

## From Our Pastor

This is a very special week for our parish 10th Graders. Next Friday, April 19, 2024 and Saturday, April 20, 2024, they will receive the Sacrament of Confirmation, when the Holy Spirit will be poured out on them in fullness. A total of 86 will be confirmed between the two ceremonies by Bishop Michael Saporito at both celebrations.

Our confirmandi, the official name of the candidates for Confirmation, have participated in a two year preparation for the Sacrament, an incredible commitment on their part to embrace the Holy Spirit. They have participated in many large and small group sessions and retreats. As part of their program, they have completed many service projects, including assistance at Mercy House, St. Joseph's Social Service Center and various other locations, including working with children with special needs.

The confirmandi can be commended for their commitment, their efforts and can be recognized for using the charisms given by the Holy Spirit that will come to them in the gifts and the fruits of the Holy Spirit at their Confirmation. They have made and will be making a difference in the lives of others, particularly those who need it most.

There were also some highlights of their program as they prepared for Confirmation including the Ray Boswell Confirmation Pottery Retreat, Gene Zanetti inspiring them to be spiritual athletes for Christ and many of

them experienced the St. Jude relic this past fall.

I thank Mike Fusco, Patti Gardner, Liz Greenop and the many Peer Ministers who have accompanied our confirmandi over these past two years.

They have exercised an incredible ministry bringing our 10th Graders to this very special and pivotal moment in their lives, the life of Saint Helen, and the Church universal. Confirmation will deepen their baptismal life which calls all of us to be missionary disciples and witnesses of Jesus Christ to the world.

Let us continue to support the faith of our soon to be newly confirmed as the Holy Spirit is poured out upon them.

God bless you,  
Msgr. Tom



# BECOMING RESURRECTION RESPONSES WITNESSES

### 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

## Vacation Bible School

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! VBS runs from 9am-12pm on June 24th-28th. Come join in on the fun! You can register at [sainthelen.org/vbs](http://sainthelen.org/vbs) or email Tracey at [tsowa@sainthelen.org](mailto:tsowa@sainthelen.org) with any questions. We can't wait to see you at VBS!

## Children's Book Drive & Sale

**Sun, Apr 21 | 11am-2pm in the Gym**  
We are collecting children's books only. Donations can be dropped off on Fri, April 19 from 3-6pm and Sat, April 20 from 11am-5pm in the gym. Proceeds will benefit the Catholic Relief Services. Gently used or new books are welcome. Families of grades 1-4 - Please sign up with your family to help us set up for the sale for an hour on Sat. April 20 at [sainthelen.org/books](http://sainthelen.org/books)

## The Cameo's Concert

**Saturday, May 11, 2024 | 7:00pm in Meaney Hall**  
Saint Helen presents New Jersey's premier 50's-60's doo-wop group "The Cameo's". Tickets are \$30 per person and available online at [sainthelen.org/comeos](http://sainthelen.org/comeos), or in-person at the parish office front desk. Join us for this exciting and memorable concert event.

## Sister Pat's Pickleball Tournament

**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](http://sainthelen.org/pickleball)

## Family Night Out

**Friday, April 26 | 5:30pm - 7:00pm**  
Join us for Dinner, Fun and Sandwich Making! If you would like to participate in our service project, please bring 1 loaf of bread, 1 pound of deli meat, and 1 pound of cheese. BYOB!  
Please register at [sainthelen.org/family](http://sainthelen.org/family)

# Mass Intentions

**Weekend of April 13/14**  
5:00pm - Jacqueline Baez Casique  
8:00am - Paul H. Sowa  
10:00am - Marc Mruz  
12:00pm - Antoinette Campolei  
6:00pm - People of the Parish

### Daily Mass Intentions

April 15 - Wayne Tenneson  
April 16 - Mary & Vincenzo Lombardi  
April 17 - Charlie Burgdorf  
April 18 - Anthony Cangelosi  
April 19 - Jeffrey Hamilton  
April 20 - Paul Ivano

### Weekly Mass Association:

David Bertrand  
Nieves Pacleb  
Jack West  
Angela Murphy  
Karin Blanco  
Joseph. P. Caiazza  
Eugene Lenahan

### Sanctuary Candle:

Nicholas Gismondi

## Everyday Contemplatives

**Wednesdays at 7pm in the Chapel**  
**April 25 - May 29**  
Do you crave a moment of calm in the midst of your busy week? Come and experience the gift of contemplative prayer led by Patrick Manning. We will gather weekly to rest in God's love and reflect on our experience of prayer.

## Mental Health Awareness Month

**May 1, 2024 at 7:00pm\* Correction from Email**  
Join our kickoff for Mental Health Awareness Month with a Prayer Service for Emotional Wellness. In. the pain and isolation that often accompany mental illness, we come together for healing.

# Stewardship Spotlight

To many at Saint Helen, Amanda Thiel may be synonymous with ChristLife, which is Discovering Christ, Following Christ and Sharing Christ. Poised and organized, Amanda's peaceful presence puts everyone at ease, from first-time participants to experienced table-leaders, to the committed kitchen crew.

Amanda says, "The program has such a huge impact. Even being in the background, they are working on providing and organizing for others. Everyone is important. I love when participants talk about where they were vs. where they are now in their faith" after participating in the program.

In many ways, Discovering Christ epitomizes the welcoming feeling that Amanda (and so many others) experienced when looking for a new community. She checked out Saint Helen and, as she relates now, "It immediately felt like home. I tend to drag my feet with decisions, but with Saint Helen, it suddenly became clear." And, like other decisions that take longer to arrive at, "I know it when I know it."

Through her own participation in Discovery Christ (in 2016), the program had a huge impact on her in terms of deepening her faith. "I started reading Scripture more, depending on God more often, in all circumstances of my live."

"Even with my career (as a scientist at Pfizer), I always depended on God putting me in the right place. I have complete dependence on Him in all circumstances of my life." She does admit to a trait many of us recognize in ourselves, "There are times that I want to have control over every little thing. It is then that I have to have complete dependence on Him that everything will work out."

So, what does this have to do with skydiving? Nothing and everything. Amanda's been skydiving multiple times, just returned from a trip to South

# Ways To Give

- Online at [sainthelen.org/give](http://sainthelen.org/give)
- Text GIVE to 908-860-8444
- Venmo @sainthelennj
- Mail your contribution to:  
1600 Rahway Avenue  
Westfield, NJ 07090

Africa, and seeks adventures. She agrees that making oneself vulnerable is common to both parachuting or talking about God. While Amanda might not easily convince someone to jump out of an airplane, she does have some thoughts on sharing one's faith.

"People are always searching for something. We just have to keep reaching out and offering up that olive branch. Be patient and keep praying for them." In terms of talking about one's faith, she suggests, "if you are concerned about what people think, then do little things each day." In her work setting, she describes, "My colleagues are a diverse group of people. We are all of different faiths and from different countries. I enjoy it because we are just nice to each other. I'm just living out my life, following Jesus. That resonates with people that I work with. We are all so different; God made us that way."

While Amanda has many thoughts derived from continuously exploring her faith, "I am more of a listener. I don't want to feel like I'm preaching to anyone. Listening exposes Jesus in a different way. Without necessarily shoving your beliefs on someone, you let them know you are walking right beside them."

And that is one of the many beauties of ChristLife. "It brings people together outside of church on Sunday. We are all sharing our journey with each other; we are not alone in life. Jesus is with us."