

# From Our Pastor

Happy New Year! As we say “Farewell” to 2023 and “Welcome” to 2024, it is timely to reflect on this past year and embrace the new one with hope.

What goals, “resolutions” do you have for the new year. Often, resolutions revolve on our temporal, or worldly life, as opposed to our spiritual life. These are good and important, especially since we believe all aspects of our life connected .

Thus it is good to consider saving money, losing weight, visiting family more often, or whatever your resolutions may be.

At the same time, I encourage you consider renewing the resolutions we might have set at the beginning of Advent, our “New Year” as Catholics.

Let’s remain faithful to our spiritual goals and our individual discipleship path. Give your spiritual resolutions time to become a habit. Consider the 10 Minutes of Silence challenge we proposed in the Advent Message Series, A Quiet Place... Find a spiritual director (we have them right here at Saint Helen) or someone in the parish who can provide support or guidance.

Take on a new ministry or volunteer effort here at Saint Helen or even elsewhere. Sign up for Growing in Faith (starting January 6, 2024), Called & Gifted (the one-day session on January 6, 2024, that launches you into the

program), Discovering Christ (starting January 16, 2024), or for our upcoming Women’s and Men’s Cornerstone (Women on February 23-24, 2024, and Men on March 8-9, 2024). We are most willing to help you with any resolution that may bring you closer to the Lord.

As we all know, a New Year traditionally provides an opportunity for a fresh start, to begin anew. Let us all be open to how the Lord is calling us to deeper faith, hope and love.

Whatever you choose to focus on this year, or whatever opportunities the Lord may be putting in your path, always remember you are never alone on this journey.

Be open to the voice of our Lord. As we start our new year, know that our parish mission continues as we worship God, serve others, and make disciples. Let us unite in prayer for peace across the world.

God Bless you all and Happy New Year!  
Msgr. Tom



# Parish Community of Saint Helen

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

@sainthelennj

Parish Community of Saint Helen

@sainthelennj

@sainthelennj

## New? Welcome!

We're so glad you are visiting us today! Text CONNECT to 908-860-8444 to get a virtual connect card and learn more about our parish community!

## Have Kids?

We have amazing programs for kids at Saint Helen during our 10am Sunday Mass most weekends! Check out Kids Corner in Meaney Hall across the parking lot for ages 2 through Kindergarten. For Grades 1-4, we have Children's Liturgy of the Word at our 10am Sunday Mass most weekends.

## Next Steps

Want to learn more? Visit [sainthelen.org/more](http://sainthelen.org/more) to learn more about our events and programs!



# What's Happening

## CFC Family Ministry

**Friday, Jan 12, 2024 5:30PM - 7:00pm**

Sandwich Making! Join other CFC parents and their families for Family Night Out and dinner!

We will be making sandwiches for those less fortunate than ourselves. Please bring a loaf of bread, one pound deli meat and one pound of cheese. Our food for thought topic will be raising children in a digital world.

## Discover Christ

Ponder the meaning of life, happiness, and your purpose. Join us for open and honest conversations over six Tuesdays, starting January 16th. Not sure if it's for you? Commit to just two weeks and see - you're free to leave anytime, no questions asked. Ready to dive deeper? Learn more and sign up at [sainthelen.org/discover](https://sainthelen.org/discover)

## Elementary Families Together

**Fri, Jan 5, 2024 6:00pm in the Gym**

Epiphany Family Evening! Families of children grades 1-4, please join us for dinner, fun and faith as we follow the God's star into the new year! Registration opens on Friday, Dec. 8 Register at [sainthelen.org/eft](https://sainthelen.org/eft)

## Discover God’s Call

This three part journey begins with a one day workshop on Saturday, January 6th: 8:30 AM to 4:30 PM. For more details and to register go to [sainthelen.org/called](https://sainthelen.org/called)

## The Journey To Wholeness

This supportive, free virtual seminar is for anyone experiencing loss. It runs Sundays, January 21 to March 3, 2024, from 6:15 PM to 8:00 PM. Open to all, regardless of faith, it offers a comforting space for those grieving. Register at [westside.org/adults/grief-support/](https://westside.org/adults/grief-support/)

## Growing In Faith

This lively interactive 8-part series aims to bring each participant to a new understanding of Jesus and His Church. Begins Saturday, January 6th at 9:45 AM and runs for 8 Saturdays. Learn more and register at [sainthelen.org/grow](https://sainthelen.org/grow)

# Mass Intentions

**Weekend of December 30/31**

5:00pm - George, Kim & Robert Baer

8:00am - Terry Vinanskie

10:00am - Robert Cagnassola

12:00pm - Henry Spada

6:00pm - People of the Parish

### Daily Mass Intentions

Jan 1 - Peggy Seagrave

Jan 2 - Dorothy & Joseph Richard Weiss

Jan 3 - People of the Parish

Jan 4 - Alfred Salerno

Jan 5 - Henry Meacock

Jan 6 - John Migneco

### Weekly Mass Association:

Patricia O'Connor

Michael Fahey

Peggy Coffey

Courtney Fallon Nevenberg

Jennie Kaczynski

Eddie Musco

Kaynun Judice

### Sanctuary Candle:

Luis Docabo



# New Years Inspiration

As we stand on the threshold of a New Year, it's a time for reflection and hope, a moment to carry forward the wisdom of the past into the promise of tomorrow. The Saints, with their profound insights and spiritual guidance, have always been beacons of light in navigating life's journey.

Here, we've gathered a collection of New Year's quotes and advice from these holy men and women, offering timeless wisdom to inspire, challenge, and guide us as we step into the New Year. May their words resonate with you, bringing peace, purpose, and a deeper connection to the divine path laid out for each of us.

“During this new year I resolve to begin a new life. I do not know what will happen to me during this year. But I abandon myself entirely to you, my God. And my aspirations and all my affections will be for You. I feel so weak, dear Jesus, but with Your help I hope and resolve to live a different life, that is, a life closer to You.” – St. Gemma Galgani

“Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections but instantly set about remedying them—every day begin the task anew.” – St. Francis de Sales

“When one day I resolved to practice a certain virtue, I lapsed into the vice opposed to that virtue ten times more frequently than on other days. In the evening, I was reflecting on why, today, I had lapsed so extraordinarily, and I heard the words: ‘You were counting too much on yourself and too little on Me.’ And I understood the cause of my lapse.” -St. Faustina

“Do something beautiful for God. Do it with your life. Do it everyday. Do it in your own way. But do it!” - Mother Teresa

“To live is to change and to be perfect is to have changed often. “ - St. John Henry Newman

# Stay Connected

Text the keyword to 908-860-8444 :

- CONNECT - Connect card for guests
- FAMILY - CFC Family Ministry updates
- HELEN - General parish updates
- KIDS - Kids corner updates
- SERIES - Message series updates
- GIVE - Give to Saint Helen
- YASH - Young Adult event updates

# Ways To Give

- Online at [sainthelen.org/give](https://sainthelen.org/give)
- Text GIVE to 908-860-8444
- Mail your contribution to:  
1600 Rahway Avenue  
Westfield, NJ 07090

