

# From Our Pastor

This January 2024 will commemorate the 40th year our nation has observed the sanctity of human life. Throughout the month of January, we want to pray in a special way for the respect for the dignity of all life. The dignity of life is fundamental in our Catholic social teaching and we must act in every way to foster respect life at all stages and on all levels.

On Saturday, January 13th at 9:45AM we will have a Respect Life Holy Hour. Please join us in praying that all human life is respected from conception natural death. Let us join thousands across the world for a greater respect for all human life.

Our prayer will remind us to thank our Father for the precious gift of life even in the midst of pain and suffering. We will ask our Lord to guide our love for each other and especially the most vulnerable, and help us bear witness to the truth that every life is worth living. Let us pray that we never diminish the value of human life from birth through old age.

If you are looking for an experience to kick-start your year, please join us for Discovering Christ which is part of our ChristLife Series. The program will begin Tuesday January 16, 2024 and runs for six weeks on Tuesday evenings through February 20, 2024 with a Saturday Morning Retreat on February 10, 2024. The evening begins with dinner at 7:00 PM followed by prayer, song, presentation and culminates in discussions with small groups.

Typically, a strong relationship develops in the small groups where participants share their own thoughts and reflections. We often find that the relationships that develop in the small groups are not only sustained but continue to grow and develop. You can find more information at [sainthelen.org/discover](http://sainthelen.org/discover).

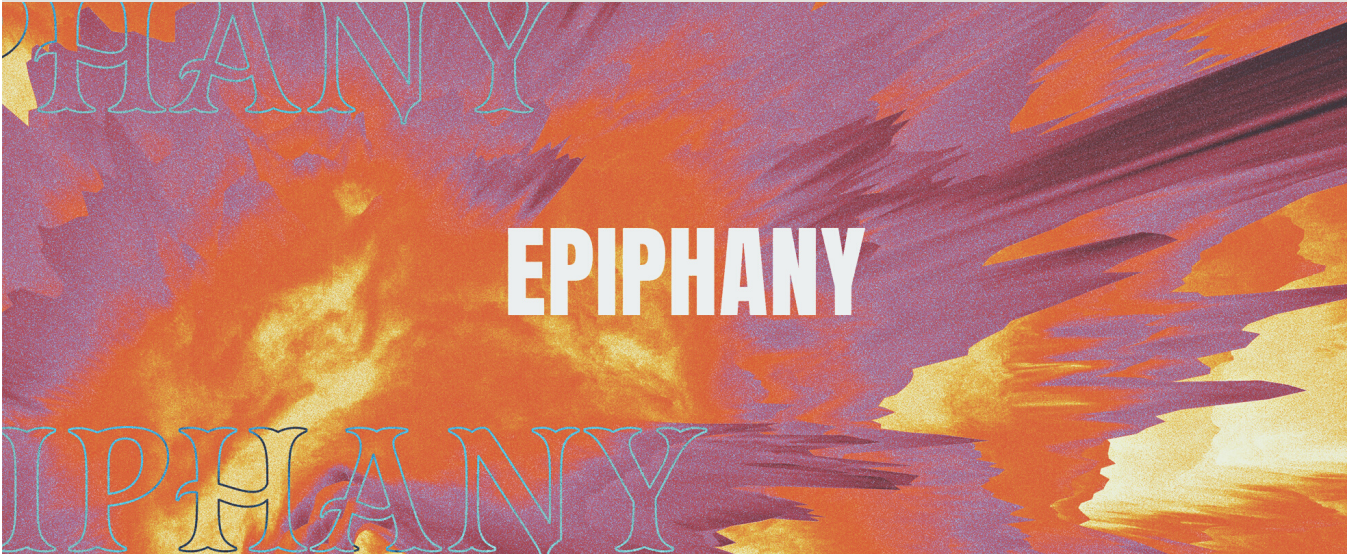
We often seek new beginnings and fresh starts in the new year. This could be a wonderful way to begin your year.

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](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.

## Discovering Christ 2024

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)

## Baptism Family Luncheon

Are you the parent(s) of a baby or toddler? Join us for our next Baptism Family Fellowship Luncheon on Sunday, January 14th from 1:00-2:30pm in Meaney Hall for Food, Fellowship, and Discussion. Hope to see you there! Email Tracey Sowa at [tsowa@sainthelen.org](mailto:tsowa@sainthelen.org) to register.

## 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)

## 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).

## Holy Hour For Life

Please join us in prayer Saturday, Jan. 13, 9:45am for our parish' solemn Holy Hour for Life before the Blessed Sacrament praying for the sacredness of human life and the recognition that God alone is the Lord of Life from its beginning to its end.

# Mass Intentions

## Weekend of January 6/7

5:00pm - Michele Nydegger

8:00am - Anthony Ferino

10:00am - Melanie Aiello

12:00pm - Luis Docabo

6:00pm - Ann Redondo

## Daily Mass Intentions

Jan 8 - Hannah Tisdall

Jan 9 - Mary Ellen Saverino

Jan 10 - People of the Parish

Jan 11 - Emil Amoresano

Jan 12 - Frank Marchitelli

Jan 13 - Eolin Cappicille

## Weekly Mass Association:

William Nobile

Michele Dittillo

Rose M. Polito

Patrick McGlynn

Robert Gomes

Antonina Lo Piccolo

Nicholas Pappas

## Sanctuary Candle:

Dionisio Pagarigan



# Epiphany Reflection

The Epiphany is more than a moment in biblical history; it's a timeless invitation to embark on a journey of discovery and revelation of our Lord. As the Magi followed a star to find the newborn king, they remind us that seeking the divine often begins with a step into the unknown, guided by a glimmer of faith.

This event isn't just an ancient story; it's a narrative that resonates deeply with our human experience. We all have stars we follow to our savior—dreams, aspirations, and deeper yearnings for understanding and connection with God. The Magi's journey symbolizes our quest for truth, meaning, and a deeper encounter with the divine.

The gifts they offered—gold, frankincense, and myrrh—were more than mere tokens. They were expressions of recognition, worship, and prophecy. In our lives, the gifts we bring forth from our journeys aren't physical items but the experiences, lessons, and transformations we undergo as we seek our purpose and place in this world.

The Epiphany teaches us that revelation of Jesus awaits those who seek it. It's a celebration of the light that guides us through our darkest nights and the hope that lies in discovering the One greater than ourselves. It's about recognizing the divine in unexpected places and forms, just as the Magi found the King of Kings in a humble manger.

As we reflect on this feast, let's consider the stars we're following. What are the guiding lights in our lives, and how are they leading us? Are we open to the journey, even when the destination is uncertain?

# 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

