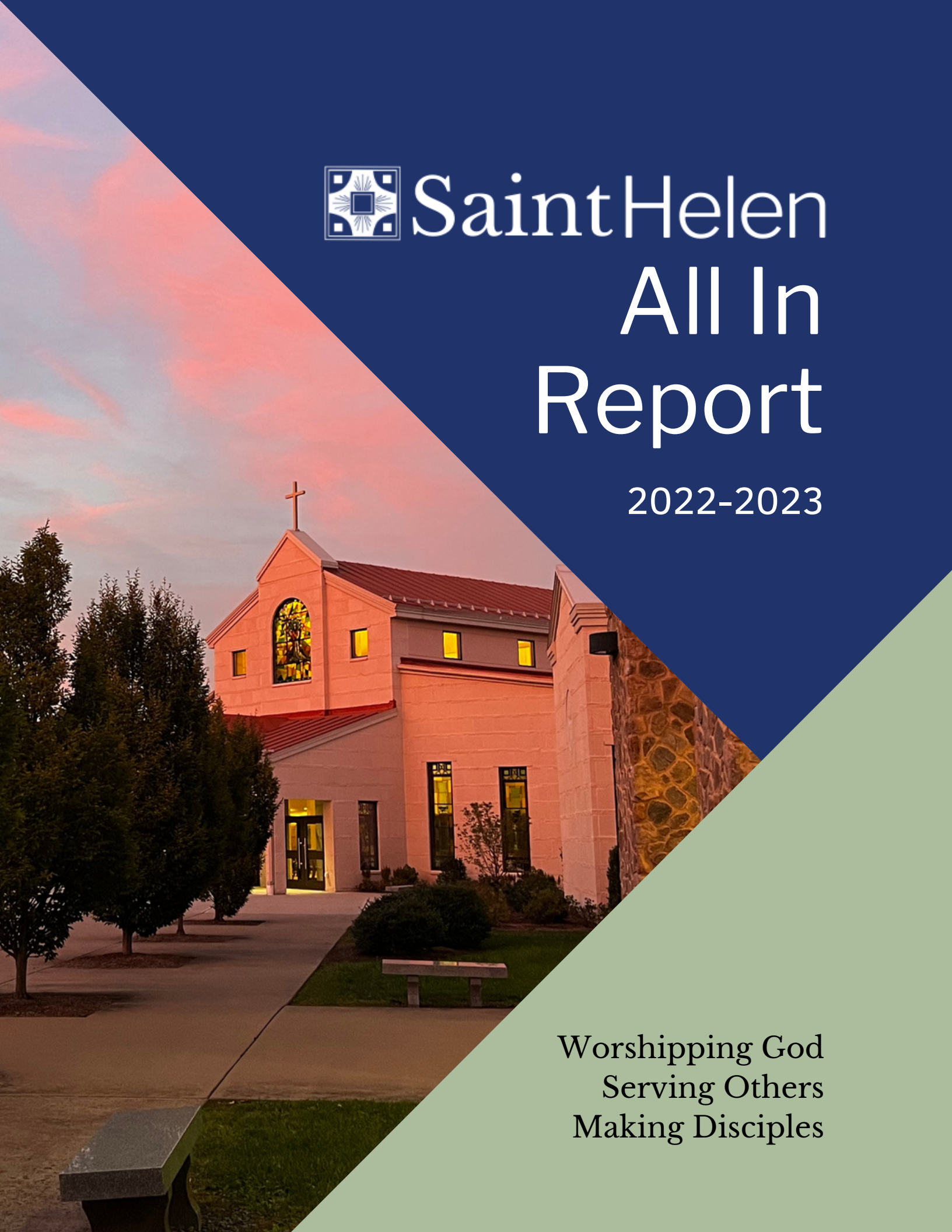




# Saint Helen All In Report

2022-2023



Worshipping God  
Serving Others  
Making Disciples

# 01 From our Pastor

Dear Parishioners of Saint Helen,

At Saint Helen we are blessed with abundance in so many ways. We are a thriving parish by so many measures: beautiful worship space; dynamic and well-attended liturgies; hundreds of parishioners engaged in ministries; broad and impactful outreach to the community. In the following pages, I share a detailed summary “by the numbers” of how we are doing as a parish family. With deepest gratitude, I extend my thanks to all of you for journeying together and for helping to make Saint Helen a parish where God’s presence is known, celebrated and shared, both here and beyond.

The theme of our Annual Report – “All In” – provides a direct way for us to examine, collectively and individually, how we are doing. Reading through these pages makes each of us proud, informing us about ministries, activities, and outreach. To someone outside of our parish, the energy and joy of our community is so evident! While we have much to celebrate, we must continue to ask ourselves if we can do more.

***Consider how you might continue to grow in your faith!***

In June, the summary of the report on the Synod was presented by representatives of the Archdiocese in various gatherings. At Saint Helen, we were encouraged to see how positively we measure up and how thoughtful our planning process as a parish has been over the years. Yet we, like other parishes, must think ahead about the future of the Church and of Saint Helen. Our Sacramental summary - including 124 Baptisms, 138 Confirmations, and 151 First Communicants – gives us cause for great hope. It is our challenge to welcome more young couples to receive the Sacrament of Matrimony in the Church, to engage them in parish life, and to inspire and encourage their desire to raise faithful families. ***Invite someone to join you at Mass!***

Our technology increased exponentially with the onset of the pandemic. It remains a tool to support those who desire to worship – both near and far – but may be unable to attend Mass in person. Our YouTube feeds had over 93,000 views. Our live online presence is also strong with over 50 viewers for our daily Mass (this is in addition to 65+ who attend in person). ***Connect a neighbor or relative who is homebound to our on-line presence!***

# From Our Pastor 01

At the heart of our communal worship, we celebrate through a dynamic liturgy. Our musicians, singers, Festival Chorale, and children's Hummingbirds Choir devote their time to rehearsals and their joyful spirit to liturgy. Other liturgical ministers, particularly Lectors, Eucharistic Ministers, Altar Servers, Media Ministers, Wedding Ministry, Funeral Ministry, and Ministers of Hospitality are trained and supported in intentional ways by our parish staff and volunteers contribute to the worship experience for everyone. Monthly Eucharistic Adoration, Kids Corner, Children's Liturgy of the Word for Grade Schoolers and Middle Schoolers, Corpus Christi Procession, and many more expressions of our faith detailed in this report, offer so many opportunities for us to worship God, together, and to lift our spirits in praise and thanksgiving. ***Come to a new activity, even once, or speak to us about exploring a ministry or program!***

It is often said, "there is something for everyone" at Saint Helen. One might point to the enthusiasm of our Peer Ministers, the focus of Women's Day of Reflection participants, Adult Formation (ChristLife, Cornerstone, Called & Gifted), Baptismal Ministry, Catholic Families Connect, Elementary Families Together, Young Adult Ministry, and faithful Small Group members of all ages. Or we could also highlight new initiatives such as the Gardening Ministry, Saint Helen Voices, or the Mental Health Ministry, to know that the Spirit is alive and well at Saint Helen, igniting passion to explore one's gifts and charisms for ourselves and for others. ***Reflect on your own interests or gifts...that persistent idea or interest that God is calling you to explore.***

We are called forth, individually and as a parish community, to serve others through our time, our talent, and our treasure. This is demonstrated by the activities I have described above, but also with our engagement in the community, such as through our Soup Kitchen, Annual Blood Drive, Care Ministry, 4Cs, Helping Hands and Hearts, Peace and Justice, Respect Life Ministry, Prayer Shawl Ministry for the sick and elderly, Sister Pat's Kids Camp, St. Joseph Social Service agency, Thanksgiving baskets, and Christmas gifts. When we consider and meet the needs of others, we are Christ to them. ***Consider joining in an activity as a family to serve another family, together.***

Our annual report also includes our financial summary for Fiscal Year Ending June 30, 2023. It features the financial generosity of our parishioners, highlights our commitment to outreach, and telegraphs anticipated challenges that we must plan

# 01 From our Pastor

for appropriately. In this Archdiocesan-required format, our income statement shows a deficit of \$204,228 from operations. Our parish was blessed to be the beneficiary of several bequests from generous parishioners which offset this deficit.

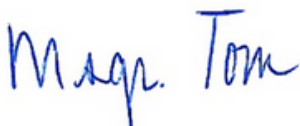
The documented deficit is due to three categories of expenses: a growth in charitable assistance provided to others (which increased post-pandemic due to the elimination of pandemic government support), a 12% increase in utilities (which we anticipate will continue its upward trend annually), and a 32% increase in insurance (which we also anticipate will increase annually). The increase noted in our “miscellaneous expenses” category is due to a reclassification of expenses, required by a new accounting system, and previously distributed across a variety of budget lines.

I am so grateful to all of you who so generously support our weekly collections. I am astounded by the generous bequests of deceased parishioners who, through their stewardship, continue to care for us as a parish family. But bequests are unpredictable and not always possible to be used for our operating budget. Knowing that every family, for many different reasons, goes through changes in their own finances and responsibilities, I invite each family to look at their financial support of Saint Helen and reflect:

- If you have never given, or give only occasionally, please consider increasing your consistency, and also consider signing up for our recurring gift option on-line.
- If you contribute consistently, but perhaps have not reviewed your support in a while, we would be grateful if you would take the time to consider if you can make an adjustment to do more, through your envelopes or online giving.
- If you are already providing support that has stretched or extended your resources, we sincerely thank you.

In all ways, at all times, God asks us to look within and bring the abundance of His blessings to the forefront of our lives with Him and with each other.

Sincerely Yours in Christ,



Msgr. Thomas P. Nydegger  
Pastor

# Our Year In Numbers 02

Our community celebrated 124 baptisms, celebrating the start of spiritual journeys for our youngest members. In a testament to growing faith, 151 children received Jesus for the first time in Holy Communion, 138 youths affirmed their commitment to the church through Confirmation, and our OCIA participants completed their faith journey towards full communion with the Church. We honored the lives of 80 departed souls through funerals, providing solace and prayers for grieving families.



## IN PRESENTING OUR ACTIVITY WE SEE DISCIPLES, NOT DATA.



Our parish's live streams significantly extended our reach, appearing over 1.1 million times in YouTube feeds around the globe, reaching individuals in their YouTube feeds and drawing a remarkable 93,000+ views. A total of 17,600+ hours were spent in virtual worship by individuals from 20 countries, including the Philippines, Canada, the United Kingdom, India, Singapore, Australia, Malaysia, and South Korea, among others.

Our online presence is strong, with an average of over 75 viewers joining each Sunday service and over 50 daily Mass viewers, underscoring our parish's commitment to making worship accessible to all, near and far.

# 03 Worshipping God



We began the Liturgical Year with an Advent Wreath Making event, inviting families to prepare for the season of anticipation. Our Saint Helen choir joined forces with Immaculate Heart of Mary in Scotch Plains for a joyous Christmas Concert. The soulful Evening of Musical Reflection, along with the Divine Mercy celebration, brought us closer to the heart of worship. Our commitment to communal prayer was evident in our monthly Adoration gatherings, leading up to the profound All Souls Mass.

**"GOD IS SPIRIT, AND THOSE WHO WORSHIP HIM MUST WORSHIP IN THE SPIRIT AND TRUTH." - JOHN 4:24**

Saint Helen's commitment to nurturing the faith of our youngest members has been evident through our Children's Liturgy of the Word and Kids Corner programs, both of which have seen a surge in participation, highlighting the thirst for spiritual formation within our youngest parishioners. Children's Liturgy of the Word for Middle Schoolers called GAIM (**Gospel Alive In Me**) Time was introduced, providing a unique space for youth engagement. These initiatives have provided a foundation for lifelong worship and discipleship, tailored to the understanding and hearts of our children.



# Worshipping God 03

The Corpus Christi Procession followed by the three-part series called Presence, allowed us to publicly declare our faith. The young voices in our community were heard during the Children's Stations of the Cross on Good Friday. To support ongoing faith development, The Ministry Day of Reflection with Tom Kendzia inspired our ministry leaders, while the Graduation Prayer Service offered blessings for our seniors stepping into new chapters of their lives.



## **THE PARISH IS WHERE THE CHURCH LIVES, AND STEWARDS ARE THE LIFEBLOOD OF A SUCCESSFUL PARISH.**



At Saint Helen, our adults and High School Peer Ministers serve with enthusiasm as Lectors, Eucharistic Ministers, Media Ministers, and Hospitality Ministers, infusing our liturgies with their dynamic spirit and warm welcome. Their smiles and open arms transform our services from routine worship into a nurturing home for fellowship and spiritual enrichment, solidifying Saint Helen as a true sanctuary for all. The Message Series Team supports the pastor in developing engaging themes for the liturgical year. Over 300 volunteer ministers serve our community on Sundays.

# 04 Serving Others



Service is the heartbeat of Saint Helen, with numerous initiatives reflecting our commitment to the Gospel call of charity. Saint Helen Voices launched, an outreach choir bringing joy through song, while the Service Auction's return marked a reinvigoration of community support for the homeless transitioning to new homes. The tremendous generosity of our parishioners was seen in our holiday food and gift collections, with over 400 Thanksgiving dinners provided and 2,000 gifts purchased.

**"IF I, THEREFORE, THE MASTER AND TEACHER, HAVE WASHED YOUR FEET, YOU OUGHT TO WASH ONE ANOTHER'S FEET. I HAVE GIVEN YOU A MODEL TO FOLLOW, SO THAT AS I HAVE DONE FOR YOU, YOU SHOULD ALSO DO."- JOHN 13:14-15**

The Mental Health Ministry was launched, offering vital support and resources. The Parish celebrated World Day for Consecrated Life, hosting an event that underscored our connection to the broader Church. Our Soup Kitchen service has become a beacon of hope for many, as has the Prayer Shawl Ministry for the sick and elderly. The Annual Blood Drive was a testament to the life-saving spirit of our parishioners.





# Serving Others 04

Sister Pat's Kids Camp's engaged 40 campers and 100 volunteers and highlighted the impact of our collective efforts. Food pantry collections remained a cornerstone of our service, while our Adult Volunteers, along with our teens, served at the Food Bank, St. Joseph's Social Service, Mercy House, and other areas showing the energetic compassion of our community. On the family front, initiatives like supporting Hurricane Fiona victims and Respect Life collections exemplified our outreach.



**"AMEN, I SAY TO YOU, WHAT YOU DID NOT DO FOR ONE OF THESE LEAST ONES, YOU DID NOT DO FOR ME."  
- MATTHEW 25:45**



Over 100 shopping carts were provided to aid families from the soup kitchen by our Peers Ministers initiative, and the prayer garden created by one of our Eagle Scouts is a symbol of tranquility and devotion. Finally, the 4C's (Christ-Centered Crochet Club) Ministry and CFC (Catholic Families Connect) Used Book Drive to benefit Catholic Relief Services underscored our youth's commitment to serving beyond our doors.

# 05 Making Disciples



Our journey of discipleship has been robust and diverse, with programs for all ages. Adults delved into faith through the Growing in Faith Catechism study, Called and Gifted, and the Christlife Series. Small Groups support members on their faith walk. Our Spiritual Directors guide individuals to finding God in all things. Advent and Lent provided the backdrop for small groups and men's prayer breakfasts.

**"IF YOU REMAIN IN MY WORD, YOU WILL TRULY BE MY DISCIPLES, AND YOU WILL KNOW THE TRUTH, AND THE TRUTH WILL SET YOU FREE." - JOHN 8:31-32**

The Cornerstone Retreats were highlights of our adult faith formation. Lenten and Advent Mornings out with God, the Women's Day of Reflection, and the summer Manresa Retreat allowed deep spiritual growth. The Luke Live Mission offered a unique scriptural experience, while Breakfast with Santa and the Easter Egg Hunt fostered community spirit.



# Making Disciples 05

Taking a lesson from Jesus, we recognize the importance of taking time away from the business of life to grow as a disciple and pray. Our young parishioners in grades 1 to 5 found Vacation Bible School to be a “stellar” week. Our 2nd graders enjoyed the Blessing Cup retreat. Throughout the year there were retreat opportunities for middle school students, freshmen, sophomores, juniors and seniors, college students and adults. Adoration gave us the opportunity to pray for our parish and ask the Holy Spirit to continue to guide us in our parish mission.



**"AND WHEN HE HAD TAKEN LEAVE OF THEM, HE WENT OFF TO THE MOUNTAIN TO PRAY." MK 6:46**



We enjoyed family time during the Outdoor Movie Night. Our teens engaged monthly with Youth Nights. All of these efforts, from the Jersey Tenors Concert and the trip to see Moses in Lancaster, to the Young Adult Socials and Catholic Families Connect allow us to gather as a community. Our diverse and dynamic parish life sends us forth on a mission, reaching beyond ourselves to spread love and compassion. This communal journey, inspired by the Holy Spirit, calls us to actively seek the good of others, turning our parish into a beacon of hope and a source of renewed evangelization.

# 06 Financial Statement

## ST. HELEN CHURCH FINANCIAL SUMMARY

FOR THE FISCAL YEARS ENDED JUNE 30, 2023 AND JUNE 30, 2022

### REVENUES

	June 30, 2023	June 30, 2022
SUNDAY COLLECTIONS	1,438,731	1,403,087
RESTRICTED INCOME	401,697	365,631
RELIGIOUS EDUCATION PROGRAM REVENUES	247,034	204,730
CHRISTMAS COLLECTIONS	134,676	131,094
MISCELLANEOUS REVENUES	84,859	64,091
EASTER COLLECTIONS	82,677	80,735
INTEREST INCOME	24,701	13,483
BAPTISM, WEDDING, AND FUNERAL FEES	6,785	12,565
<b>TOTAL REVENUES</b>	<b>2,421,160</b>	<b>2,275,416</b>

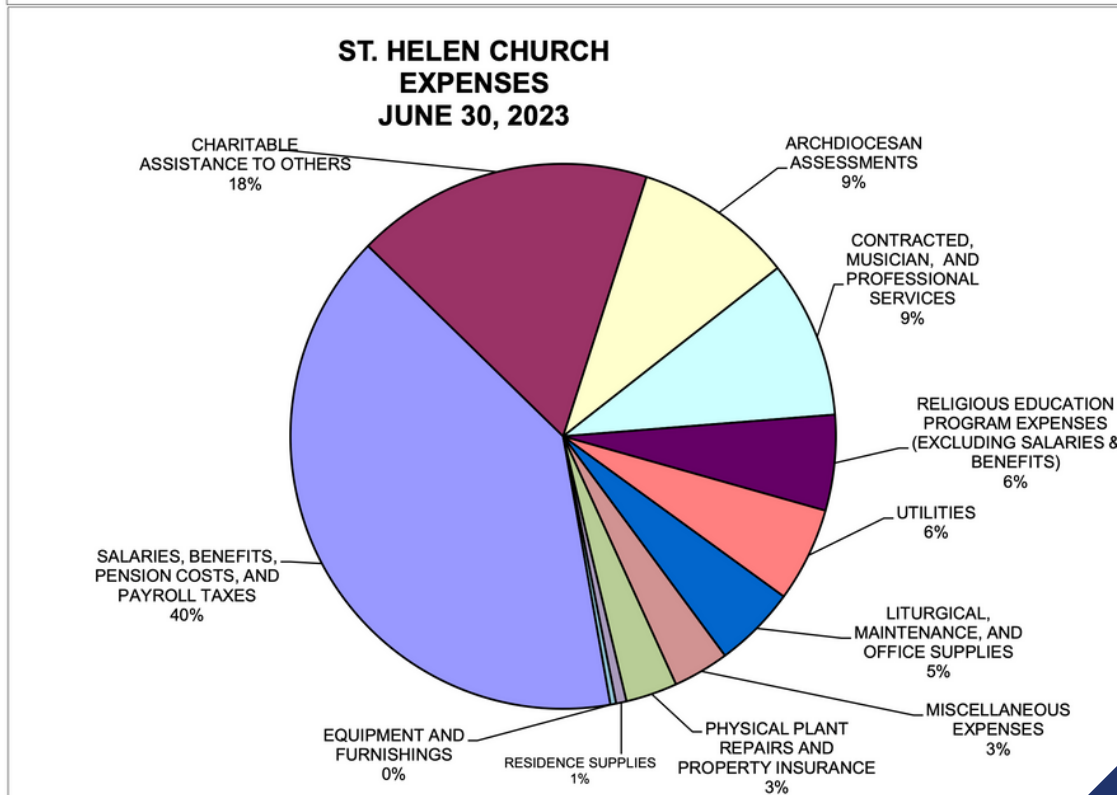
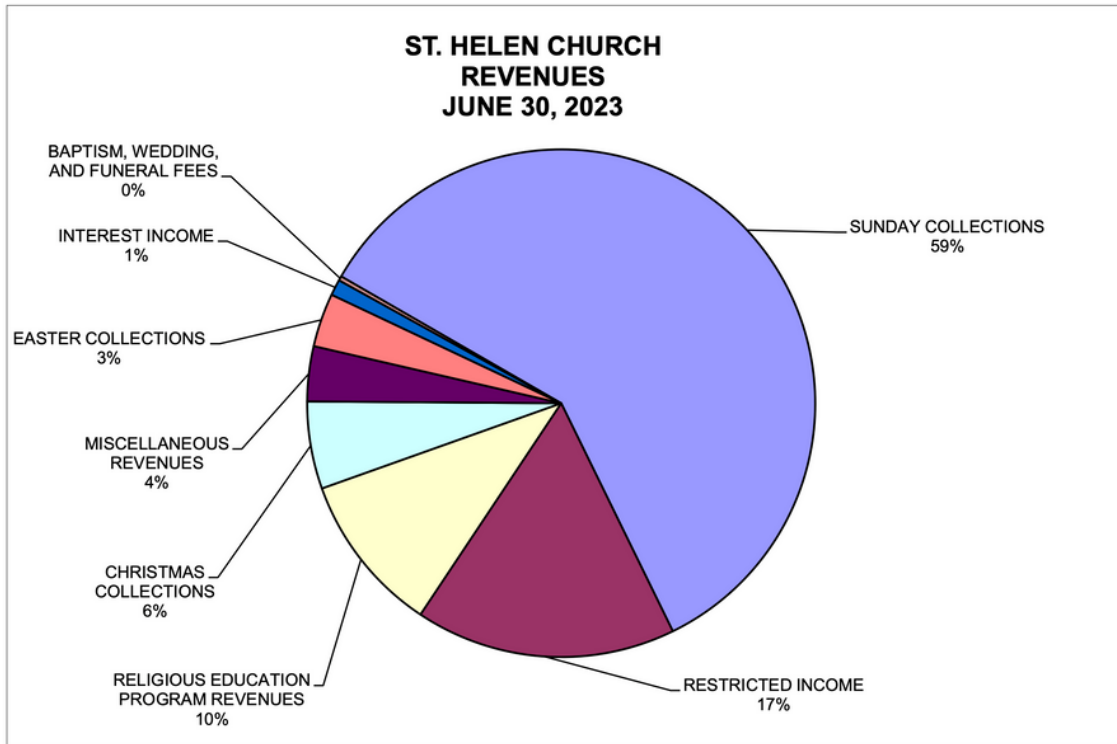
### EXPENSES

SALARIES, BENEFITS, PENSION COSTS, AND PAYROLL TAXES	1,052,578	998,024
CHARITABLE ASSISTANCE TO OTHERS	462,984	302,843
ARCHDIOCESAN ASSESSMENTS	248,218	246,556
CONTRACTED, MUSICIAN, AND PROFESSIONAL SERVICES	244,842	241,824
RELIGIOUS EDUCATION PROGRAM EXPENSES (EXCLUDING SALARIES & BENEFITS)	148,824	104,690
UTILITIES	147,199	132,538
LITURGICAL, MAINTENANCE, AND OFFICE SUPPLIES	128,162	197,107
MISCELLANEOUS EXPENSES	87,236	3,794
PHYSICAL PLANT REPAIRS AND PROPERTY INSURANCE	80,301	70,361
RESIDENCE SUPPLIES	16,231	14,566
EQUIPMENT AND FURNISHINGS	8,813	9,182
<b>TOTAL EXPENSES</b>	<b>2,625,388</b>	<b>2,321,485</b>

***(DEFICIT) FROM OPERATIONS***      ***(204,228)***      ***(46,069)***

NOTE: This financial summary does **NOT** include extraordinary and non-recurring items including some restricted donations, capital improvement expenses, and other one-time revenues and expenses. This summary is intended to reflect the results of operations only.

# Financial Statement 06



# 07 In Conclusion

Thank you for taking the time to review this report!

The Holy Spirit has been moving hearts in a special way this past year. Let us continue to journey together as the vibrant community of Saint Helen!

*Msgr. Tom*



**"PRAISE THE LORD! GIVE THANKS TO THE LORD,  
BECAUSE HE IS GOOD; HIS LOVE IS ETERNAL."  
PSALM 106:1**





[sainthelen.org](http://sainthelen.org)