



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

**THE MOST HOLY BODY AND BLOOD OF CHRIST (A)  
SUNDAY 7<sup>th</sup> JUNE, 2026**

St. Margaret of Scotland  
Doddinghurst Road  
Doddinghurst  
CM15 0QJ



Response to Psalm:  
**O Jerusalem, glorify the Lord!**

Gospel Acclamation:

**Alleluia, alleluia.**  
**I am the living bread that came down from heaven, says the Lord.**  
**If anyone eats of this bread, he will live for ever.**  
**Alleluia.**

Communion Antiphon  
**Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.**

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

**Parochial Administrator: Fr. Frank Westcott**

**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, Epping 01992572516 or any nearby parish.

**RCIA** Our RCIA sessions will continue on Tuesday 9th June at 12:30pm. We will be discussing '**Baptism and Confirmation**' page 23 . If you are curious to learn more about the Catholic faith, you are warmly invited to join us. All are welcome, whether you are exploring for the first time or simply wish to deepen your understanding.

**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.

## St Helen

Please be careful when moving the kneelers during Mass as they can be noisy at times and cause disturbance.

## St Margaret

There is now a box of religious cards available at St Margaret's. These will be available when teas and coffees are served after Mass on Sundays and are all individually priced.

## Kelly Love Annual Leave

Kelly will be away on annual leave from Friday 29<sup>th</sup> May returning to the Parish Office on Tuesday 9<sup>th</sup> June.

**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.

## Mass Times and Intentions

### THE MOST HOLY BODY AND BLOOD OF CHRIST (A)

<b>SAT 6<sup>th</sup> June</b>	<b>St H 5.30pm</b>	Eddie Marshall RIP-1 <sup>st</sup> Anniv (Lillie & Family)
<b>SUN 7<sup>th</sup> June</b>	<b>St H 8.45am</b>	All those suffering from Cancer. (Ann & Graham Bateson)
	<b>St M 10.30am</b>	Carmen Andrews RIP - Recently deceased (Mila)
<b>MON 8<sup>th</sup> June</b>	<b>No Mass Serv</b>	
<b>TUE 9<sup>th</sup> June</b>	<b>St H 9.00am</b>	Margaret Duffy B.Day Ints
<b>WED 10<sup>th</sup> June</b>	<b>St H 9.00am</b>	<b>Communion Service Only</b> (People of the Parish)
<b>THU 11<sup>th</sup> June</b>	<b>St.Barnabas</b> <b>St H 9.00am</b>	Gilda Di Lorenzo RIP (Paul Falco)
<b>*FRI 12<sup>th</sup> June</b>	<b>The Most</b> <b>Sacred Heart</b> <b>of Jesus</b> <b>St H 9.00am</b>	Anne Glandfield RIP-Anniv (A.Robertson & F.Wiseman)

### 11<sup>th</sup> SUNDAY IN ORDINARY TIME

<b>SAT 13<sup>th</sup> June</b>	<b>St H 5.30pm</b>	John Kaganda RIP (Agnes)
<b>SUN 14<sup>th</sup> June</b>	<b>St H 8.45am</b>	Pat Ata B.Day Ints.
	<b>St M 10.30am</b>	People of the Parish



**The Sacrament of Individual Reconciliation is available 4.30pm - 5.15pm Saturday at St Helen's and 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.**

**Whatsapp Group:** 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](mailto:d.terryroberts@btinternet.com) or on 07545 240064 if you'd like 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.

**CORPUS CHRISTI: 'Heaven Touches Earth':** On the Solemnity of Corpus Christi, we celebrate Christ's extraordinary gift of Himself in the Holy Eucharist. In John 6, Jesus declares: "I am the living bread that came down from heaven," teaching that His flesh is true food and His blood true drink. The Church believes that in the Eucharist Christ is truly present—Body, Blood, Soul, and Divinity. The Second Vatican Council called the Eucharist the "source and summit of the Christian life," while Pope Benedict XVI beautifully wrote that in the Eucharist "heaven comes down to earth and the future of God enters the present." Every Mass is a foretaste of the heavenly banquet, where we are united with Christ and strengthened for our journey toward eternal life. May this great feast renew our faith, deepen our reverence, and fill us with gratitude for the Lord who remains with us in the Blessed Sacrament.

**References / further reading:** • John 6:51–58 – The Bread of Life Discourse

• Catechism of the Catholic Church, §§1324, 1374, 1391, 1402–1405 • Second Vatican Council, *Lumen Gentium*, 11 • St. Thomas Aquinas, *O Sacrum Convivium* • St. Irenaeus of Lyons, *Against Heresies*, Book IV • Pope Benedict XVI, Corpus Christi Homily (11 June 2009) • Pope Benedict XVI, Angelus Address for Corpus Christi (14 June 2009) • Raymond E. Brown, *The Gospel According to John (I–XII)*, Anchor Bible Series

### **Sick & Retired Clergy Fund**

This weekend there will be the annual collection for the Sick & Retired Clergy Fund of the Diocese.

Donations can be made in the 2nd Collection, online via the Diocesan Website or using any available Contactless devices, selecting the second collection option, (if applicable).

The fund helps Clergy who require assistance in their retirement after years of service, it also helps those who are in ill health at any age.

This is also an opportunity to thank parishioners who have bequeathed legacies in their wills and we would welcome any who are about to make, or review existing arrangements, to consider this worthy cause.

The Administrators of the fund would also like to express their gratitude to the families of deceased parishioners who have gifted legacies in the past.

**REPOSITORY: We have cards & gifts in stock for Easter, 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 require.**

**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/>

Mass Attendance: May 30/31 5.30pm 16; 08.45am 38; 10.30am 40; Total: 94

Offertory/Cheque Collections: £746.88

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 Peter Gaston on 07949654401

**Thank you for your continued selfless generosity and support.**

**Please consider remembering the parish in your will.**

#### **HELP REQUIRED:**

We have many exceptionally talented people in the Parish, who give their time and expertise in all sorts of ways. These range from finance, gardening, DIY to working in the sacristy, music, and singing. All commit to ensure the myriad, of little 'hidden' things, that happen without which the Parish would flounder.

As everyone knows, there is always something that needs doing in the Presbytery, St Helen's and / or St Margaret's.

With this in mind, I would like to compile a list of individuals (to be kept private and confidential) who either currently do things within the Parish or would be happy to offer their talents, time and skills, either on a regular basis or when needed (no obligation).

If you feel that you would like to help the Parish in this way, please drop an email to me, at the Presbytery with your name, telephone number, and a brief description of what you can do and how you would like to help.

Thank you, and God Bless.

Fr Frank.