

From Our Pastor

As I announced at all Masses last weekend, the 2024 Annual Appeal has begun! You should have received an invitation in the mail from Cardinal Tobin to consider making a donation to support this year's Annual Appeal.

Your support to the Annual Appeal helps us accomplish across the Archdiocese what we would not be able to do alone.

The Annual Appeal will fund essential programs and ministries at the heart of our Catholic mission in our four counties in the archdiocese.

Your donation is used in four key areas: proclaiming the Gospel, passing on the faith, caring for the poor and vulnerable, forming future priests and supporting retired clergy. For more details on these areas of support, please go to <https://rcan.org/appeal/>.

Our Parish goal is \$161,491.54 There are two financial benefits to our Parish if we achieve this goal. First, if we reach this goal in cash by June 30th, our Parish is eligible for relief on our fiscal obligations to the Archdiocese.

Second, if we go over goal in pledges as of June 30th, we will be eligible for a rebate, which comes back to our Parish, unassessed, to be used at our own discretion.

Please consider taking a step with me on this Stewardship journey by responding to the Archbishop's invitation to support the Appeal,

or you can make your commitment here at Mass on February 10-11, 2024 which will be our In-Pew Weekend. You can also make a gift online by going to rcan.org/sharing.

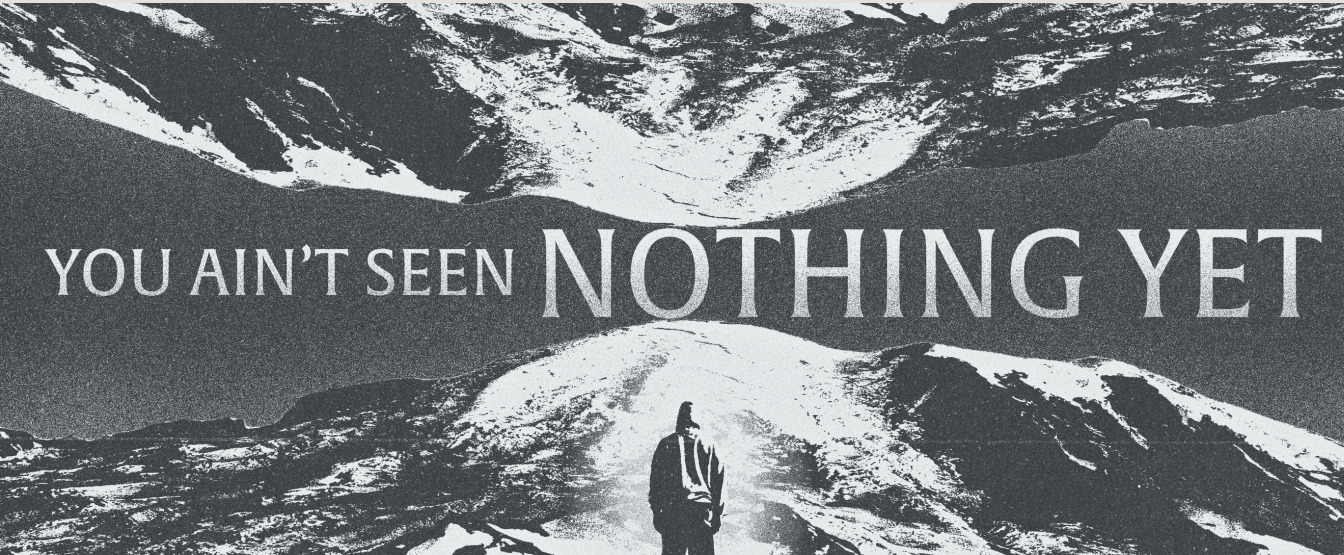
Thank you for your time and consideration. I am grateful for your generosity. You are in my prayers. Please pray for the success of the Annual Appeal.

God Bless You,
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

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 @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 to learn more about our events and programs!

What's Happening

Family Blessing

Friday, February 2 | 5:30pm - 7:00pm

Join us for dinner, fun and an individual family blessing by Msgr. Tom! If you would like to take part in CFC's Traveling prayer Box, please write prayers to express gratitude, requests, concerns and/or dreams to God. As a family, jot them down on a piece of paper and bring them with you on Friday night! BYOB!

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 Come to 290 Plainfield Ave., Berkeley Heights Upper Level Albergue Room

Youth Ministry Summer Service

Our Youth Ministry 2024 Summer Service Trip Information Meeting will be held on Wednesday, January 31st at 7:30 pm in the Gym. We are offering 3 trips this year! For more information, visit sainthelen.org/youth

3rd and 4th Grade Retreat

Journey with friends into lent! Inviting all grade 3 & 4 children to join us for a retreat of friendship, faith and fun. Dinner included! register at <https://my.sainthelen.org/OnlineReg/1916> questions? email Nicole Murphy nmurphy@sainthelen.org

Mass Intentions

Weekend of January 20/21

5:00pm - Robert Baer
8:00am - Jean McManus
10:00am - Vilma & John Federowsky
12:00pm - Edward English
6:00pm - Edmond O'Brien

Daily Mass Intentions

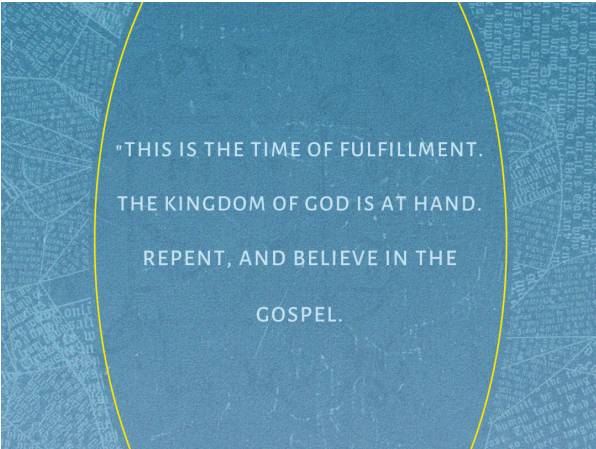
Jan 22- Malcolm Carrie
Jan 23- Tom McCabe
Jan 24- Jack Keough
Jan 25- Kathy Curialle
Jan 26- People of the Parish
Jan 27- Ludmila Murphy

Weekly Mass Association:

Patrick McGlynn
Dionisio Pagarigan
Robert Yuengel
Miriam Murphy
Dorothea Fiedler
John McGovern
Peter Seibel

Sanctuary Candle:

Wayne Tenneson



The Gospel of Life

The Gospel of Life, central to Jesus' message, reveals the dignity of all human life through Christ's Incarnation and birth. Life, a sacred gift from God, is inviolable and united with Christ himself. However, threats like abortion and euthanasia directly assault this sanctity of life, often justified by laws and culture.

We're reminded that each person is made in God's image, reflecting His glory and destined to spend eternity with the Father. Our dignity lies not only in our creation but also in our ultimate destiny with God. By accepting Christ, we start sharing in eternal life, even amidst our sinfulness.

In our modern world, where life's value is often eclipsed, we're called to see life as always good, as demonstrated by Jesus.

Despite suffering and death's mystery, uniting them with Christ's sacrifice gives them redemptive value. In a culture increasingly detached from life's sanctity, we must advocate for life to be respected at every stage, promoting a culture of life over the prevailing culture of death.

As the People of God, we must uphold and protect every human life, seeing in each person the glory of God and an icon of Christ. We are entrusted with the Gospel of Life, called to bring this message to all hearts and societies, celebrating the divine glory in every human being.

In conclusion, as stewards of the Gospel of Life, our mission extends beyond mere words to active engagement in society. We are called to be a beacon of hope, demonstrating through our actions and choices the profound respect for life that Christ teaches. By living out this Gospel, we not only honor the sanctity of every life but also participate in Christ's redeeming work, bringing light to a world in need of His love and truth. Let us embrace this call with courage and joy, fostering a world where every life is valued as a reflection of God's love and eternal plan.

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
- Text GIVE to 908-860-8444
- Mail your contribution to:
1600 Rahway Avenue
Westfield, NJ 07090

