



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.*

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

Holy Week & Easter Schedule

HOLY THURSDAY | APRIL 6

Mass of the Lord's Supper 7:00pm

GOOD FRIDAY | APRIL 7

Morning Prayer 9:00am

Children's Stations of the Cross 12:00pm

Liturgy of the Lord's Passion 3:00pm

HOLY SATURDAY | APRIL 8

Morning Prayer 9:00am

Easter Vigil 8:00pm

EASTER SUNDAY | APRIL 9

Masses at 6:30am, 8:00am, 10:00am,

10:15am*, 12:00pm, & 12:15pm*

*Overflow Mass in Meaney Hall

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

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.

Last Chance for 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!

Children's Stations of the Cross

Children's Stations of the Cross will be held on

Good Friday, April 7 at 12:00pm. Please join us - all

ages welcome! Stations will be outside in the main

parking lot weather permitting and if raining we will

hold it in the main Church.

Mass Intentions

Weekend of March 18 / 19

5:00pm - Patricia Reilly

8:00am - Eileen Hart

10:00am - Marie Dromgoole

12:00pm - Bishop Patrick V. Ahearn

6:00pm - Rose Stefanelli

Daily Mass Intentions

Mar 20 - Ed Martucci

Mar 21 - Pietro Luigi Ciollo

Mar 22 - People of the Parish

Mar 23 - Moira Debbie

Mar 24 - Paul McGovern

Mar 25 - Donald Rodriguez, Sr.

Sanctuary Lamp - Palma Sansone

Weekly Mass Association

Robert Gagnassola

Vincent Tramantano

Anne Mintel

Barbara Heintjes

John Donegan

Dorothy Ippolito

Ronald P. D'Alessio

Women's Day of Reflection

Saturday, April 15 | 9:00am-3:00pm

Ladies, are you ready to make room for grace

in your life? Our upcoming Women's Day of

Reflection program, "Making Room for

Grace," is set to be a transformative

experience that you won't want to miss.

Swing by the parish center starting March 20

for a registration form. The cost is \$25 via

cash or check.

This is a chance to prioritize your spiritual

growth and spend a day connecting with

other women in our parish community. We

can't wait to see you!

From Msgr. Tom

This week we celebrate Saint Joseph's Day. As you know, it is usually celebrated on March 19th, however, this year, since March 19th falls on a Sunday, the Fourth Sunday of Lent takes precedence. However, because of that, Saint Joseph's Day is moved to Monday, March 20, 2023.

Saint Joseph is the patron saint of the Universal Church, fathers, families and carpenters. In actuality, we know little about Saint Joseph. From the Scriptures, we know that he was a carpenter, said his "Yes" to God to take Mary as his wife, had dreams (like Joseph in the Genesis) that revealed to him his role in salvation, worked hard to protect Mary and Jesus, and provided for them at every turn. Yet, he never actually speaks any words in the Gospels. Despite this, his actions speak loudly, strongly, and profoundly of his deep and abiding faith in God and God's plan. Saint Joseph is one of our most powerful intercessors in heaven, given his role in the Holy Family.

On Saint Joseph's Day, when I was in the seminary, we had a "Saint Joseph's Table" in the refectory. Seminarians would go to two bakeries in Hoboken early in the morning on Saint Joseph's Day and pick up an array of breads and pastries and then set up a table display of them. After Mass, the entire Seminary community would process down to the refectory, and we'd bless the table. All the students and faculty would then take and eat from the table all day long. I understand that a long time ago Italian immigrants brought this tradition with them to the United States. The Saint Joseph Table is "a generous sign of God's generous blessings and of our call to serve the poor and hungry" (Book of Blessings, #1685)

An all-time favorite pastry is the Zeppole di San Giuseppe, which I learned is found in any respectable Italian bakery. A zeppole is a pastry, somewhat like a cream puff, but fried, and tastier, if you want my opinion! After it is fried, the zeppole is filled with cream and sweetened ricotta. Let us enjoy our "zeppoles," with a cup of espresso and say a prayer of thanksgiving for all God has given us

Giving

Total Offertory (Week of March 12)

\$26,849

Year-to-date Giving (Since July 1, 2022)

Budgeted: \$1,056,000

Actual Year-to-date Giving

Mass Collections: \$362,713

Online Giving: \$488,785

Gifts Mailed: \$216,001

Text-to-give: \$21,978

Total Year-to-date: \$1,089,477

Surplus (Deficit): \$33,477

5% Outreach: \$54,474

Ways To Give

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

Just by way of reminder, please don't forget some upcoming events here at Saint Helen:

- Men's Cornerstone: March 24/25, 2023
- The Junior/Senior Retreat: March 25/26, 2023

There is still time to join these ministry activities.

The details are on our website.

Let us also pray for our catechumen and candidates who will have a retreat on March 25th from 9:00-1:00 as they prepare for their reception of the sacraments of baptism, confirmation.

Msgr. Tom\