

From Our Pastor

Spring brings more sacraments to our young parishioners. This past weekend our 10th Grade high school parishioners were confirmed. The first two weekends in May our 2nd Grade parishioners will receive their First Communion.

We will have 171 communicants who have completed Year 1 and Year 2 of the Blessed Program, as well as those in our sacramental preparation in our Family Sacrament Group. We are also very happy that our special needs children are part of this wonderful sacramental celebration.

During our religious education program, the children learned about God's great and unconditional love and forgiveness during their preparation for First Reconciliation, which occurred this past January.

In preparation of their First Communion, they learned about the mystery and miracle when Jesus gave us His body and blood at the Last Supper, which was also the Apostles' First Communion.

The children know that Jesus is the true presence of Jesus in the Eucharist and that by receiving the Eucharist, they receive God's grace to help them make healthy decisions in their lives.

Our program stresses to the children that they are Blessed by God and God always loves them and that He can help them be the best

version of themselves. Our program ended with the Blessing Cup Retreat with Ray Boswell in our Church with their parents/guardians.

This year we are bringing back a beloved First Communion Saint Helen tradition where the children will proceed into and around the entire Church before the First Communion Mass begins as a group for all the family and friends to see them.

Then the children will exit in the procession as a group after the Mass. The children will present a special secret gift to the parents, families and friends. (You will have to be there to see the gift.)

Let us all support and pray for the faith development of our young parishioners as they receive their First Communion on May 4 and May 11, 2024.

God Bless You All,
Msgr. Tom



Parish Community of Saint Helen

Thanks for joining us today!



CORNERSTONE & KEYSTONE



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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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

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! RSVP at sainthelen.org/family

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.

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, 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

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

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.

Mass Intentions

Weekend of April 20/21

5:00pm - Mae & Anthony Keogh

8:00am - Lillian & Whitey Favor

10:00am - David Bertrand

12:00pm - Al Conforti

6:00pm - Sestino DePetris

Daily Mass Intentions

April 22 - Charles Schifano

April 23 - Dorothy & Sebastian Pasquale

April 24 - People of the Parish

April 25 - Philip & Georgette Tannus

April 26 - John Ganey

April 27 - Robert Yuengel

Weekly Mass Association:

Eileen Daly

Brian Merkel, Sr.

Paul L. Mulvee

Patrice Kaczka

Lorraine Sullivan

Susan Miles

Patrick Martin

Sanctuary Candle:

Michael Scotti

We're Hiring!

Saint Helen is hiring for two positions, Business Manager (Full-Time) and Assistant to the Pastor (Part-Time). If you, or anyone you know, may be interested in either role, please send them to our website at sainthelen.org/our-team to view full job descriptions and more information. Complete applications can be emailed to us at employment@sainthelen.org.

New Message Series

In our new message series, "Cornerstone & Keystone", we'll embark on a journey of deep reflection and spiritual exploration. At the heart of this series lies the profound symbolism of Jesus as the cornerstone and the Holy Spirit as the keystone in our faith.

Just as a cornerstone is essential for laying the foundation of a sturdy building, Jesus Christ serves as the unyielding bedrock upon which our faith is built. His life, death, and resurrection not only shape our beliefs but also provide the framework for our spiritual journey.

As witnesses of Christ's resurrection, we find ourselves anchored in the timeless truths revealed through His teachings and divine revelation. Like the cornerstone of a grand edifice, Jesus offers us stability, strength, and unwavering guidance. His presence in our lives serves as a constant reminder of the unshakeable foundation upon which our faith rests.

Yet, the cornerstone alone does not suffice to complete the structure. Enter the Holy Spirit, often likened to a keystone—a vital element that locks the arch of our faith into place, ensuring its stability and integrity. The Holy Spirit empowers us, enlightens us, and breathes life into our faith, making it dynamic and transformative. Without the Holy Spirit, our faith remains incomplete, lacking the fullness and vitality that Christ intends for us.

Together, the cornerstone and keystone form a harmonious unity, working in tandem to build, sustain, and empower us as believers. They provide us with the necessary tools and resources to fulfill our divine calling—to go forth and testify to the Gospel, spreading the Good News of Jesus Christ to all corners of the world.

Throughout this series, we'll dive deeply into the

Stay Connected

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- 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
- Venmo @sainthelennj
- Mail your contribution to:
1600 Rahway Avenue
Westfield, NJ 07090

significance of Jesus as the cornerstone and the Holy Spirit as the keystone in our lives. We will explore how these foundational truths inform our understanding of the Resurrection and inspire us to respond faithfully to God's call.

Join us as we journey together, uncovering the transformative power of Christ and the Holy Spirit in our lives today.

Don't miss out on this opportunity to deepen your faith and explore the profound mysteries of the cornerstone and keystone. Join us each week for this series as we grow in our understanding and experience of God's love and grace.

Together, let's build our lives upon the firm foundation of Jesus Christ and allow the Holy Spirit to be the keystone that completes and empowers us in our journey of faith.