

From Our Pastor

We have two wonderful saints to celebrate this week: Saint Patrick and Saint Joseph. With the celebration of St. Patrick, the patron saint of Ireland, on Sunday, March 17, 2024, we acknowledge and celebrate a great saint along with our Irish culture. We know that St. Patrick became a devout Christian during his six-year enslavement in Ireland and that he escaped later in life as a missionary.

Have I ever mentioned that my mom was Irish? Well, she was so very Irish! We had a wonderful family tradition of always watching the St. Patrick’s Day parade on March 17th. She also always insisted that I wear a shamrock pin on my Catholic school uniform every year...and even to this day. I was reminded of this recently when one of our staff members gave me a lovely shamrock plant for my office.

To my great surprise I learned that shamrock plants have a unique ability to close their leaves at night and open them again in the morning. It is believed that St. Patrick used the leaves on the shamrock to explain the Holy Trinity. This is a beautiful image indeed.

With the celebration of Saint Joseph on Tuesday, March 19, 2024, we acknowledge and celebrate the Spouse of the Blessed Virgin Mary, as the Solemnity is entitled. Of course, we know that St. Joseph was also the foster father of Jesus. Back on November 13, 1962 Pope John XXIII had inserted the name of St. Joseph in the first Eucharistic Prayer,

the Roman Canon. On May 1, 2013, the Memorial of Saint Joseph the Worker, Pope Francis officially decreed that the name of Saint Joseph also be added to Eucharistic Prayers II, III and IV, initially carried forward by Pope Benedict and confirmed by Pope Francis.

St. Joseph is the patron saint of the Universal Church. Pope Francis proclaimed the “Year of St. Joseph” beginning on December 8, 2020 through December 8, 2021. The pope wanted this yearlong celebration to be a “global call for solidarity and a renewed way of being a family in the post-pandemic world.”

St. Joseph’s Day was celebrated in a special way when I was in the seminary with the Saint Joseph Table, where a great table of bread and pastries were set out all day to be enjoyed. The dessert I think of most often on the Table is a zeppole.

So, this week, whether you enjoy Irish soda bread or zeppole and the like, or both, let’s celebrate these saints with great joy in our hearts and some delicious food, even as we continue our Lenten observances.

God Bless You All,
Msgr. Tom



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 to learn more about our events and programs!

What's Happening

Holy Week & Easter Schedule

Sunday, March 24, Palm Sunday:

5pm Vigil | 8am | 10am* | 12pm | 6pm |
7:10pm Adoration

*Kids Corner will be open. No Children’s Liturgy of the Word.

Thursday, March 28, Holy Thursday:

9am Morning Prayer | 7pm Mass of the Lord's Supper
Night prayer at 11:45pm in the chapel of repose
Chapel of repose is open until midnight for private prayer

Friday, March 29, Good Friday

9am Morning Prayer | 12pm Children’s Stations* |
3pm Celebration of the Lord’s Passion

*Outside weather permitting

Saturday, March 30, Holy Saturday

9am Morning Prayer |
8pm Easter Vigil in the Holy Night

Sunday, March 31, Easter Sunday

6:30am Sunrise Mass (Begins Outside) |
8am | 10am* | 12pm*

No 6pm Mass. No Children’s Liturgy of the Word or Kids
Corner. *10am & 12pm will be streamed across campus

Children’s Stations of the Cross

Please join us for the Children's Stations of the Cross
on Good Friday, March 29 at 12 noon. We begin at the
main doors of the Church. Weather permitting, we will
walk the Stations outside in the main lot. If raining, we
will be inside the Church.

Lenten Fish Fry

Friday, March 22 | 5:00-8:30pm in the Gym

Join us for our Knights of Columbus Lenten Fish Fry.
Enjoy fish, fries, coleslaw, and more for \$25/adults,
\$20/18 & under. Proceeds support future priests and
those in religious life. Dine in/takeout available. RSVP
at WestfieldKnights.org or call 908-594-4167.

Divine Mercy

Explore the profound gift of Jesus's Divine Mercy in
Lent's final weeks. Discover the Devotion, Chaplet,
Divine Mercy Sunday, and Novena. Pamphlets are
available outside the chapel. Learn more at
sainthelen.org/divinemercy.

Mass Intentions

Weekend of March 16/17

5:00pm - Pedro Ferreira
8:00am - John & Ellen Quinlan
10:00am - McEnerney & Clyne Families
12:00pm - Vincent DePaul Gilligan,Jr. & Henry
Meacock
6:00pm - Jack McDermott

Daily Mass Intentions

Mar 18 - Michael & Joseph Simeone
Mar 19 - Bishop Patrick Ahern
Mar 20 - Edward Martucci
Mar 21 - Jeffrey Hamilton (Deceased)
Mar 22 - Cathy & Cyril Pretti
Mar 23 - Frances & Michael Moraghan

Weekly Mass Association:

Marguerite "Peggy" Conlon
James Cunha
Debra Marcin
Ronald Kelber
Gloria Florek
Angela Murphy
Paul Salaycik

Sanctuary Candle:

James Cunha

Family Easter Egg Hunt

Saturday March 30 | 11:00am

Join Us for our Saint Helen Easter Egg Hunt,
Continental Breakfast and Family Photos with
the Easter Bunny! We will provide you with a bag
to collect your eggs. Please register at
sainthelen.org/family

Women's Retreat

Saturday, April 6, 2024 | 9am-3pm

Our retreat theme will be "We Are Easter People,
Alleluia Is Our Song". Cost is \$30 and incudes a
light breakfast. The retreat will run from 9:00am
to 3:00pm. Participation is limited to the first 50
women. Forms available at the church doors.

Stewardship Spotlight

Hospitality Begins In Our Heart

Among the many powerful messages in the recently
released movie, “Cabrini” about the life of Mother
Cabrini (Saint Frances Xavier Cabrini) was her
perspective on generosity and welcoming others.
Many considered her views radical for her time. From
the perspective of our own lives, we might also
consider them extreme, if we consider how a truly
welcoming spirit may place us out of our own
comfort.

Mother Cabrini began her ministry in America by
serving Italian orphans and immigrants in Manhattan.
She challenged the establishment to serve and
support others, reminding them that although they
are now secure, to not forget that there are people
who don’t yet have a place to call home. She
reminded everyone that it is too easy to think, “I’m
taken care of now. I don’t need to be looking around
asking who else needs to be taken care of.”

Mother Cabrini followed Jesus’s teachings, the
author of radical thinking and action, challenging the
establishment and each of us today to think and act
differently by putting others first.
What a wonderful opportunity we have as we enter
the final days of our Lenten journey to reflect and act
upon our own desire to model our lives after Christ
and to bring others closer to Him. A crowded church
on Palm Sunday and Easter Sunday can tempt us to
pass judgement on those whom we might not see
regularly here at Saint Helen.

Just as there are differences in faith and
understanding among those who worship and attend
Mass regularly – so too are the varied desires and
motivations for those who come to Saint Helen for a
time, or the significant celebrations of our Faith.
Perhaps they want to relive a ritual of their childhood
by attending Palm Sunday. Perhaps they are
responding to an inner craving to be closer to the
resurrected Christ on Easter. Perhaps they are just
looking for something more in life and think they may
find it here. Rather than focus on a crowded parking
lot or pew, let us consider the very real possibility

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. 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.

This Week: Shower and shave items (body
soap, shampoo and shaving cream).

that it is God who is calling them and us to draw
closer to Him.

How beautiful it is for us to consider that, among
us, over the coming weeks, there will be a fair
number of new or returning people who are
searching for the “something more” that only
God can give and, maybe even a place to call
home. While our seats are already pulled up to
the table...snug...comfortable, even with plenty
of elbow room, let us ask ourselves if we can fit
anyone else. Will we find room for someone new?

Let us show the hospitality that Mother Cabrini
exemplified – radical to our own comfort –
beginning with the hospitality in our own hearts
which we extend to others by our welcoming
words and actions. Can we conceive in our minds
and hearts that something as simple as saying
“hello” and “welcome,” making room in the pew,
parking a little further away from the door, may
help the occasional become regular...and find a
home here at Saint Helen? Let us make room for
everyone at the table of the Lord in our
Eucharistic celebrations!