and I thank God for each one of you and for the life we share together as a parish family.

May the grace of the Risen Christ fill your hearts with hope, your homes with peace, and your lives with His everlasting love.

Happy Easter! Alleluia! Alleluia!

Yours in Christ,
Father Frank

Mass Times and Intentions

EASTER SUNDAY OF THE RESURRECTION OF THE LORD

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)
MON 6 APR		<i>No Weekday Parish Mass</i>
TUE 7 APR	St H 9.00am	Communion Service
WED 8 APR	St H 9.00am	Crescentia Menon RIP (Foundation Mass)
THU 9 APR	St H 9.00am	Healing for Susie
FRI 10 APR	St H 9.00pm	Peter Smith RIP (Paul Falco)

SECOND SUNDAY OF EASTER (Divine Mercy Sunday)

SAT 11 APR	St H 5.30pm	People of the Parish
SUN 12 APR	St H 8.45am	Jayne Kelley - thanksgiving for coming through cancer operation safely (Tony Jones)
	St M 10.30am	Sue Maher (Kelly Love)



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 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!

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

Lenten Lunches:

We would like to thank all the amazing helpers who were involved in the Lenten Lunches this Lent. What a great team you are all! From setting out tables, making soup, waitressing, washing up, kitchen organising, raffle and coming to support and, of course, the wonderful marmalade making. A fantastic £1580 was raised to go to our charities, Smile Train and our local Food Bank. Thank you again – without all your help, we couldn't do it!

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.

Cathedral MUSIC RECITAL on Wednesday 15 April at 4pm

On Wednesday 15 April at 4 PM instead of our usual Lunchtime Recital time of 1pm, we are delighted to welcome for the first time to Brentwood Cathedral the DURHAM UNIVERSITY CHAMBER CHOIR who will be performing Herbert Howells REQUIEM. This will be accompanied by Choral favourites of Rheinberger, Marsh and more. The Recital will be conducted by Cameron Davies and as mentioned will take place at 4pm to 5pm which we hope will enable young students to attend. There will be a short interval. Admission to this prestigious event is free – there will be a retiring collection. Please do support these young people.

Divine Mercy Devotions

St Peter's Parish, Dagenham (RM9 6UR), is holding Divine Mercy Devotion on Divine Mercy Sunday on 12 April 2026 starting with Exposition of the Blessed Sacrament and Adoration at 2.00pm, continuing with Divine Mercy Chaplet at 3.00pm, and finishing with refreshments in the Liturgy Room. Confessions available from 2.15pm. All welcome.

St John Vianney, Clayhall, is holding an afternoon of Divine Mercy Devotion on Divine Mercy Sunday, 12 April 2026. Starting at 1pm and ending with Mass at 5pm, it will comprise Exposition of the Blessed Sacrament, recitation of St Faustina's Praises, the Litany of the Divine Mercy, the Chaplet of the Divine Mercy and the Holy Rosary, prayers and time for Confession. Bishop David Waller will give the homily. Refreshments will be available. All are welcome at St John Vianney Catholic Church, 1 Stoneleigh Road, Clayhall IG5 0HE. Parking available, nearest TfL station Gants Hill, buses 123 and 179 pass nearby, also buses SL2 and 462 slightly further away.

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.haverling.sch.uk to arrange a visit

St John Bosco Children's Camp, summer 2026. Applications are now open for children currently in school year 5 – 7 (i.e. aged 9-12 in August 2026) to spend a week at camp. 25th July – 1st August or 1st – 8th August. Activities include archery, fishing, AquaPark visit, football, kayaking and much more. The camp is especially for children who may not otherwise have a summer holiday. Suggested donation £200, but full bursaries are available. All application details are at <https://boscocamp.co.uk>. Places are likely to go quickly – early applications are encouraged.

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>

St. Francis of Assisi Pilgrimage 2026 The 800th Death Anniversary of St. Francis of Assisi Jubilee Year 2026 is inviting us to visit the Holy Franciscan Shrines and obtain plenary indulgence. The parishes of Our Lady Star of the Sea, Tilbury and Our Lady and St. Joseph, Stanford-le-Hope are organising a pilgrimage to Italy visiting Assisi and the Rieti Valley. The date is Monday 7th – Friday 11th September 2026 (5 days). Hotel accommodation: 3* Superior with daily breakfast and dinner (lunch not included). Cost of Pilgrimage: Adults and children over 9 years: £695 per person (based on twin sharing) and single room supplement of £100. To book your place, email: Fr. Anthony at tilbury@bcdt.org before the end of April to avoid escalating price of flights. To secure your place, a Deposit Cheque of £250 per Pilgrim should be made payable to Our Lady Star of the Sea or a Bank Transfer: HSBC Bank, Sort Code: 40-13-22, A/c No. 81018922 as soon as possible. Please ask Parish Office if you would like a copy of itinerary.

MARRIAGE SUPPORT: From relationships that are 'Just in a Rut', needing some refreshment or more serious issues - If you are open to try again – Retrouvaille could be the solution. We have helped thousands of couples get their relationship back on track as they rediscovered hope and trust in the marriage. To find out more: www.retrouvaille.org.uk +44 797 338 0443

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.

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.

Mass Attendance: Feb 5.30pm: 45 Sun 8.45am: 40 10.30am: 32 Total: 117

Offertory/Cheque Collections: £624.27

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

For electronic payments please email ongar@bcdt.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.