

OUR LADY AND ST. HELEN'S



CONDORRAT.

117, Achray Road, G67 4JG

Tel. 01236-731-258

Priest: Rev. Paulinus Onyenuru OP.

Deacon: Paul McNair

www.ourladyandsthelen.org

olsthelen@rcag.org.uk



Mass times

Monday to Friday	10 am
Saturday Vigil Mass	6 pm
Sunday	10 am & 12 noon

Adoration of the Blessed Sacrament

Monday to Friday	9:00 -9:45 am
------------------	---------------

Confessions

Tuesday and Thursday	9:20 am
Saturday	5:20 pm

The Most Holy Body and Blood of Christ -A
Sunday, 7th of June, 2026.

1st Reading: Deuteronomy 8: 2-3, 14b-16a

God fed you with manna, which you did not know, nor did your fathers know.

Responsorial Psalm: Psalm 147

O Jerusalem, glorify the Lord!

2nd Reading: 1 Corinthians 10: 16-17

Because there is one bread, we who are many are one body.

Gospel: John 6: 51-58

My flesh is true food, and my blood is true drink.

Reflection: Do You Have Faith That Sees Beyond Appearances?

When Jesus walked the streets of Jerusalem, growing up quietly as the son of Joseph and Mary, few recognized anything extraordinary in Him. To most, He was simply the carpenter's son. Even those who later became His disciples did not immediately perceive His divinity. They followed Him because they sensed hope in His message and believed He might be the fulfilment of Israel's longing for liberation. Jesus embraced humility and simplicity, which shrouded his divinity. It was only through encounter that faith deepened into recognition. Peter, after witnessing the power of Jesus, would confess, "You are the Christ, the Son of the living God" (Mt 16:16). Thomas would declare, "My Lord and my God" (Jn 20:28).

The same mystery continues in the Eucharist. In today's Gospel (John 6:51–58), Jesus makes a startling declaration: "I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I shall give for the life of the world is my flesh." Many who heard these words struggled to accept them. They saw only the man Jesus standing before them and could not perceive the divine mystery He was revealing. Yet Jesus did not soften His teaching. Instead, He repeated it with even greater clarity: "My flesh is true food, and my blood is true drink."

A consecrated host appears as ordinary bread, yet faith professes something infinitely greater: the real presence of Christ. What is hidden from the senses is revealed to the heart that believes. Just as at the Annunciation the Holy Spirit overshadowed the Blessed Virgin Mary and the eternal Word took flesh in her womb, so at every Mass the Holy Spirit is invoked upon the gifts of bread and wine. Through the power of the Spirit and the words of Christ spoken by the priest, these earthly gifts are transformed into the Body and Blood of the Lord. The same Jesus who took flesh in the womb of Mary becomes truly present on the altar. As St. Thomas Aquinas teaches:

This faith is given to Christian believers:

*bread becomes the Body of Christ through the words from heaven,
and wine is changed into His Blood.*

*Even if this is beyond what our senses and human understanding can explain,
faith tells us something greater than nature can discover on its own.*

Safeguarding holds a vital place in the life of the Archdiocese of Glasgow. Our parish is committed to promoting safeguarding awareness and embraces our collective responsibility to provide care and protection for everyone.

*Under the outward signs of bread and wine, simple symbols of God's gift,
there is a deep and sacred mystery.*

*The living Body of Christ becomes our food,
and His precious Blood becomes our drink.*

In both we receive the one and the same Lord, whole and undivided.

The mystery is hidden, yet it is real. Our eyes continue to see bread and wine, but faith recognizes the living Christ. The Eucharist is not merely a symbol that reminds us of Jesus; it is Jesus Himself, giving His flesh for the life of the world and inviting us into communion with Him. Every Holy Communion is therefore an opportunity for encounter. We approach the altar to meet a living Person. The more we encounter Christ in the Eucharist, the more our faith grows. The deeper our faith becomes, the more clearly we recognize Jesus' presence.

Hymns for Sunday

Entrance: Be still for the presence of the Lord	No. 165
Offertory: Blest are you, Lord of all creation	No. 175
Communion 1: O bread of Heaven	No. 500
Communion 2: Word made flesh	No. 743
Recession: Blest be the Lord	No. 178

St. Columba (Tuesday, **Feast**), St. Barnabas (Thursday, **Memorial**), The Most Sacred Heart of Jesus (Friday, **Solemnity**).

The **Funeral of Joseph Henry Cahill** comes up on **Wednesday, the 10th of June**, at the 10 AM Mass, with a reception on Tuesday, the 9th, at **6 PM**. Let us continue to keep the family in our prayers.

The **Funeral of Maureen Weir** comes up on the **20th of June**, at the 10 AM Mass. Let us continue to keep the family in our prayers.

Death: *Maureen Wier, Robert Leddy (Snr), Anne Bryceland, Patrick Walsh, John Robinson, Peter Reilley, Patsy Boyd, Shamus Coleman.*

Anniversary: *Maureen Gray, John Wallace.*

Safeguarding holds a vital place in the life of the Archdiocese of Glasgow. Our parish is committed to promoting safeguarding awareness and embraces our collective responsibility to provide care and protection for everyone.

Rosary Procession – Carfin Grotto

Rosary Procession at Carfin Grotto for the Memorial of the Immaculate Heart of Mary on Saturday, 13th June, 11 am–1 pm. Led by the Flame of Love Rosary Group. Café Bernadette will be open. Minibus leaves St. Helen's at 10 am and returns at 2 pm. All are welcome.

200 Club Winners – June

1st Prize: No. 199

2nd Prize: No. 186

3rd Prize: No. 184

Congratulations to all winners.

Church Garden Appeal

Thanks to all volunteers who care for the church garden. More help is needed over the summer to maintain the grounds. We are also seeking skilled volunteers (e.g., handy persons or joiners) to replace the wooden edging in the Church house garden. If you can help, please speak to Fr. Paulinus or Lawrence Miller.

SPRED Cumbernauld Appeal

The Tuesday SPRED group urgently needs volunteers as two catechists have retired. Without new helpers, the group may not be able to continue from September. SPRED is a joyful ministry supporting parishioners with learning disabilities through accessible liturgy and shared faith. If you may be interested, please contact Angela (07963938731) or Lilian (07955482891 – WhatsApp only).

Collections for 24/05/2026

Offertory: £471.45

Gift Aid envelopes: £384. Thank you.