

## TRINITY SUNDAY

### Sunday 31st May - The Most Holy Trinity

(Sat) 17:00 - Holy Mass: Keith Thomas, RIP  
 8:00 - Holy Mass: Holy Souls/Benefactors, Priests, & Friends, RIP  
 10:00 - Holy Mass: Colin Gristock, RIP  
 11:15 - Holy Mass: Judge Patrick Curran, QC, RIP  
 16:00 - Vespers and Benediction

### Monday 1st June - St. Justin

7:30 - Holy Mass: Holy Souls/Rosetta Zurlo, Int  
 8:30 - Oratory Morning exercises  
 09:30 - Holy Mass: Salvatore Moncada, RIP  
 17:30 - Oratory Evening exercises

### Tuesday 2nd June - Ss. Marcellinus & Peter

7:30 - Holy Mass: Holy Souls/Teresa Jonker, RIP  
 8:30 - Oratory Morning exercises  
 09:30 - Holy Mass: Ron Pereira, RIP  
 17:30 - Oratory Evening exercises

### Wednesday 3rd June - St. Charle Lwanga

7:30 - Holy Mass: Holy Souls/Fell in defence of Poland  
 19:00 - Holy Mass: Charles & Pat Xuerreb, RIP

### Thursday 4th June - Corpus Christi

7:30 - Holy Mass: Holy Souls/Albert Brown, RIP  
 8:30 - Oratory Morning exercises  
 ❖ **09:30 - Holy Mass & Procession to the School:** Geso  
 17:00 - Vespers  
 ❖ **19:00 - Holy Mass and Procession:** Pro Populo

### Friday 5th June - St. Boniface (First Friday)

7:30 - Holy Mass: Holy Souls/James Aivo, RIP  
 8:30 - Oratory Morning exercises  
 09:30 - Holy Mass: Botto Family, Int  
 17:30 - Oratory Evening exercises

### Saturday 6th June - Our Lady's Saturday (First Saturday)

08:00 - Holy Mass: Holy Souls/Cyril & Bridget George, RIP  
 16:30 - First Vespers  
 17:00 - Holy Mass: John Harris, RIP

### Sunday 7th June - Corpus Christi Sunday

8:00 - Holy Mass: Holy Souls/Pro Populo  
 10:00 - Holy Mass: Peter Maunder, RIP (Wedding Anniversary)  
 11:15 - Holy Mass: Judge Patrick Curran, QC, RIP  
 16:00 - Vespers and Benediction

## CONFESSION TIMES

Sundays: 15 minutes before and during all Masses  
 Weekdays: 7:15 to 7.30am ; 9:00 to 9:30am

Since the time of St. Philip Neri, the Fathers of the Oratory have made themselves available for Confessions during daily Mass. Outside of these set times, there is a Confessional Bell positioned in between the two Confessional Boxes in the Church. Ring to alert a Priest.

## ADORATION OF THE MOST BLESSED SACRAMENT



Monday, Tuesday, Thursday & Friday: 9.00-9.30am  
 Wednesday 6.00 - 7.00pm

## HOLY ROSARY

Monday, Tuesday, Thursday, & Friday: 5:30pm  
 Wednesday: 6:00pm

*The community pray the Rosary daily for the intentions of the Parish, for those who are sick and have died recently. If you would like an intention added to the list please let one of the community know.*



## VENERATION OF THE RELIC OF ST. PHILIP NERI

Friday: After morning Masses  
*The veneration of the relic of St. Philip Neri is a long-standing Oratory custom. When we pray before his relic, we ask for his intercession and strength to live more faithfully as Catholics.*



This Sunday, the Archbishop of Cardiff-Menevia will be conferring the Sacrament of Confirmation during the 10am Mass.

It is the custom that we sing the Our Father in Latin when the Archbishop visits. This is done to show our unity with our Archbishop who is the successor to the Apostles. This is why there is a seventh candle lit near the crucifix on the High Altar. The Archbishop represents the fullness of the Church in a particular place, and the liturgy he celebrates is manifests that communion with the Universal Church.

## PRAYERS REQUESTED for the SICK

*Please join the Cardiff Oratory Fathers and Brothers in praying daily for the sick and those who have care for them.*

Joseph, Elizabeth, Dorothy, Bernie Horan, Patricia Kelly, Sylvia Hole, Bill Jonker, Christine Elsmore, Kenneth Pinder, Terry Hardy, Eileen Sparkes, Ena Gray, Paul Marshall, Angela Bullard, Joan Wheeler, Alan Turner, Dawn, Alun Edwards, Dina Williams, Elaine Molan, Edgar Guerin, Dai Thomas, Marilyn Maunder, Len Reece, Dooley, Sian Haffield, Diana Ward, Mike Grant, Shirley O'Leary, Victoria Sweeney, A.& N Xavier Philips, Kevin Harris, Kate, Pauline Cook, Daniel Doran, Rita Taylor, John C. Keenan, Shirley Thomas, Anne, Daniel, Sarah Caswell, Mary May Cassidy, Rosa Tannorella, Gary Britton, Clare Schwartz, Martin Flynn, Darren, Summer Hutchinson, Johnnie Doherty, Patricia Yarwood, Libby Conway, Summer Arnesen, Diane, Laura, Jane, Lucy Iacobucci, Jason Benedito, Gareth Bowen, Ann Henry, Sarah, Claire Hawkey, Danielle Camilleri, Jane Morris, Jonathan Bowen.



*Of your charity  
 please pray for the souls of*

**Mr Alan George Legge, RIP**  
*Requiem Mass on the 11<sup>th</sup> June at  
 11am*

**Ms Pauline Osborne, RIP**  
*Requiem Mass on the 25<sup>th</sup> June at  
 11am*

**Canon Jason Jones, RIP**  
*Requiem on the 5<sup>th</sup> June at 11am  
 St. Joseph's Co-Cathedral, Swansea  
 Eternal Rest grant unto them O Lord,  
 and let perpetual light shine upon them.  
 May they in peace.*



## ST ALBAN'S PARISH, CARDIFF MONEY MATTERS

### Our Bank Details:

Name: Oratory of St Philip Neri at Cardiff

Account: 20222572 ~ Sort Code: 52-21-06

NATWEST Bank. Cardiff Branch

Registered Charity: 1170563

### Parish Giving

Gift Aid (Green Envelopes): £355.60

Loose: £258.00

Online Banking: £265.00

Gift aid Online £750:00

Restoration Fund Giving

Gift Aid (Yellow Envelopes): £245.00

Restoration Fund: £132.70

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Total

£2,006.70

\* Fr Sebastian would like to thank the generous donation from a parishioner last week.

May God reward you all.\*



### **Vigil Lamps for Trinity Sunday**

- Blessed Sacrament: Canon Jason Jones, RIP
- Sacred Heart: Tony Mead
- Divine Mercy Chapel: Glowacki & Szczech Families
- The Lady Chapel: Alan George Legge, RIP
- Chantry of Our Lady: Judge Patrick Curran, QC, RIP
- Our Lady of Pity: Pauline Osborne, RIP
- St Joseph: Children of St. Alban's School
- Our Lady of Walsingham: David Woolf & the Order of St. Lazarus

### **St. Alban's witness to Confirmation**

The Sacrament of Confirmation has often been compared to the mark placed upon a Roman soldier. "By this anointing the confirmand receives the 'mark,' the seal of the Holy Spirit... Hence soldiers were marked with their leader's seal." (*Catechism of the Catholic Church*, 1295). In the ancient world, a soldier bore the seal or insignia of his commander as a sign of service, and belonging. In a far greater way, Confirmation places upon the soul an indelible spiritual mark, the seal of the Holy Spirit. Through the sacred chrism and the laying on of hands by the bishop, the Christian is strengthened with the gifts of the Holy Spirit and commissioned to stand courageously for Christ and His Church. The confirmed Catholic is called to profess the Faith boldly, not only in times of comfort, but also in moments of difficulty or opposition. The grace of this sacrament gives courage, perseverance, and fidelity.



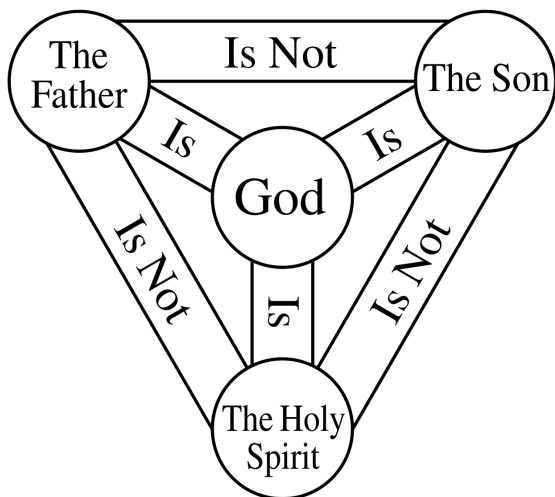
This can be seen clearly in the witness of St. Alban, the first martyr of Britain and our Parish Patron. Though not born a Christian, Alban courageously sheltered a priest and was so moved by the Christian faith that he accepted Christ for himself. When ordered to renounce the Faith, he refused and willingly gave his life for Our Lord. Strengthened by grace, St. Alban became a true soldier of Christ, courageously professing the Faith even unto death. His example reminds every confirmed Christian that the seal of the Holy Spirit calls us to steadfastness, courage, and holiness.

**Please remember to pray for all who are to be confirmed today.**

**May the gift of the Holy Spirit fill them with the love of God and to be that authentic witness to Christ in our society.**

**Fr Sebastian writes...**

Trinity Sunday draws into sharp focus the nature and existence of God. Having just celebrated the days of Pentecost we contemplate the Most Holy and Supreme Trinity: God the Father, God the Son, Jesus Christ Our Lord and Saviour, and God the Holy Spirit, One God in three Divine Persons. We are blessed and bless ourselves in this Name, matter is blessed, consecrated, dedicated and made holy in this Name, and sin, death, and the devil are powerless before this Name. It is therefore a wonderful moment for the Oratory Parish to welcome His Grace the Archbishop of Cardiff-Menevia to the Parish at the 10.00am Mass to administer the Sacrament of Confirmation. Those receiving the Sacrament in this Mass receive the outpouring of the Divine life of the Holy Trinity in this moment, and each one, according to their response in faith, nourished by virtue experiences a maturing of Catholic faith in their own life. It is on account of this Sacrament of Confirmation that the Christian may then approach with a mature faith the Sacrament of Marriage or the Sacrament of Holy Orders. St Philip Neri, the founder of the Oratory is often portrayed in art with a heart on fire with Divine Love, recalling the Pentecost Sunday when he received the special grace and vision of the infusion of the Holy Spirit into his soul. Let us pray that our own lives, whatever our state of life, may be recalled in the memory of others for that spirit of joy and humility that so marked the life of our holy Founder. Joy in faith is the truest mark of an interior life rooted in the Divine life. We should never seek raptures, ecstasies, visions, special powers or claim them. Those saints who truly possessed them, always guarded their presence in their life from the celebrity and risk of vainglory. It is enough for us to respond to our Baptism, nourished by Christ Jesus in the Holy Mass, as food for the journey to Heaven and true home. May we always have on our lips the beautiful prayer: "Glory be to the Father, and to the Son and to the Holy Spirit as it was in the beginning, is now and ever shall be, world without end, Amen."



**Bro. Francis Xavier M. has completed his first year of Philosophy with St. Philip's Seminary, Toronto. He has now deserved a well earned break so Brother Francis Xavier has returned to Nigeria to spend time with his family. He will be back in time for St. Alban's day.**



## SVP Coffee Morning

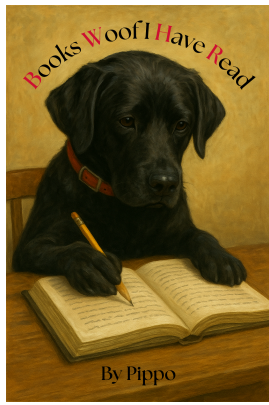
*Sunday 21<sup>st</sup> June*

*11:00-12:30*

**Volunteers needed**

The SVP are asking for volunteers to help with some of the activities on the morning, such as, running the tombola or managing tables. If you are interested, please speak with Marilyn or Maggie.





This week I read, “*Uproar, Satire, Scandal and Printmakers in Georgian London*” by Alice Loxton.

In Loxton’s debut, she tells the story of a young artist called Thomas Rowlandson who went on to study art at the Royal Academy Schools. Within a few years, James Gillray and Isaac Cruikshank would join him in Piccadilly, turning their artwork into satire, taking on the British establishment. These men made satirical paintings for newspapers and magazines of the time. Their prints and illustrations deconstruct the political and social landscape with surreal and razor-sharp wit, as the three men vie with each other to create the most iconic images of the day. The topics these men covered were the political machinations of William Pitt the Younger and his struggles against Charles James Fox, the American Revolution, the Napoleonic Wars, and the reigns of George III and George IV.

As Alice Loxton is a relatively new historian on the scene, she has made use of social media to promote this book, using YouTube Shorts and TikTok videos to entice people to read it. This was what first drew me to the book, particularly the chapter on the publisher and print seller Hannah Humphrey and her shop. I found it especially interesting how she displayed prints in the bay windows, drawing crowds eager to see the latest caricatures depicting political or royal scandals. In the short videos, Loxton shows the sites of the various shops Humphrey owned and what it would have looked like in Georgian London.

As this was her debut book, this occasionally shows in aspects of her writing style. It is not a typical work of historical non-fiction; however, the energy and enthusiasm of her writing keeps one engaged and eager to learn more about these Georgian satirists.

The conclusion of the book shows the influence of these men on today’s satire. Loxton argues that Gillray and his gang altered British humour in such a way that it set the stage for everything from Gilbert and Sullivan to Private Eye and Spitting Image today. One can look at the cartoons in Private Eye and see a resemblance of what those Georgian artists did in their time. Instead of Napoleon depicted as a short man we have Trump looking like he has been smothered in fake tan. It made making fun of those in political power possible for future generations.

Her new book on Eleanor of Castille may be a future read.

## Aquinas answers modern questions



### Whether there is fittingness in the lighting of candles in church.

*Objection 1.* It would seem that candles ought not to be used in churches, since God neither needs material light nor is confined to any earthly darkness. Therefore the lighting of candles appears to add nothing to divine worship.

*Objection 2.* Further, Christ taught that good works should shine before men (Matt. 5:16), which pertains to the example of virtuous living rather than material flames. Therefore spiritual light alone would seem sufficient without visible candles.

*On the contrary,* Our Lord says (Matt. 5:15): “Neither do men light a lamp and put it under a bushel, but upon a lampstand, that it may give light to all who are in the house.” But the Church employs visible signs to instruct the faithful in spiritual realities.

*I answer that,* God indeed has no need of material light. Nevertheless, man, being composed of body and soul, is *led by visible things to the contemplation of invisible truths.* Hence divine worship fittingly employs bodily signs whereby the mind is elevated toward God.

Now among visible signs, light possesses a special fittingness, since it naturally signifies truth, wisdom, holiness, and the presence of God. Therefore the Church lights candles not because God requires them, but because man requires signs through which his devotion may be stirred and instructed.

Moreover, candles remind the faithful that Christ is the “Light of the world” (John 8:12), who enlightens the darkness of sin. At the same time, they signify the vocation of Christians themselves, who are called to shine before men by holiness and good works. Thus the material flame points beyond itself toward spiritual realities, even as the sacraments use visible elements to convey invisible grace.

## The Feast of Corpus Christi

The Feast of Corpus Christi is one of the most beautiful celebrations in the liturgical year. On this day the Church publicly honours the Real Presence of Our Lord Jesus Christ in the Most Holy Eucharist. While Holy Thursday commemorates the institution of the Eucharist within the solemn context of the Passion, Corpus Christi allows the Church to rejoice with gladness and devotion in the gift Christ has left to His people. The feast developed especially through the promotion of St. Juliana of Liège in 1246 and was later extended to the universal Church by Pope Urban IV. The hymns composed by St. Thomas Aquinas for this feast remains among the Church's greatest treasures, especially the *Pange Lingua*, *Tantum Ergo*, and *Lauda Sion*. St. Philip had such a great devotion to the feast of Corpus Christi that he asked his congregation to sing vespers every day of the octave. A good book to read about the theological history of the Blessed Sacrament is "*The Hidden Manna*" by Fr James T O'Connor.



### Fasting Before Receiving Christ

The Church asks the faithful to fast before receiving Holy Communion as a sign of reverence, preparation, and spiritual hunger for Christ. The current discipline of the Church requires a one-hour fast from food and drink, apart from water and medicine, before receiving the Eucharist. Yet the meaning of the fast goes far deeper than the application of the law. Physical hunger reminds us of our deeper spiritual hunger for God. By fasting, we acknowledge that earthly food cannot fully satisfy the human heart. We prepare ourselves interiorly to receive the Bread of Heaven. The fast teaches recollection and expectation. Just as Israel prepared to meet God, and Moses fasted before entering the divine presence, so Christians prepare themselves to receive Christ Himself. In earlier centuries the Eucharistic fast lasted from midnight, emphasising even more strongly the sacredness of Holy Communion. Though the discipline has been moderated, the spirit behind it remains unchanged. The faithful should approach the altar with devotion, prayer, and a soul properly disposed. The fast also helps guard against routine or casual reception of the Sacrament. We do not receive ordinary bread, but the living Christ. As St. Augustine taught: "Become what you receive." The Eucharistic fast therefore becomes an outward sign of an inward desire, a longing to welcome Our Lord with reverence, love, and faith.



### The Eucharist as the Source and Summit of the Christian Life

The Church teaches that the Eucharist is "the source and summit of the Christian life" (*Lumen Gentium*, 11). This means that every grace of the Church flows from the Eucharist, and that all the works of the Christian life ultimately lead back to it. The Eucharist stands at the very centre of the life of the Church because it is not merely a symbol of Christ, but Christ Himself truly present. The Eucharist is the source of the Christian life because from it flows the grace that strengthens the soul. Through Holy Communion we are united intimately with Christ, nourished spiritually, forgiven venial sins, and strengthened against temptation. Every vocation, every apostolate, every act of charity receives its power from union with Christ in the Blessed Sacrament. The saints constantly returned to the altar because they knew that without Christ they could do nothing. The Eucharist is also the summit of the Christian life because all worship reaches its highest point in the Holy Sacrifice of the Mass. In the Mass, Christ's sacrifice on Calvary is made sacramentally present. The faithful unite their prayers, sufferings, joys, and labours to the perfect offering of Christ to the Father. Heaven touches earth upon the altar. The Eucharist therefore shapes the whole Christian life. From Baptism to the final Viaticum before death, the Christian journey is centred upon the altar. The Church lives from the Eucharist because Christ continually gives Himself to His people there. Every devotion, mission, and work of holiness finds its meaning in this mystery. In the Blessed Sacrament, Christ remains with His Church until the end of time, feeding His people with the Bread of Eternal Life.



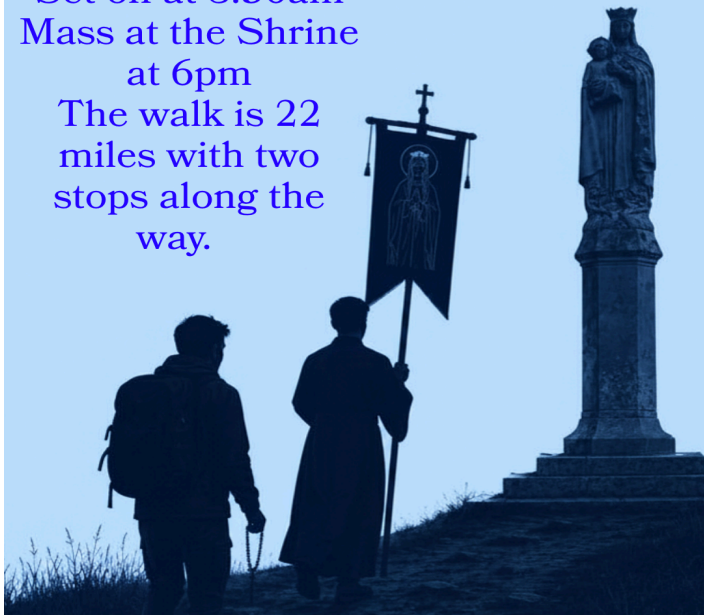
**The Cardiff  
Oratory**

## 5th Annual Men's Walking Pilgrimage to the shrine of Our Lady of Penrhys

Breakfast at 8am  
Set off at 8:30am  
Mass at the Shrine  
at 6pm

The walk is 22  
miles with two  
stops along the  
way.

# 13<sup>th</sup> June



To register email  
frillytd@cardifforatory

The annual men's pilgrimage to the ancient Shrine of Our Lady of Penrhys in the Rhondda will take place on the 13th June. The importance of the Shrine dates back to the Fifteenth Century, when Penrhys was considered one of the holiest places in Wales. Pilgrims came to worship at the shrine of Our Lady with prayers of petition and thanksgiving.

Therefore, the Parish Men's group will retrace the steps that many pilgrims have taken before. The walk to Penrhys is 22 miles from St. Alban's, however the various devotions and the singing of hymns make the journey seem to pass remarkably quickly. The route taken will see the men walk along the Taff Trail until Pontypridd, where they follow the Rhondda river to Porth for the final stretch up the hill to Penrhys. This will be the fifth annual pilgrimage to the Shrine at Penrhys, each year the group has grown in number and have had men joined from across the Archdiocese and from across the border.

So far there are 14 signed up, if you intend to join please let Fr. Illtyd know as soon as possible so that logistics can be organised.

**The next Men's group meeting is on Friday 5th June at 19:00 with Adoration and social afterwards.**

### Events this week

**Monday 1st June**

**Tai Chi with Jeanette**

11:00-12:00

Great for improving balance, breathing and for relaxation. Suitable for all ages. There is time for socialising.

**Tuesday 2nd June**

**Coffee Morning**

10:30-12:00

The Monthly social which includes a few games of Bingo and the 200 club draw.



**Tuesday 2nd June**

**Bible Study - St. Luke**

18:30-19:15

This month we are looking at the Passion Narrative as found in Luke's Gospel. Bibles will be provided.



### St. Alban's Rugby Report

On Saturday 24th May, St. Alban's Second XV headed to Cardiff Arms Park to challenge for the Ron Lucock Cup. They faced Fairwater, the current holders, on one of the hottest days of the year. Fairwater managed to play their final fixture and win the league, so the only chance of silverware for St. Alban's meant winning the cup.

The game started strong for both sides as the physicality was intense. St Alban's took the lead through a driving maul and only conceded one try in the first half. The discipline was the best it has been all year and kept the game flowing. Both teams took the lead through the second half, Fairwater scoring after the break and the Buns leveling up soon after. St. Alban's retook the lead with 10 mins to go. They made the most of Fairwater's penalties and converted two penalties to take the game out of the opposition's hands. The Buns kept their cool and saw out the rest of the game. As the referee blew the whistle and the stands erupted. St Alban's won 29-14. The captain and coach, Lewis Skrines, lifted the trophy and brought it back to the clubhouse. This was the last game of the season and what a way to finish. Next Friday is the presentation night where I am sure the celebrations will continue.



## School News



Corpus Christi Procession

4<sup>th</sup> June

Mass at St. Alban's Church 9:30am

Procession to the school with Benediction in the school yard.

On the Feast of Corpus Christi, the Parish will hold a Eucharistic Procession from St. Alban's to the School.

This beautiful public witness of the Faith reminds us that Christ truly dwells among His people in the Blessed Sacrament.

As we walk together in witness, we proclaim our love for Our Lord present in the Most Holy Eucharist and ask His blessing upon our Parish, School, and community. It is a visible witness of the Church in this walk, as there were a number of cars who stopped for the Marian Procession last month.

All parishioners are warmly invited to take part in this joyful celebration of the Real Presence of Christ in the Most Holy Eucharist. The young children will also be in their First Holy Communion attire.

Y1/2 collaborative mixed media artwork representing Pentecost.

"All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them." (Acts 2:4)

They used various styles of art and methods of painting to create the artwork.

Our Year 4/5 learners enjoyed today's sunshine by foraging for leaves, twigs and flowers to create their very own nature-inspired masterpieces. They let their imaginations run wild and connected with the outdoors. The artwork varied from sea creatures to butterflies all made with the items found by the children.

