

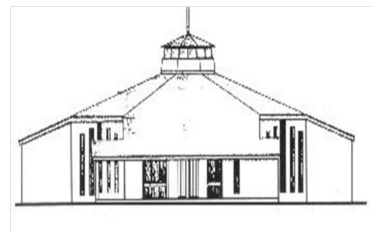
# Cymuned Gatholig y Groes Sanctaidd Holy Cross Catholic Community

'Teulu ar gyfer pob diwylliant i feithrin disgyblion o bob oed'  
'A family for all cultures to nurture disciples of all ages'

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**7th June 2026 Solemnity The Body and Blood of Our Lord Jesus Christ**  
**Cycles: Sundays Year A Psalter Week 2**

Day and Date	Mass Time	Intention
<b>Saturday 6th June</b> <i>First Mass Sunday</i>	<b>6.00 pm</b>	<i>Julie Morris B Blessings</i>
<b>Sunday 7th June</b> <i>Solemnity Corpus Christi</i>	<b>10.30 am</b>	<i>Pro Populo</i>
<b>Monday 8th June</b> <i>Weekday Ordinary Time</i>	<b>9.30 am</b>	<i>Sarah &amp; Clair Sp Intetnion</i>
<b>Wednesday 10th June</b> <i>Weekday Ordinary Time</i>	<b>7.00 pm</b>	<b>NO MASS</b>
<b>Thursday 11th June</b> <i>Weekday Ordinary Time</i>	<b>9.30 am</b>	<i>Byron Lewis RIP</i>
<b>Friday 12th June</b> <i>Solemnity Sacred Heart of Jesus</i>	<b>9.30 am</b>	<i>Teresa Hacche Thanksgiving</i> <i>Fr Cyril Thanksgiving</i>
<b>Saturday 13th June</b> <i>Immaculate Heart of Mary</i>	<b>12.00 noon</b>	<i>Betty Clement RIP</i> <i>Joe Moruzzi RIP</i>

## Recently Died

All Souls whose names are entered in our Book of Remembrance and all victims of war & violence  
Our family & friends whose anniversaries occur around this week

*Eternal rest grant unto them  
O Lord  
R. And let perpetual light shine upon them. May they rest in Peace. Amen*

Pray for the Sick of the Parish  
Heavenly Father, look with mercy on the sick of our parish community and help them in this time of sickness, Restore them to health, we pray, Through Christ our Lord. Amen.

**Sacrament of Confession: Saturdays from 11 am to 11.50 am. Adoration 30 minutes before the weekday Mass. Rosary on Wednesdays at 6.30pm, Legion of Mary prayer meeting after Monday Mass.**

## THE PROFESSION OF FAITH (Nicene Creed)

I believe in one God, the Father the almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, (all bow) and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried, and rose again on the third day in accordance with the scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the Prophets. I believe in one, holy, catholic and apostolic Church. I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead, and the life of the world to come. Amen.

Glory to God in the highest,  
and on earth peace to people of good will.  
We praise you, we bless you, we adore you,  
we glorify you, We give you thanks for your great glory.  
Lord God, heavenly King.  
O God, almighty Father.  
Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us.  
For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit,  
in the glory of God the Father. Amen.

**Parish Bank Details for your Offering**

Name : Gendros Parish  
A/C NO: 90264630  
Sort Code 55 -61 -20

**Weekly Collection: £ 402 & Mission £ 659**

**100 Club Winner: No 41 Laura Davies  
Many thanks and God Bless**

It must have been shocking to Jesus' listeners the first time He boldly proclaimed that He would give His flesh as spiritual food. Their reaction makes this clear: "How can this man give us his flesh to eat?" Jesus did not back down or soften what He had just proclaimed.

Do you believe in the Eucharist? Do you believe that it is truly the flesh and blood of the Son of God—His Body and Blood, Soul and Divinity? Though many of us have learned this teaching from childhood and accept it on some level, few penetrate the depth of the mystery we behold at every Mass.

Saint John Vianney said: "If we really understood the Mass, we would die of joy." And: "There is nothing so great as the Eucharist. If God had something more precious, He would have given it to us." He also said: "How beautiful it is! After the Consecration, the good God is there as He is in Heaven."

Reflect today on Jesus' unwavering clarity: "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you." Believe what He says. The Eucharist is not a symbol; it is the greatest Divine Mystery on earth. In the Eucharist, we kneel before God and consume Him—so that we may become what we eat: the Mystical Body of Christ.

Wednesday 10th June

BUS TO CARDIFF LEAVES  
HOLY CROSS AT 8.45AM SHARP.  
PAYMENT OF £12.50 TO BE PAID  
BY THIS WEEKEND



June: The Pope's Intention: For the value of sports. Let us pray that sports be an instrument of peace, encounter and dialogue among cultures and nations and that they promote values such as respect, solidarity and personal growth.

## Prayers to the Most Sacred Heart of Jesus

OMOST Holy Heart of Jesus, fountain of every blessing, I adore Thee, I love Thee and with a lively sorrow for my sins, I offer Thee this poor heart of mine. Make me humble, patient, pure, and wholly obedient to Thy will. Grant, good Jesus, that I may live in Thee and for Thee. Protect me in the midst of danger; comfort me in my afflictions; give me health of body, assistance in my temporal needs, Thy blessing on all that I do, and the grace of a holy death. Within Thy Heart I place my every care. In every need let me come to Thee with humble trust saying, 'Heart of Jesus help me'. Amen.

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OMOST Sacred Heart of Jesus, pour down Thy blessings abundantly upon Thy Church, upon the Supreme Pontiff, and upon all the clergy; give perseverance to the just, convert sinners, enlighten unbelievers, bless our parents, friends and benefactors, help the dying, free the souls from Purgatory, and extend over all hearts the sweet empire of Thy love. Amen.

**Ministers of the Word**  
**Week beginning 13th/14th June**

**Saturday**

First Reading  
Second Reading  
Bidding Prayers

Anthony  
Christine  
Mark

**Sunday**

First Reading  
Second Reading  
Bidding Prayers

Aloys  
Wilson  
Reymiele

**Church Cleaning**

Week beginning :

8th June

Beena & Shiji

15th June

No clean

22nd June

Justine & Marian

Donna (07745947773)

Come Holy Spirit , Make our ears to hear,  
Make our eyes to see, Make our mouths to  
speak, Make our hearts to seek, Make our  
hands to reach our and touch the world  
with Your love, Amen

## Forthcoming Youth Events

Cardigan Pilgrimage 15th July  
Years 8-13

Summer Camp St Nons in August  
Years 9-13

If you are interested please speak to  
Fr Cyril or to the Youth Director  
Fr Matthew Roche-Saunders on  
02920379490/07860648539.  
Email: matthew.roch-  
saunders@cardiffmenevia.org