

## From Our Pastor

We begin Holy Week with Palm Sunday. We commemorate Jesus' entry into Jerusalem, greeted by people waving palm branches. The palms are a reminder for us to welcome Jesus into our hearts and to be willing to follow Him.

Throughout the Season of Lent, we have been preparing for the celebration of the Paschal Mystery, the Sacred Paschal Triduum. Triduum is taken from a Latin root that means "three days" and it marks the final days of Jesus' life, his death, and his resurrection from the dead.

On Holy Thursday there is the Mass of the Lord's Supper at 7:00PM, which marks the Passover Meal that Jesus shared with his disciples. We commemorate the Institution of the Eucharist, the Institution of the Priesthood, and the call to service. Jesus showed them what it means to serve by washing their feet

Good Friday is marked with fasting and prayer as a way to remember Jesus' suffering and death on the cross. The Celebration of the Lord's Passion is at 3:00 PM and includes the proclamation of Jesus' passion and death from the Gospel of John, the Adoration of the Holy cross and reception of Holy Communion, consecrated the night before. Good Friday is the only day in the year when the Mass is not celebrated.

Holy Saturday is meant to be a quiet day, remembering the empty space that was

present for the disciples of Jesus after his death and before his resurrection. They did not expect the resurrection and so were left in a place of grief.

After sundown on Holy Saturday, The Easter Vigil in the Holy Night is celebrated at 8:00PM. It consists of the Lucernarium (literally means "light"), the Liturgy of the Word tracing God's action through salvation history, Baptism and Eucharist.

It is this night we remember Jesus' resurrection from the dead and His great victory over sin and death.

These three celebrations make up the Sacred Paschal Triduum, which is really one celebration spread over three days. It is of the greatest importance on our liturgical calendar, outranked by none other.

Why not consider joining together for all three. It could change your life and give it new meaning.

God Bless You All,  
Msgr. Tom



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

## **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.

## **Garden Ministry**

Help Needed We are in need of volunteers to help  
plant vegetables, maintain the garden, and harvest  
vegetables. The vegetables will go to local food  
pantries and soup kitchens for our neighbors in need.  
Interested in helping? Contact Jean Maier at  
jeanamaier5@gmail.com or text 908-507-0002.

## **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/divinemeracy.

# Mass Intentions

## **Weekend of March 23/24**

5:00pm - Jeffrey Hamilton  
8:00am - Eleanor Gerber  
10:00am - Lois Kaspar  
12:00pm - Marlene Morley  
6:00pm - Amelia Sequeira

## **Daily Mass Intentions**

Mar 25 - Kenneth Valenti  
Mar 26 - Henry Meacock  
Mar 27 - Joan Doherty  
Mar 28 - *Holy Thursday*  
Mar 29 - *Good Friday*  
Mar 30 - *Holy Saturday*

## **Sanctuary Candle:**

Henry Meacock

## **Sister Pat's Pickleball Tourney**

**Saturday, May 18, 2024 | 9:00am**

Gear up for a day of pickleball with a purpose at  
Tamaques Park in Westfield, NJ. With all  
proceeds going to Sister Pat's Kids camp. Learn  
more and sign up at [sainthelen.org/pickleball](https://sainthelen.org/pickleball)

## **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](https://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

## **Will We Leave "It" To Others?**

Last week's Stewardship Spotlight featured  
Mother Cabrini's persistent pursuit of doing good  
for others – and challenging us to do the same –  
rather than leaving "it" to others.

We may see Mother Cabrini's "it" very clearly in  
her lifetime of ministry, providing education,  
healthcare, and social services across the United  
States and around the globe. However, she did not  
do this alone, but relied on an abundance of prayer  
and on the support and contributions of money,  
time, and labor from others.

What is our "it?" What do we give of ourselves to  
fulfill that? As Monsignor Tom highlighted in our  
"All In" 2023 report, "At Saint Helen we are  
blessed with abundance in so many ways: beautiful  
worship space; dynamic and well-attended  
liturgies; hundreds of parishioners engaged in  
ministries; broad and impactful outreach to the  
community."

On this Palm Sunday weekend, as we anticipate  
Christ's Passion and Resurrection, let us consider  
our abundance as both a blessing and a challenge.  
In this way, we will view our parish programs,  
outreach in the community, and financial support  
as something for each of us to take part in, rather  
leaving "it" to others.

Consider how you and your family will respond  
with gratitude this Easter season. Here are a few  
ways to make your gift:

1) Through Venmo: @sainthelennj the QR code:



venmo

# 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

# 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).

2) Through a one-time Easter gift online:  
<https://sainthelen.tpsdb.com/Give/easter>

3) Through your Easter Offering envelope

Visit: <https://sainthelen.org/easter/> for a full  
schedule of Holy Week and Easter Sunday, as well  
as social media messages and graphics for you to  
use to invite others to join you...thank you!