

From Our Pastor

We are already into the second week of Lent. While the three pillars of Lent - Prayer, Fasting and Almsgiving are our guideposts during this 40-day journey, prayer holds a very special place as we repent and seek renewal. It was almost exactly one year ago that we were looking forward to a pilgrimage to the Holy Land at this time.

Unfortunately, the tragic events of October 7, 2023 and ongoing violence forced a postponement. We cannot underestimate the gravity of the situation in the Holy Land.

Hope is needed more than ever. While the attacks and counter attacks happened on October 7, 2023, causing so many deaths and losses, there have been and are so many catastrophic consequences.

It is not enough to say our hearts are broken by the suffering we are witnessing. The anguish is unthinkable. Let us hope and pray for an end to the violence, not only in the Holy Land but in Ukraine and other areas in conflict throughout the world.

Let us pray that the leadership of these countries be lead to and come to peaceful resolutions as quickly as possible. Let our prayers be a source of strength and hope. Prayer is something we can do every day. Here is a prayer that I found to be fitting for this time:

God of hope, we turn to You amid this turmoil, seeking the hope, joy, and peace the Holy Spirt can provide. Your Word reminds us that You will wipe away every tear and put an end to all sorrow and pain. We pray that, even in the midst of uncertainty, hope shines brightly in the hearts of all affected by this crisis, through Christ, our Lord. Amen.

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

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 Parish Community of Saint Helen

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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.

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/comeos, 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.

Young Adult Mass & 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.

Mass Intentions

Weekend of February 24/25

5:00pm - Joseph Lorenzo, Sr.

8:00am - Patrick McGlynn

10:00am - Peter Yarem

12:00pm - Nova Boyle

6:00pm - Patrick McGlynn

Daily Mass Intentions

Feb 26 - People of the Parish

Feb 27 - Roma Sassara-Sims

Feb 28- Mary Jane Foley

Feb 29- Ralph Ragozza

Mar 1- Lee Messina

Mar 2 - Gemma Cicchino

Weekly Mass Association:

Jan Stofan

Susan Elizabeth Fillian

Mary S. Petrozziello

Catherine DeLazaro

Linda Pliaconis

John Fraser

Carl Crennel

Sanctuary Candle:

Patrick Sano

Lenten Almsgiving

To support our alms giving this Lent, our Parish will be collecting items needed by those less fortunate. 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

Stewardship Spotlight

With God All Things are Possible

Rosalie Intartaglia approaches life with her arms wide open – open to possibilities, embracing challenges, eager to serve. The abundance of her enthusiasm reflects the boundless blessings of God. Her stewardship is rooted in gratitude for life, family, and faith.

Rosalie’s firm foundation comes from growing up in a loving home where faith and family came first. Her parents merged the values of their Catholic faith, family, and a deep love for one another while living a life of service, gratitude, and joy. Their family saying is “With God all things are possible.”

Her mother taught CCD and instilled in Rosalie a love of teaching, which she fulfills now as an advanced mathematics teacher. Her father was president of the parish council and a corporate executive who modeled the human approach to business coupled with an unparalleled work ethic that characterized Rosalie’s success in heading up the IT department of a software development firm within the financial industry. She has a degree in Computer Science, a master’s in finance, and certifications in teaching, supervision, and school administration.

“Every experience I’ve had, good and bad, has brought me closer to God. I model my life after Christ, because I have such great examples in my parents, my husband, and his parents,” explains Rosalie.

When she joined the parish, she felt it was home. “I always felt the tugging at my heart to be more and do more for the Church. People talked about their relationship with Jesus, and I wanted that too. Then, I met Father Michael. For the first time I understood how the whole world was transformed by one man.”

Ways To Give

- Online at sainthelen.org/give
- Text GIVE to 908-860-8444
- Mail your contribution to:
1600 Rahway Avenue
Westfield, NJ 07090

Rosalie transitioned from asking, “what can I do?” to the outward expression, “what can I do to serve others?” Kathy Dulan, former religious education director inspired Rosalie to teach CCD for many years at grades associated with her children Olivia and Dominick. She also became an Extraordinary Minister of Holy Communion.

During the COVID shutdown she and her husband Steve practiced the ritual of driving to the Saint Helen parking lot and watching the livestreamed Mass from their car.

She was shaken when Bishop Michael left, yet Monsignor Tom’s appointment as pastor really transformed her and gave her new purpose. His leadership inspired her to assume an attitude of, “put me in coach.” Through watching (and rewatching many times) “The Chosen”, she developed a completely different and real relationship with Jesus. She now sees the apostles as human characters: young, charismatic, diverse and is compelled to discover more about the gospels.

Today, Rosalie “loves learning about Christ and I’m totally hooked now. I strive to serve others and be a lifelong learner of our faith. If we be who God meant us to be, we will set the world on fire. I love my life. I love this parish. I’m so grateful for each day, each person, each encounter. I want to serve God any way I can.”