

NEWSLETTER

for the Churches of St Arvans, St Mary, Penterry,
St Deiniol, Itton, St James, Devauden & Holy Cross, Kilgwrrwg
forming part of the Severn Wye Ministry Area

IMPORTANT - PLEASE NOTE
St Arvan's Church is open during the day both for worship, private prayer and a time of stillness.

Our current live-streamed services are as follows: Sunday Eucharist at 10 a.m., and it can be accessed on the St Arvans Parish Group page on Facebook: <https://www.facebook.com/vicaragecello1/> and available to watch later
The St Arvans Parish website can be found here:
<http://www.starvanschurch.org.uk/>

Please help to keep us informed of anyone who is in need or is isolated over the next weeks and months, and anyone in need of our prayer and support
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The Vicarage, St Arvans
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7th June 2026
kept as Corpus Christi

The Collect

Lord Jesus Christ, we thank you that in this wonderful sacrament You have given us a memorial of your passion: grant us so to reverence the sacred mysteries of your Body and Blood that we may know within ourselves and show forth in our lives the fruits of your redemption; who lives and reigns with the Father in the unity of the Holy Spirit, one God, for ever and ever. **AMEN**

A reading from the book of Genesis

King Melchizedek of Salem brought out bread and wine; he was priest of God Most High. He blessed him and said, 'Blessed be Abram by God Most High, maker of heaven and earth; and blessed be God Most High, who has delivered your enemies

into your hand!' And Abram gave him one-tenth of everything.

[14. 18-20]

Reader / This is the Word of the Lord
R/ Thanks be to God

Psalm 116 10-17

R/ I will walk in the presence of the Lord in the land of the living.

How shall I repay the Lord for all the good things he has done for me?
I will lift up the cup of salvation and call upon the name of the Lord.
I will fulfil my vows to the Lord in the presence of all his people.

R/ I will walk in the presence of the Lord in the land of the living.

Precious in the sight of the Lord is the death of his servants.
O Lord, I am your servant;
I am your servant
and the child of your handmaid;
you have freed me from my bonds.

R/ I will walk in the presence of the Lord in the land of the living.

I will offer you the sacrifice of thanksgiving and call upon the name of the Lord.
I will fulfil my vows to the Lord in the presence of all his people.
In the courts of the Lord's house, in the midst of you, O Jerusalem.
Alleluia!

R/ I will walk in the presence of the Lord in the land of the living.

A reading from the first letter of St Paul to the Corinthians

For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, 'This is my body that is for you. Do this in remembrance of me.'

In the same way he took the cup also, after supper, saying, 'This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.'
For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes. (11.23-26)

Reader / This is the Word of the Lord
R/ Thanks be to God

Gradual Hymn

Alleluia, alleluia!
I am the living bread which has come from heaven, says the Lord
Anyone who eats this bread will live for ever.
Alleluia!

The Lord be with you:
And with your spirit

Listen to the Gospel of Christ according to St John

Glory to you, O Lord.

I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.' The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died.

But the one who eats this bread will live for ever.' [6. 51 - 58]

This is the Gospel of the Lord
Praise to you, O Christ

For Your Prayers

Devotion to the reality of Christ in the
The peoples of Middle East and the
Persian Gulf. For peace and justice
throughout the region.
All those caught up in hostilities.
For world leaders – for wisdom, restraint
and respect for human life.
The government & people of Ukraine
and a just and peaceful end to Russia's
war of aggression there.
The people of Sudan.
All those without adequate food or shelter
Those who suffer as a result
of the climate emergency & for
responsible stewardship of our planet
For compassion and responsibility
in those elected to govern us.
For migrants & refugees, and all forced
to flee from their homelands

For the Church:

For the bishops of the Church:
Cherry, Bishop of Monmouth, &
Archbishop of Wales; the Episcopal Visitor
of the Society of the Holy Cross in Wales,
& for all who hold and teach the Catholic
faith that comes to us from the Apostles.
All bishops, priests and deacons and all
baptised Christians
For the reunion of all Christians:
for Pope Leo, for Orthodox Patriarch
Bartholomew, & for the leaders of the
Reformed traditions
For the Severn Wye Ministry Area,
for its priests, licensed lay ministers
and all its people.

For the Sick & those in need:

Roy Staples, Ralph Hamilton, Sylvia
Jackson; The Revd Helen Rodwell;
Elisabeth; Anne-Louise; Mary; Margaret;
Althea; Margi & Bob Osborne; Jenny
Sherwood, Bob Main, Diane.

For the Departed:

The recently departed; Tricia Evans; our
own departed loved ones, and those
whose anniversaries of death at this time:
Tony Hall; Alan Price; Nicola Plant; Philip
Price; Brian Papps; Freddy Cooper.

A Prayer of Spiritual Communion

My Jesus, I believe that you are
in the Blessed Sacrament.
I love you above all things,
and I long for you in my soul.
Since I cannot now receive you
sacramentally, come at least
spiritually into my heart.
As though you have already come,
I embrace you and unite myself entirely to
you; never permit me
to be separated from you. Amen.
(*The Confraternity of the Blessed Sacrament*)

The Jereboam Interview

*We continue our series of extracts
from the Jerusalem and Galilee
Gazette, an imaginary first-century
newspaper. Week by week, the
correspondent Jereboam interviews
people whose lives have been affected
in some way by Jesus Christ and his
teaching*

Daniel

Jereboam: To be honest, I didn't
recognise you, Daniel.

Daniel: It was thirty years ago
that we met. I was about twelve or thirteen
at the time.

Jereboam: I do remember our
conversation though, now you mention it.
You were the lad who offered loaves and
fish to feed all those people gathered to
hear Jesus.

Daniel: That's right. It was an
extraordinary day: the spiritual and the
material in perfect combination. That
happened all the time with Jesus, of
course.

Jereboam: Would you still count
yourself as one of his followers?

Daniel: Certainly: once I had
experienced his love and authority, I could
never turn away from it. The life we lead
can be difficult at times, but, as I say, I
could never reject the source of such
goodness, such wholeness. Once you
encounter something like that, you can't
dismiss it and leave it in your past: it's too
valuable to lose. I've just had to allow
myself constantly to be replenished by
Jesus.

Jereboam: Through prayer,
presumably...

Daniel: Yes, but also by
receiving his Body and Blood. That's
bound up with prayer too, of course. It's
also bound up with that old story of the
loaves and fish – "my " story, if you like.

Jereboam: What's the particular
connection?

Daniel: Well, that day Jesus
was able to transcend normal reality, to
share my food with everyone. He saw to it
that we all had what we needed. In the
same sort of way he offers himself to his
followers whenever we revisit his sacrifice
through the Eucharist. Again he gives to
any number of people what they most
need and desire: somehow the usual
material laws are suspended to make this
possible. It's a wonderful process. Just
don't ask me to explain it. I don't
understand it any more than I understood
what went on with the loaves and the fish.
I just know it happens, that's all, and that
it's very, very beautiful.

Jereboam: Thank you, Daniel.
Maybe you'll give us another update in
another thirty years' time?

Daniel: Maybe...

THIS WEEK

This Sunday we celebrate Corpus Christi,
the Body and Blood of Christ or the
thanksgiving for Holy Communion.

It is the great feast in which we celebrate
the gift of the Eucharist, but also the
special blessing for the presence of our
Lord with us in the Blessed Sacrament.
In the Gospel, Jesus offers the most
consoling good news: "Whoever eats this
bread will live

forever." Thursday is the feast
day of Saint Barnabas, Apostle. On Friday
we celebrate the Sacred Heart of Jesus.
During the weekdays, we begin a three-
week period of looking at the books of the
Kings. Elijah follows the Lord's direction
and changes the hearts of many. The
week ends as Elijah calls Elisha into
service for the Lord.

This week, we begin the gospel according
to St Matthew, starting with the Sermon on
the Mount. Jesus is the new Moses and
offers us a radical new teaching. It begins
by his telling a small group of followers
that they are blessed - not because they
have their acts together, but because they
are spiritually poor, meek, those desiring
justice, the merciful, the clean of heart, the
peacemakers, and the persecuted. Salt

and light explain who they are as disciples. They are to obey the law and prophets, which Jesus came to fulfil. Whereas the law forbade killing, Jesus calls his disciples to be reconcilers. The law forbade adultery, but Jesus warns about lust and whatever is an occasion for sinning. The law forbade taking false oaths, but Jesus calls his disciples to a deeper fidelity and integrity.

Next Sunday is the Second Sunday after Trinity: Jesus summons his twelve disciples and sends them out.

A Homily for Corpus Christi

+ + The Eucharist is normally what the Church does when we come together for worship. As such, it's very easy for us to take it for granted. It's just there; as we said, it's most of the time what we do when we come to church. But, of course, if we think about it a bit more, that really won't do because the Eucharist is meant to fill us with a sense of mystery.

Now, by 'mystery' I don't mean a sense of being confused or bewildered – but of course, anyone approaching the Christian faith for the first time might well be confused or even put off by some of the words we use and some of the symbolism surrounding it – all this talk of Body and Blood, of sacrifice and offering, of a Real Presence of Christ in bread and wine, in the Lord who we believe comes to us here and feeds us with his life.

But we're not talking about mystery here in the sense of a lack of understanding or something incomprehensible, rather of something hidden beneath and beyond the ordinary, physical material things of life, the bread and wine of a meal - part of the common experience of human life which were taken and given by Jesus at the Last Supper, and which ever since, the Church has continued to do *in remembrance* of him.

But this 'remembrance', this remembering isn't just a mental activity, it's not just memory, but a grace-filled reality by which the Lord is present and feeds us with his life.

Someone once said at a dinner party to the American novelist Flannery O'Connor that it's more open-minded to think that the Eucharist is a great, wonderful, powerful symbol. Her response to that was, "If it's *only* a symbol, to hell with it."

And what she meant, I think, was this: to think of the Eucharist as *just* symbolic, *only* symbolic - as a lot of people tend to - won't do at all, because the Church has always believed that *something real* happens here – something spiritually real happens here at the altar – and we are given something real – a sharing in Christ's gift of the life of Resurrection – it's our spiritual food for the journey of discipleship, it's sustenance for the pilgrimage of faith towards the vision of God. We believe that what happens here in a profoundly mysterious way – mysterious because it's ultimately indefinable - helps us to become more like Christ.

We can try to define it, of course – and down the centuries people have to the point of either over-defining it or trying to explain it away. It's a tragedy that what should unite us all in Christ has become yet another source of unholy division. Yes, we can use our minds to explain what we think happens here, ultimately all our attempts at definition run into the silence of the undefinable mystery of the life of God.

It's absolutely central to what we believe that God, through the life, death and resurrection of Jesus Christ, reveals himself in ways that we can understand and relate to. He reveals the mystery of his life in ways that can make sense to us, in the physical realities of the world. Christ empties himself to become a human being so we can see God more clearly and be drawn into his life and experience his love for us.

Because what we have here at the altar is no less than the entire mystery of the Lord's dying and rising given to us in a sacramental form which, like Christ himself, unites the physical and the spiritual, and unites the eternal which what happens in the present.

So, Jesus at the Last Supper acts out in advance his offering of himself for the sins of a flawed humanity – for the life of the world - and under the simple forms of bread and wine gives himself to us in Holy Communion so that we can share his Easter life. [The presence of Christ is with us always; but here at the altar [and in the Tabernacle where the Blessed Sacrament is reserved] he is really and substantially present as he is at no other time.

The Eucharist is the sacrificial meal of God's people; and by it we are given the

grace to increase in faith, in hope, in love, and become more like the Lord who lives within us and around us and beyond us. Here the link between faith and life, between what we believe and the way that we live is made explicit. Here, the link between those two great commandments to love God and to love our neighbour – because they are essentially the same and can't be separated - is spelled out and becomes possible for us because of the grace we receive in this Sacrament.

The God who becomes one of us in Christ, who made holy our human nature by sharing it, leads us also to share in his own divine life. We believe that redemption – salvation – the healing of the wounds of humanity - whatever we want to call it - comes to us through the flesh of Jesus Christ who became one of us and has taken our humanity back into the life of God. And in this sense, the Christian faith is as much material as it is spiritual. Our shared humanity is bound together in the overflowing love of the Trinity. And that has massive implications for the way we view our fellow human beings. Our faith commits us to believe that everyone is worthy of respect, and just, equal and merciful treatment. These feasts and doctrines of the Church's year which might seem so precious, so ecclesiastical and 'churchy,' have profound implications for the way we live, as individuals in society and community. We are celebrating a living and active presence among us – a presence who makes demands of us, who constantly offers us grace to become the people God wants us to be – the very best people we are meant to be.

In this mysterious sacramental meal Christ is here, giving us his life as food for our journey from the people we once were to the people we are called to become. His presence with us in the Blessed Sacrament is both the promise and partial fulfilment – a step on the way – towards the future hope of our perfect unity and communion with God. Here is the life of the Resurrection, here we meet him and recognise him as our Lord and our God. +

St Arvans Tea and Chat

2.30 – 4 p.m.

Saturday June 13th

and usually every second
Saturday of the month

Childrens activity table
For assistance or a lift
please ring Diane on 628084

Friday 19th June Wine & Wander at Wyndcliffe Court

6 – 8 p.m.
In aid of St Mary's, Penterry

19th June 8 p.m at St Arvans Church Illustrated Talk by Professor Belinda Wilkes,

University of Bristol, Director Emerita,
Chandra X-ray Center

What do Stars look like through X-ray Eyes?

Take a tour with me through the X-ray
Universe! You Will See Slides and
Movies of Chandra X-ray
Observatory: launch
Supernova Remnants (SNR)

- Clusters of Galaxies
- X-ray and Radio Jets
- Black Holes • And Planets!

Retiring Collection

SERVICES IN OUR CHURCHES

TODAY

Corpus Christi 7th June 2026

- 10 a.m. Sung Eucharist
at St Arvan's
11.30 a.m. Holy Eucharist
at St Mary's, Penterry

NEXT SUNDAY

The Second Sunday after Trinity 14th June 2026

- 10 a.m. Sung Eucharist
at St Arvan's
11.30 a.m. Liturgy of the Word
at St Deiniol's, Itton

Fr Michael's day off is Monday this week
Please note: the Eucharist will be
celebrated at St Arvans on Tuesday to
Thursday at 10 a.m., Friday at 9.30 a.m.
and Saturday at 10 a.m.

For all services in the wider Ministry Area
please see www.severnwyema.co.uk

The Ministry Area Prayer Group

Thursdays at 7.45 – 9.00 p.m.
From 9th April until 24th September
2026 we will be meeting in Churches
around the Ministry Area:
28 th May St. Mary's Priory, Chepstow
4 th June St. Peter, Newchurch
11 th June St. Mary, Penterry
18 th June Church of the Holy Cross,
Kilgwrrwg (Volunteer leader, please!)
25 th June St. Deiniol, Itton
2nd July St. James, Devauden
9 th July St. Mary, Penterry
16 th July St. Mary's Priory, Chepstow
23rd July St. Peter, Newchurch
30 th July St. Peter, St. Pierre
(Volunteer leader, please)
6 th August St. Deiniol, Itton
13 th August St. Tewdric, Mathern
20th August St. Arvans
27 th August St. Thomas Becket,
Shirenewton
3rd September St. Andoenus,
Mounon
10 th September St. James, Devauden
17th September St. Peter,
St. Pierre
24 th September St. Christopher,
Chepstow
14th May: 14th May St.
Thomas a Becket, Shirenewton

Please join us, everyone is welcome
and no experience is necessary!

Please contact David
on 07887 853479
(david-carne@outlook.com)

for any prayers that you would like us
to include or for any questions that you
have.

Daily Prayer this week

The Sermon on the Mount can help us be
contemplatives in action this week. The
Beatitudes are not eight new
commandments. Rather, Jesus saw those
following him and saw their weakness and
their need, their goodness and their
desire, even the cost they pay to follow
him. He looked at them and called them
"Blessed."

Let us all begin this week by letting Jesus
look at us and call us blessed. Each
morning, we can practice choosing to
focus on some way we are spiritually poor
or desiring justice, some way we are
merciful or a peacemaker, or some way
we might be experiencing the cost of
being a believer, and simply ask our Lord
to convince us of our blessedness there. It
is likely that each of us, every day, can be
attentive to some aspect of our daily lives,
some part of our relationships or
responsibilities, that places us right there,
in a place where Jesus can tell us that we
will be comforted, satisfied, blessed
beyond our imagining.

Some day this week, each of us will have
the opportunity to be the salt that gives
relationships and faithful living their flavor.
We will have our chances to be light in the
midst of the darkness that crosses our
paths. We can ask Jesus those days -
whether in the morning, or in brief
background moments during the day - to
have us not lose our flavor or to cover our
light. And, all of us will face the greater
responsibility of a disciple of Jesus, to
avoid anger and find the path to
reconciliation, to turn from lust and greed,
and to love genuinely and honestly.
It is a wonderful week to remember the
tremendous gift of the Body and Blood of
Jesus, given to us for our nourishment
and an example of self-sacrificing love.
We can take time to express our gratitude
and humbly ask for the grace to be able to
be broken and given, shared and poured
out, as our Savior is for us.

With thanks to Creighton University's

Online Ministries