

# St. Mary's Falmouth & Helston RC Parish

Parish Priest - Father Brian Kenwick V.F.

FOURTH SUNDAY OF LENT (YEAR A)

Psalter: 4

15<sup>th</sup> March 2026

LAETARE SUNDAY



## SUNDAY MASS TIMES

SAT 6.00 pm FALMOUTH

Diana Momber RIP

SUN 9.00 am HELSTON

Charles Andrew RIP

SUN 10.45 am FALMOUTH

People of the Parish



### FALMOUTH

### HELSTON

Weekday Masses/Services (4<sup>th</sup> week of Lent)

MON 4<sup>th</sup> week of Lent

10.00 am

Sheila Wreford RIP

TUES ST PATRICK

10.00 am

FALMOUTH

WED 4<sup>th</sup> week of Lent

12 noon

FALMOUTH

6.00 pm

HELSTON

THURS ST JOSEPH

10.00 am

Funeral Marie Francis RIP

FALMOUTH

FRI 4<sup>th</sup> week of Lent

10.00 am

FALMOUTH

SAT 4<sup>th</sup> week of Lent

10.00 am

FALMOUTH

MULLION

Masses at Falmouth & Helston are live-streamed on our website: [www.falmouthcatholic-church.org.uk](http://www.falmouthcatholic-church.org.uk)

### THE SACRAMENT OF RECONCILIATION

is available on Saturdays 12 noon at Helston (by appointment) and 5pm – 5.45 pm at Falmouth

### PARISH CLERGY

Parish Priest – Father Brian Kenwick VF Dean of Cornwall, email: [brian.kenwick@prcdtr.org.uk](mailto:brian.kenwick@prcdtr.org.uk)

Retired Priest at Helston – Father Paul Andrew email: [paul.andrew@prcdtr.org.uk](mailto:paul.andrew@prcdtr.org.uk) 075 1547 2547

Parish Deacon – Revd. Bill Gillan, email: [billgillan@btinternet.com](mailto:billgillan@btinternet.com) 07484 291074

### CHURCHES

St Mary's, Killigrew St, Falmouth, TR11 3PR email: [falmouth@prcdtr.org.uk](mailto:falmouth@prcdtr.org.uk) phone 01326 312763

St Mary's, Clodgey Lane, Helston TR13 8PJ

St Michael's, Meaver Road, Mullion TR12 7AH

St Edward's, Old Church Road, Mawnan Smith TR11 5HU

### USEFUL CONTACTS

Parish office:

St Mary's Presbytery, Killigrew Street, email: [falmouth@prcdtr.org.uk](mailto:falmouth@prcdtr.org.uk) phone 01326 312763/07305602680

Parish School: St Mary's, Mongleath Road, 01326 314540 <http://www.st-marys-fal.cornwall.sch.uk>

Safeguarding Officers: -Falmouth & Mawnan Smith: Muriel & John Roberts 01326 250933

Helston – Margaret Chambers (01326 240048)

Helston Hall administrator: Margaret Chambers 01326 240048 or 07879 402932.

Website: [www.falmouthcatholicchurch.org.uk](http://www.falmouthcatholicchurch.org.uk)

### **Pope's intentions for March – for disarmament and peace**

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

The Parish is a part of Plymouth RC Diocese, a Registered Charity no. 213227

## **A VERY WARM WELCOME**

### **to all who are worshipping with us today.**

Come and join us for tea, coffee, biscuits and a chat after Mass on Sunday in the Church Hall at both Helston and Falmouth. Everyone is welcome!

### **Opportunities to spend more time with the Lord at St Mary's, Falmouth**

**Mondays** – 10.45 am Rosary

Join us for Morning prayer before Mass on Mondays, Tuesdays & Fridays at 9.45 am

#### **Stations of the Cross**

Helston 10.45 am Wednesdays (in church – dress warmly)

Mawnan Smith Fridays 4 pm

Falmouth Fridays 6 pm

### **Quiz Night, Raffle and Shared Plate Supper**

All are welcome on Saturday, 21st March 7 pm at St Mary's Hall in Helston. Please bring a sweet or savoury plate to share and your own drinks. Tea and Coffee provided. Raffle prizes are most welcome towards parish funds.

### **Lenten Lunch Wednesday 18<sup>th</sup> March 2026 St Mary's Falmouth Church Hall 12noon**

St Mary's Social & Fundraising team will be providing a simple soup lunch in St Mary's Hall Wednesday 18<sup>th</sup> March 2026 12noon. Join us for home-made soup and fresh bread. No charge. Donations welcome.

### **EVERYONE WELCOME**

#### **Missio**

Spring magazine available in the porch now.

#### **First Holy Communion**

Sessions for the children will continue on **Thursday 19<sup>th</sup> March** at 4.30 pm in St Mary's School

**RCIA – Rite of Christian Initiation for Adults**  
**Continues at 6.30 pm on 27<sup>th</sup> March 2026 in the hall at Falmouth.**

### **SPUC (Society for the Protection of Unborn Children)**

We will be holding the annual White Flower Appeal at all Masses on this weekend to support their work in opposing the Assisted Suicide Bill and preventing abortion.

#### **Parish Evangelization Team**

The Parish Evangelisation team will be meeting as usual on **Wednesday 18<sup>th</sup> March** at 4.30 in the hall at Falmouth. Our meetings last only an hour and everyone is welcome. For more information please contact Chris Ohly on 07900 274223

#### **Cornwall Hospice Care**

Our next event is Soup and Sweet on TUESDAY 17TH MARCH in St Mary's Church Hall. The tickets are available from Christine or Pat - we do need to know the numbers for catering. Each ticket is £14 and all the soups and sweets are homemade. Wine or juice is available for purchasing. The timing is 12pm for 12.30pm. We look forward to seeing you!

#### **Living with Loss**

Our gentle bereavement support group will meet again at 2pm in the hall at Falmouth on **Monday 23<sup>rd</sup> March.**

#### **Easter Craft event for children - 22 March**

We can confirm that the Children's Easter Craft event will go ahead on Sunday, 22 March, from 1pm to 4pm, in the Church Hall. We know of a number of children attending but would welcome more children to join us - the event is aimed at nursery and school age children up to 11 years old. Please let Stephanie (tel: 07870984878) or Anne (email: [anne.downey33@gmail.com](mailto:anne.downey33@gmail.com)) have the names and ages as soon as possible so we can plan the resources we need." help, please let them know (contact details as above).

#### **Maundy Thursday**

Although we are a little early I would ask everyone to consider giving their foot for washing at the Mass of the Last Supper – the water will be warm (not scalding hot!) and there is no requirement to paint your toe-nails!



### **Easter Cards**

Available in Falmouth from Sheila Mac or Pat Fitzpatrick

### **Theresa's Chicks for Church**

Theresa Neal left many chicks to be completed after her death. Your parish "Shawl Ministry Group" have completed the chicks and would like to sell them with the profits towards Church Funds. They would make delicious and cute gifts for neighbours, family and friends for Easter. Please help to support this project. 2/£5 suggested donation, please!

### **Confessions for Lent**

Falmouth 17<sup>th</sup> March at 6 pm

Helston 21<sup>st</sup> March 12 noon

There will be 2 priests available to hear individual confessions to enable you to celebrate the sacrament of Reconciliation before Easter

### **Helston Easter church clean**

will take place on Saturday 28th March at 10am ,All volunteers welcome, with cleaning materials.

We welcome our return to the Church!

### **Diocesan Newsletter**

Here is the link to the Diocesan newsletter for March.

<https://email.workwithgusto.co.uk/t/t-EE999F4145FB3F0F2540EF23F30FEDED>

### **100+ club**

Congratulations to our February winners –

First – 114, £50

Second - 78, £25

Third – 121, £10

### **A GOOD NEWS CAFOD UPDATE – Seed campaign**

It's almost 3 years since you all signed the letter demanding that farmers be allowed to use their own seeds and not be forced into buying expensive seeds and fertilisers from the big agri-corporations.

**A recent landmark ruling in Kenya now allows Kenyan farmers to save and share their own seeds** and sets a positive precedent to challenge similar restrictive laws in other countries. Thank you.

### **More Cornwall Community Foundation funding for CCSP**



Most applications the Catholic Children's Society (Plymouth) receives and consider are from Devon and in particular Plymouth, however the number of applications from Cornwall continues to rise each year. In 2024 they received **21** applications from Cornwall but this figure increased to **60** in 2025.

This increase in demand from families living in Cornwall is reflected in the fact that within the month of February, CCSP managed to allocate **8 grants** using the **£2,000** CCF grant they received at the start of the month. They purchased **16** essential items including 6 beds/mattresses, 2 washing machines, a tumble dryer, a fridge/freezer, 2 chest of drawers, school uniform including shoes, some rugs and a year 6 residential which benefitted **11** children and **7** adults.

As CCSP allocated all this CCF funding in under a month, CCF invited the charity to apply for another **£5,000** and they were successful !!! Thank you to the Cornwall Community Foundation for their continued support which will enable the charity to support even more families.

If you are, or know of a family living in Cornwall who needs their help, please visit the CCSP website - [www.ccsplymouth.org.uk/essential-grants-programme](http://www.ccsplymouth.org.uk/essential-grants-programme) to learn more about their Essential Grants programme and to make an application online.



### **From Fr Brian**

We have now reached the fourth Sunday of Lent, known as Laetare Sunday. The word 'laetare' is Latin for rejoice. The entrance antiphon proclaims "Rejoice, O Jerusalem". This Sunday enables us to rejoice as we get closer to the great celebration of Easter. Laetare Sunday grants us a small preview of the joy to come at Easter.

This weekend is also "Mothering Sunday" and I wish all mothers a very happy day and thank them for their precious vocation. For those of us whose mothers have died we commend them to our loving God, may they rest in peace and rise in glory.

Have a good and safe week.

### **Points to Ponder**

Mothers are like buttons – they hold everything together.

*(Anon)*

A mother's love is peace, it need not be earned, it cannot be lost.

*(Erich Fromm)*

The practise of forgiveness is our most important contribution to the healing of the world.

*(Marianne Williamson)*

**Please keep in your prayers** Hugo Lomax seminarian from our own parish studying at Allen Hall, and Brother Felix Munya, our sponsored seminarian in Kenya

**Please pray for those in the Parish who are sick or housebound or in need of our prayers.**

Kathleen O'Flaherty, Theresa Sullivan, Isabella Grace, Pat Berney, Hugh McLoughlin, David Stevens, Sheila Mulligan, Jenny Davis, Francis Thompson, Veronica Robbins, Audrey & Mark Holley, Lorna Bean, Ian Bond-Stocks, Frances Chapman, Chris Cowen, Frieda Curnow, Lucy Daish, Poppy DeAth, Joan Duffy, Jenny Gilbert, Marie Kennan, David & Carmel Kerlake, Frances Meeks, Paul Ronan, Tony Ronan, May Stewart, Mike Hughes, the Mosely family, Gerard Boeck, Colin Campbell, Jason Campbell, Daniel Williams, Cynthia Millward, Eve O'Connor, Patricia, Maggie Wilton, Pauline Richfield, Luke, Obi, Hannah Davies, George, David Nash, Tom Dunn, Valerie Dalton, Penny and Tony Barbary, Patricia Eggleton, Christopher O'Brien, Maureen Micciche, Colin Davies, Gillian Almond, Oscar, Leanne, Jon B., Colin Toomey, Greg W., Christine M, Joyce Hill, Rita Jones, Joan C, Roger B., Jim N., Vaughn Magor, Caroline Grant, Pat Bowley, Edward Hill, Patsy Shiell, and Sister Damian.

