

From Our Pastor

Currently, we have a lot happening at the Parish. Yet there are two opportunities that I'd like to profile this week.

Our Women's Cornerstone Retreat is this upcoming weekend (Friday evening, February 23, 2024 into Saturday, February 24, 2024) and the Men's Cornerstone Retreat will take place Friday evening, March 8, 2024 into Saturday, March 9, 2024. You have probably seen some information on Cornerstone Retreat on the screens, in the bulletin and email blast. I want to be sure you know that it is not too late to sign up.

While the Cornerstone retreat provides an opportunity to focus on your faith development, it has also been a wonderful way for both new parishioners and long-time parishioners to come together to deepen their faith and build a strong relationships. This is where some real grace happens.

This can be a stand-alone weekend retreat as well as a place to develop friendships... friendship with the Lord and each other. During the retreat you will hear about the faith journeys from the team who have been planning the retreat during the past year. It is a very down-to earth atmosphere where you can participate as much or as little as you want. To sign up, check our website or stop by reception in the Parish Center.

Among one of our most longstanding Outreach Programs is our Service Auction,

where parishioners donate personal services or gifts to be auctioned off. The profits from this auction help fund transitional housing for families who are transitioning from homelessness to living independently.

The funds raised are used to support the Saint Helen House in Elizabeth that we have entrusted to the Elizabeth Coalition to House the Homeless to support homes for low-income individuals trying to get "back on their feet".

You can play a role by either donating a gift (that is either tangible or expertise-based) that can be auctioned off, by making a donation so that we can purchase prizes, and/or by attending the auction to bid on some of the gifts that have been donated.

The Auction which will be held on Saturday night, April 13, 2024 will be held in our Meaney Parish Center.

These are two opportunities, among the many others here at Saint Helen, to truly enter Lent and make it the best ever.

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

 /sthelenwestfield

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 Parish Community of Saint Helen

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 @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

Vacation Bible School

June 24-28, 2024 | 9:00am - 12:00pm

Join us this summer for Vacation Bible School! Children entering grades K-5th will have a "splash"-making new friends, participating in service, doing crafts, playing games, and eating yummy snacks! Youth and Adult Volunteers Needed!!! Email Tracey Sowa at tsowa@sainthelen.org with questions.

Lent Small Groups

Embark on a Lenten quest with our Saint Helen family. Together we'll explore 'Made for Heaven: A Guided Lent Journal for Prayer and Meditation' by the inspiring Fr. Agustino Torres, CFR. Learn more and sign up at sainthelen.org/lenten-small-groups

Sister Pat’s Kids Camp 50/50

Please support Sr. Pat's Kids Camp for children with cancer and other blood disorders! You can buy a 50/50 raffle ticket to help us fund camp. Tickets will be on sale from 2/3 to 3/10/24. Drawing is 3/17/24 after the 12pm mass. Thank you!

Sophomore Retreat

Join us on Saturday, March 2 at 10:30 AM-Sunday, March 3, 10:30 AM for a 24 hour over night retreat experience! For more information and registration link, please visit sainthelen.org/youth.

The Cameos Concert

SAVE THE DATE: May 11, 2024

Saint Helen presents New Jersey's premier 50's-60's doo-wop group "The Cameo's". Tickets on sale online at sainthelen.org/cameos, in-person February 20 at 10:30am at the parish office.

Men’s Prayer Breakfast

Are you an early riser in need of a Spiritual boost? Then this is for you. All are welcome to join us Wednesday mornings for an hour of prayer and reflection this Lenten season. Start a new journey to Easter with the Men of the Parish at 6:00am in Meaney Hall Room 102.

Mass Intentions

Weekend of February 17/18

5:00pm - Dorothy Chesnok
8:00am - Jessica Lutkenhouse
10:00am - Jeanne Duffy
12:00pm - Hugh Gleason
6:00pm - Lucy Walsh

Daily Mass Intentions

Feb 19- People of the Parish
Feb 20- The Buoscio Family (Living & Deceased)
Feb 21- Michael Pisarchik
Feb 22- John Ganey
Feb 23- Paul Martin
Feb 24- John Ganey

Weekly Mass Association:

Theresa Trotta
Annabelle Boehm
Deacon Cyril J. Massar
Lisa C. Ferry
MaryJane Stiles
Michael Anthony Garone. Jr.
Fr. Alex Pinto

Sanctuary Candle:

Mae & Frank Schifando

Young Adult Social

Those who are in their 20s and 30s, join us for our next Mass and Social on Sunday, February 25. 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. This is more than just a group; it's an opportunity to be part of a community that values your perspective and journey.

Stewardship Spotlight

Lenten Focus

Lent is a time and opportunity to focus on our relationship with God. The traditional disciplines of Lent – prayer, fasting, and almsgiving – also align with the stewardship message of living a life of gratitude and generosity.

Through prayer and reflection we may learn what in our lives we can diminish or even rid ourselves of that which pulls us away from God. We can then find space to embrace those things that bring us closer to Him. Our life becomes less about ourselves and more about living like Jesus – for others.

The familiar stewardship trio – time, talent, and treasure – can inform our focus and prayers.

We may use Lent to reframe our time. We can adjust our family’s schedule, creating one that is simpler, and shifting to what truly matters, and brings us closer to God. We may find time for daily reflection, Scripture reading, prayers, and family conversations.

To be a Christian steward includes having compassion towards others, especially the most vulnerable. We can be Christ-like by providing our expertise to help others, perhaps in a way that we have been “meaning to do” for a while. Saint Helen’s Goods & Services auction, benefitting the Elizabeth Coalition to House the Homeless, provides a very tangible way to commit now to share expertise or experience.

Taking stewardship to heart, we can see our possessions, including money, in a new way – through a lens of what we truly need, rather than

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

Lenten Collections

To support our alms giving this Lent, our Parish will be collecting items needed by those less fortunate. Each week we will post a suggested item. They can be dropped off at the Church or Parish Center. Should the Center be locked, please use the black box by the kitchen door.

We will be collecting laundry detergents from Feb. 14th to the 21st

what we want. We may reflect on, “What do we own...and what owns us,” and perhaps make a change.

Overall, Lent’s message of reflection and repentance provides an opportunity to consider the ways in which we steward our limited time, our gifts and graces, and our money and possessions, out of reverence and love for God and for neighbor.