

From Our Pastor

While Lent is an important and special time for all of use, it is also an important time for those who want to join the Catholic church and celebrate the Sacraments of Initiation: Baptism, Confirmation and Eucharist. Lent is a season that really grew out of the immanent preparation by way of retreat for those preparing for baptism. During this 40 day “retreat,” considered a period of purification and enlightenment, rites called the Scrutinies are celebrated.

It is a way of purification before being received into the Church and is a central part of the OCIA (Order of Christian Initiation of Adults). As Lent is purposed for all of us, the Scrutinies pray for that purification of the elect, and really all of us, in order bring out all that is beautiful and good and true in them as they embrace the discipleship that comes from baptism. Jesus “scrutinizes” them, and all of us, with Divine Light, drawing out what valuable within them and us as well as our desire to be, as we say, “the best version of ourselves”.

There are three Scrutinies celebrated and they are celebrated on the Third, Fourth and Fifth Sundays of Lent. We celebrated the First Scrutiny this past weekend at the 10:00Mass. We will celebrate the Second Scrutiny this Sunday, March 10th at the 12:00 Noon Mass. Then we will celebrate the Third Scrutiny on Sunday, March 17th at the 8:00AM Mass. The prayers during these rites are intended to purify the elect from sin.

The overall prayers and laying of hands are to help the elect be enlightened by the Word and grace of God. Let us pray for our elect during these days of Lent, as we have been doing throughout their formation and catechesis.

For those who would be interested in joining the Catholic Church and receive their sacraments during the next year’s process which starts in the fall, please let me know. All candidates are gradually introduced to aspects of our Catholic faith and practices. If you know anyone who might be a candidate, please tell them about the OCIA here at Saint Helen.

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

Follow Us On Social

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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

Service Auction Returns

April 13, 2024 | 6:00pm in Meaney Hall

Planning for the 2024 Saint Helen Service Auction is underway to support The Elizabeth Coalition to House the Homeless! We invite parish families to contribute to making this auction the most successful yet! The auction is accepting donations now and we are looking for your help: sainthelen.org/auction

Youth Group Social

All youth in grades 5-12 join us on St. Patrick’s Day, Sunday, March 17th from 11 AM-12:30 PM in the gym/youth room for green bagels, donuts, games and fun! All are welcome! Bring a friend. Questions: contact Patti: pgardner@sainthelen.org

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.

Eucharistic Congress

Embark on a spiritual journey to the National Eucharistic Congress in Indianapolis from July 17-21, 2024. This 5-day event marks a historic occasion for the Church, offering a unique opportunity for reflection, worship, and community. Join our diocese in this pivotal gathering. For more details and registration, visit sainthelen.org/congress.

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 9/10

5:00pm - Kim Baer

8:00am - Josephine Slimas

10:00am - Betty Biss

12:00pm - Lauren Harmer

6:00pm - Jim Dulan

Daily Mass Intentions

Mar 11 - Betty Biss

Mar 12 - William Melendez

Mar 13 - People of the Parish

Mar 14 - Henry Meacock

Mar 15 - Henry Meacock

Mar 16 - Florence Martin

Weekly Mass Association:

Mary Ellen Saverino

Sam Muscanera

Joseph Rodrigues

Samuel Villanueva

Debra Marcin

Ron Kelber

Linda Williams

Sanctuary Candle:

Betty Biss

2025 Mass Book Opening

The Saint Helen 2025 Mass Book will open on Tuesday, March 12, 2024 at 9:45am.

We request that you kindly adhere to the following guidelines: Upon the initial opening of the Mass Book, there will be an allowance of **one** Sunday mass and **two** weekday Masses. You may return in May to select **two** more masses, with a limit of **one** additional Sunday Mass and **one** additional weekday Mass. Each family will be limited will be limited to a total of five announced Masses for the year. Please honor this policy to ensure that everyone has an opportunity to honor their loved ones.

Stewardship Spotlight

Refocus on Lent

At the beginning of Lent, we are full of enthusiasm. “This Lent, I am going to....”

We may make promises to ourselves or to others. Perhaps we will attend a small group discussion for the first time or renew our commitment to attend Mass.

Maybe we will reflect upon how we are using a gift or talent – with a new way to volunteer. Perhaps we will forgo something desirable like our morning coffee. Or we may decide to increase our financial gifts to support a non-profit organization or Saint Helen.

Whatever the case – how are we doing?

Now, as we see the promise of Easter ahead of us, we can take stock honestly. Perhaps we are doing OK in some areas or even feel gratified by our consistency. It is possible, however, that we want a “do over.” We may have never started something, or perhaps our enthusiasm for dedicating ourselves to daily prayer or calling on an elderly neighbor, has been inconsistent.

God is always open to our desire to start over. Like the prodigal son’s father, who was lavish in his love and forgiveness for his son and open to a “do over,” God our Father is unending in his unconditional love for us. He is always ready to encourage and support our efforts to love others more, to support those in need, and to contribute beyond the token or superficial gift.

Lent can refocus us to see how we steward the gifts and graces given to us.

Our “do over” will then extend to Easter and beyond.

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. 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 hot or cold cereal this week.

