2023 LENTEN REGULATIONS

1. The days of both Fast and Abstinence during Lent are Ash Wednesday and Good Friday. If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily His Resurrection. The other Fridays of Lent are days of Abstinence.

   On a day of Fast, only one (1) full meal is permitted, **and two (2) smaller meals, which, if added together, would not exceed the main meal in quantity.**

   Those between the ages of 18 and 59 are obliged to fast.

   On a day of Abstinence, no meat may be eaten. Those who have reached the age of 14 are obliged by the law of abstinence.

2. The obligation to observe the laws of Fast and Abstinence "substantially", or as a whole, is a serious obligation.

3. The Fridays of the year, outside of Lent, are designated as days of penance, but each individual may substitute for the traditional abstinence from meat some other practice of voluntary self-denial as penance.

4. The time for fulfilling the Paschal Precept (Easter Duty*) extends from the **First Sunday of Lent, February 26** to **The Solemnity of the Most Holy Trinity, June 4, 2023.**

*Canon 920, §1. *All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year.*

Parish Community of Saint Helen

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Thanks for joining us today!

Weekday Mass Schedule

Monday - Saturday | 9am

Weekend Mass Schedule

Saturday | 5pm
Sunday 8am | 10am* | 12pm | 6pm
*Livestreamed on YouTube and Facebook

Reconciliation Saturday 4pm

Follow Us On Social

/sthelenwestfield

@shwestfieldnj

Parish Community of Saint Helen

New? Welcome!

We're so glad you are visiting us today!

Have Kids?

We have amazing programs for kids! Check out Kids Corner in Meaney Hall across the parking lot for ages 2.5 through Kindergarten. For Grades 1-4, we have Children's Liturgy of the Word at our 10am Sunday Mass.

Next Steps

Want to learn more? Visit our website at sainthelen.org/more to learn more about our community!

What's Happening

Vacation Bible School
June 26-30, 2023 | 9:00am - 12:00pm
Registration for Vacation Bible School is now open! Learn more about this year's program, "Interstellar" and register at sainthelen.org/vbs

Sr. Pat's Kids Camp 50/50
There's still time to purchase a 50/50 raffle ticket to benefit the wonderful St. Helen's ministry of Sr. Pat's Kids Camp, a week-long camp for children with cancer and other blood disorders. Mail/bring the form into St. Helen for your chance to win!

Women's Morning Out With God
This Lent set aside 90 minutes on Wednesday mornings from 9:45-11:15 in the Parish Center to listen to the Sunday readings with other women and see how they relate to your own life.

Lent Men's Prayer Breakfast
Wednesdays at 6:00am | Room 102/103
Join us Wednesday mornings for an hour of prayer and reflection. Coffee, donuts, and camaraderie are part of the morning.

Join Men's Cornerstone
March 24-25, 2023
Want to deepen your faith and connect with other parishioners? Don't miss Cornerstone: a 26-hour journey hosted by past participants and fellow parishioners. Register now at **sainthelen.org/cornerstone** and join us!

CFC Family Ministry
Sunday, Mar 12 | 11:00am - 12:30pm
Come for Sunday Brunch, prayer, and shopping for gently used books. The proceeds will go to Catholic Relief Services which assists the poor and vulnerable overseas. You are invited to buy a bag of books for $12 and fill it with books.

Mass Intentions

Weekend of March 11 / 12
5:00pm - Helen & Peter McLaughlin
8:00am - Joe Stowasky
10:00am - Ann Lystash
12:00pm - Robert Francis
6:00pm - Edward Martucci

Daily Mass Intentions
Mar 13 - Patricia D. Liantonio
Mar 14 - People of the Parish
Mar 15 - Anna Maria, Vincent & Joanne Arena
Mar 16 - Paola & Filippo Triolo
Mar 17 - Frank J. Mc Govern
Mar 18 - Edward Buckley

Sanctuary Lamp - Jack McDermott

Weekly Mass Association
Rosemary Mazzucca
David Varoli
Ed Kelly
Jose Kringdon
Vincent Tramantano
Margaret “Peggy” Campbell
Barbara J. Waters

Sleep Out For Mercy House
Join us for the Sleep Out for Mercy House event on March 18th-19th to raise funds and awareness for the new Mercy House in Jersey City. Participants will sleep out in the church for 12 hours and get sponsors. Contact Patti at pgardner@sainthelen.org for more information.

"No Greater Love" Movie
Join us for Mother Teresa's "No Greater Love" movie on Mar 16 in the Parish Center. Matinee: 10am-12noon, Evening: 7pm-9pm. Free Admission! Enrich your Lenten Journey.

From Msgr. Tom

As I look ahead, there are two things that are worth highlighting.

First, this weekend we “spring forward” into daylight-saving time. Last March, the United States Senate passed legislation that would make daylight-saving time permanent. It is called the Sunshine Protection Act approved unanimously by the Senate in a voice vote. Then it had to go to the House of Representative which, I’m guessing, is where it awaits a vote. Many have speculated about the benefits of daylight-saving time and others have argued against it. Whatever its fate is, looking at it through the eyes of faith, it reminds a little more dramatically that, as we move from Christmas to Easter, the days “become longer” as Christ our Light rises. What a welcome gift to our day as we extend our time into more sunlight! May our spiritual lives do the same.

Second, this Friday we will celebrate St. Patrick’s Day. My mother wanted my older brother and then me to be named Patrick…but it didn’t happen due to “fatherly” resistance. Then, my younger brother, Patrick, got the name. Unfortunately, at 19 months, Patrick died from Sudden Infant Death Syndrome (SIDS), which, in 1969, was not even recognized as a cause of death. It was certainly a tough time for the family. But Patrick will always be a special name for us. Both my brother and I chose it as a Confirmation name, and my younger sister, Maura, took Patricia as hers. Thus, Saint Patrick’s Day is likewise very special for us.
In the Church, Saint Patrick's Day commemorates the death, as legend has it, of Patrick, the patron saint of Ireland, on March 17, circa 492. Friday is a day to honor St. Patrick. Let us celebrate the arrival of Christianity in Ireland along with the heritage and culture of the Irish in general. Please know that the Archbishop has granted a dispensation to Catholics in the Archdiocese from abstinence on Saint Patrick’s Day. You’re only asked to move the abstinence to another day. In the spirit of Saint Patrick and the Irish:

May the road rise up to meet you.
May the wind be always at your back.

Giving

Total Offertory (Week of March 5)
$37,333

Year-to-date Giving (Since July 1, 2022)
Budgeted: $1,026,500

Actual Year-to-date Giving
Mass Collections: $351,743
Online Giving: $476,006
Gifts Mailed: $213,416
Text-to-give: $21,463

Total Year-to-date: $1,062,628
Surplus (Deficit): $36,128
5% Outreach: $53,131

Ways To Give

- Online at sainthelen.org/give
- Text GIVE to 908-274-1121
- Mail your contribution to:
  1600 Rahway Avenue
  Westfield, NJ 07090

May the sun shine warm upon your face;
And the rains fall soft upon your fields
And until we meet again,
may God hold you in the palm of His hand.

Remember that this Thursday, March 16, 2023 is the opening of the 2024 Mass Book. Please stop by the Parish Center to reserve a Mass for your loved ones.

God Bless you all and “top of the morning”
Msgr. Tom