

# From Our Pastor

This week we celebrate Martin Luther King, Jr. On April 4, 1968, he was assassinated at the Lorraine Motel in Memphis, Tennessee. This (past) Monday, January 15, 2024, would have been his 95th birthday.

He had gone to Memphis to lend support to the city’s striking sanitation workers. He was a man who adopted non-violent methods of civil protest. Martin Luther King, time and time again, demonstrated a focus on peace in the face of violence.

The King Center, developed by King’s family, says the theme for Martin Luther King Day 2024 is "Shifting the Cultural Climate through the Study and Practice of Kingian Nonviolence." It's about using nonviolent solutions to address injustice and violence around the world.

King said: “Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.” At this time in the world, let us celebrate King and be inspired by his vision. Let us pray for peace throughout the world now and forever.

Next Sunday (January 21, 2024) is “Cornerstone Sunday” here at Saint Helen. If you have ever considered a retreat, but have not found the right opportunity, I encourage you to join our 26-hour Cornerstone Retreat. Cornerstone provides the opportunity to reflect and strengthen your faith while meeting other parishioners. This retreat is

perfect for someone who is active in their faith as well as those who may not be. All are truly welcome. The Women’s Retreat is February 23-24, 2024. The Men’s Retreat is: March 8-9, 2024.

We will commission both the Women’s and Men’s Cornerstone Team during the 10:00 AM Mass and, after each of our Masses next weekend, there will be members of the Cornerstone Retreat Teams available to answer your questions and assist you in signing up.

Please consider participating in this years Cornerstone Retreats.

God Bless You All,

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](https://sainthelen.org/more) to learn more about our events and programs!



# What's Happening

**Last Call For Discovering 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](http://sainthelen.org/discover)

**Middle School Retreat**  
**Sunday, January 21, 2024 11:45 AM-5:30 PM**  
Middle School Retreat (grades 5-8) : "Messaging God"  
Join us for food and fun led by our high school Peer Ministry Team. For more information, visit our website and look under middle school or contact [mfusco@sainthelen.org](mailto:mfusco@sainthelen.org) or [pgardner@sainthelen.org](mailto:pgardner@sainthelen.org).

**High School Youth & Game Night**  
Join us for Youth Night/Game Night: Sunday, January 21st from 7 PM-8:30 PM in our gym and youth room. Food! Games and fun! Bring a friend. More info on our website under Youth Ministry. Questions? Email Patti at [pgardner@sainthelen.org](mailto:pgardner@sainthelen.org)

**Young Adult Mass & Social**  
Join us for our next Mass and Social on Sunday, January 28 . We'll begin with Mass at Saint Helen at 6pm and then head over to Paragon Tap & Table in Clark at 7pm for apps, drinks and community.

**January & February Collections**  
We will be collecting toiletries (regular size) during the months of January & February. Suggested items include: Shampoo, Soap, Deodorant, Razors, Shaving lotion, Body lotion, Tissues. Items can be dropped off at the Parish Center anytime or put in the black box at the kitchen door if the center is locked.

**Grief Share at Little Flower**  
Join the Church of the Little Flower on January 24 from 10 am - 12 pm for a morning of grief sharing. Questions, e-mail [bereavement.lf@gmail.com](mailto:bereavement.lf@gmail.com)  
Come to 290 Plainfield Ave., Berkeley Heights Upper Level Albergue Room

# Mass Intentions

**Weekend of January 13/14**  
5:00pm - Joseph & Rosina Ruggiero  
8:00am - Catherine Lybeck  
10:00am - Marie Brunton  
12:00pm - Henry Meacock  
6:00pm - Catterall Family (Deceased)

**Daily Mass Intentions**  
Jan 15 - Chester Kondracki  
Jan 16 - Sally Kerins  
Jan 17 - Roberta Grecco  
Jan 18 - Jane Esnes  
Jan 19 - Wayne Tenneson  
Jan 20 - Dino DePetrìs

**Weekly Mass Association:**  
Patrick McGlynn  
Raymond Gulbin, Jr. (Living)  
Alessandra Vellucci-DeStefano  
Jessica Lutkenhouse  
Mary Costanza  
Maria Giovanna Pelella  
Patricia Hinck

**Sanctuary Candle:**  
Wayne Tenneson



# New Message Series

As we begin this New Year, the Scriptures bring us to the beginning of Mark’s Gospel, as Jesus commences his public ministry. Mark tends to be very direct and to the point. Mark says nothing about Jesus’ birth but jumps right into Jesus’ call, proclamation, teaching and miracles.

Jesus’ first words in Mark’s Gospel speak directly to His Mission: “This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel.” Mark 1:15. Over these next four weeks, we will see Jesus inaugurate his mission, causing all who cross his path to “sit up and take notice.”

And this is only the beginning! All of what we will hear proclaimed, directs and points us not only to the incredible things that have arrived but the even more amazing things that are to come, because of Jesus Christ. As we return to the beginning, we will discover immediately, “You Ain’t Seen Nothing Yet”

Here are simple yet impactful ways you can share this experience with others around you. After all, the teachings of Jesus have always been about sharing and community:

- Sharing our livestream link is an easy way to bring the message of hope and faith right into their homes.
- Help spread the word by sharing our posts about the series on your social media platforms.
- Sometimes, a personal invite is all it takes to encourage someone to step into a faith journey. Invite a friend, a family member, or a colleague to attend the series with you.
- After each message, we often find ourselves reflecting on new insights and ideas. Share these thoughts with others. It can be a great way to start meaningful conversations about faith and personal growth.

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

# MLK Day

D A R K N E S S  
C A N N O T   D R I V E  
O U T   D A R K N E S S;  
*O N L Y   L I G H T   C A N*  
*D O   T H A T.   H A T E*  
C A N N O T   D R I V E  
O U T   H A T E; *O N L Y*  
*L   O   V   E*  
*C A N   D O   T H A T.*