

FEBRUARY 11, 2024
6TH SUNDAY IN ORDINARY TIME

LENTEN SEASON this year will start with Ash Wednesday on February 14. There will be three **Ash Wednesday liturgies celebrated in our parish: 7:45AM, 9:00AM with our school children, and 7:00PM.** All are welcome to attend any of these services.

The traditional **Lenten devotion of the Stations of the Cross will continue to take place on Friday evenings at 7:00PM.**

ASH WEDNESDAY. It is a day of fasting and abstinence from meat. There are three main Lenten works: prayer, penance and fasting, and almsgiving. The Church prescribes fasting (only one full meal and two smaller meals which together are not greater than a full meal) and abstinence from meat on Ash Wednesday and Good Friday. Catholics aged 18-59 are bound to fast; those 14 and over to abstinence. Those who are ill are freed from these obligations. Everyone, even those above the age of 59, are encouraged to fast and abstain. Parents and educators are reminded of their duty to introduce children gradually to the understanding and practice of penance.

PENITENTIAL DISCIPLINE FOR LENT: Fridays are days of abstinence from meat. During Lent it is important to try and develop a stronger relationship with Jesus by giving him more time. Individuals can do this by attending daily Mass, reading a chapter of Scripture each day, saying the rosary while on the way to work rather than listening to the radio. Going to confession is an essential aspect of this penitential season.

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ALMSGIVING: FOOD BANK LENTEN DRIVE. Lent is a sacred season when we are called to show our love and appreciation of Christ's sacrifice through our good deeds and acts of sacrifices. Please help those in need from our community. Items lists are placed in the lobby of the church for you to pick them up.

You can bring your donations next Sunday to the church, or drop it off at the parish office during the office hours. Thank you!

"He who is kind to the poor lends to the Lord, and He will reward him for what he has done." Proverbs 19:17

PARISH OFFICE HOURS Monday to Friday, 9:00am-12:00pm & 1:00pm-4:00pm. For the sacrament of anointing outside of office hours, please contact **604-298-6111.**

ADORATION CHAPEL is open from 7:15am to 9 pm, from Monday to Friday. Please do not enter after 9 pm as the alarm will be activated. Thank you.

EUCCHARISTIC QUOTE

"If souls but understood the Treasure they possess in the Divine Eucharist, it would be necessary to encircle the tabernacles with the strongest ramparts for, in the delirium of a devouring and holy hunger, they would press forward themselves to feed on the Bread of Angels. The Churches would overflow with adorers consumed with love for the Divine prisoner no less by night than by day." Bl. Dina Belanger



If you are interested in donating the Host and Wine in memory of dear one, please contact the office, 604-298-4144. Donations are tax deductible.

SENIORS CLUB resumed their activities on Saturdays from 11:00 AM to 2:00PM in the Gym For more information, please call Elia, 604-299-0455.

THE BIBLE IN A YEAR WITH FR. MIKE SCHMITZ can be checked at <https://media.ascensionpress.com/category/ascension-podcasts/bibleinayear/>

FLOCKNOTE INVITATION. Please register your name and email address to receive latest bulletin, news and updates using this link <https://StHelensChurch.flocknote.com/JOINEMAILLIST>

THE WALL OF FAITH offers a memorable and lasting gift that should be considered for funerals and it is tax deductible. If the family of the deceased person requests a memorial donation to St. Helen's Parish on the occasion of the Funeral Mass in lieu of flowers, deceased's name will be written on the Wall of Faith. Display is in a prominent location in the lobby of the church. For more information and donations, please contact parish office.

"Their names are written in heaven."

BULLETIN SPONSOR OF THE WEEK. Please support **SETON VILLA**, one of the sponsors who brings to you this weekly Parish Bulletin.

BULLETIN ADS AVAILABLE. IF INTERESTED, PLEASE CALL 604-298-4144.

YOU CAN DONATE by the credit card at <https://sthelen.ca/giving>

Sunday Collection (Weekly goal: \$12,000.00)			
Date	Envelopes	Loose	Total
Feb. 4, 2024	\$ 5,567.00	\$ 500.00	\$ 6,067.00
Thank you for your generosity!			

We Pray For

Saturday, February 10 [St. Scholastica, Virgin]

9:00 am – † Marina Serena, † Juanito Serrano
 4:00 pm – Spec. Int. for Martin, † Lorenzo Iameo, † Mary Macdonald, † Paul Borovich
 † Franco & George D'Amico, † Mario & Vincenza Daga

Sunday, February 11 [SIXTH SUNDAY IN ORDINARY TIME]

8:30 am – Special Intention, † All Souls in Purgatory, † John Simone, † Davue Frroku
 † Marie Moli, † Pjeter Suli, † Francesco Sandini, † Dec. of Tesan Fam.
 † Elaine Dillon Fink, † Alba Rossi
 10:00 am – † Carmine Clemente, † Noe Mastroianni, † Gilda Giardini, † Rosa Zonta
 † Domenico & Donata Cibelli, † Dec. of Mastropieri & DiBicari Fam.

11:30 am – Pro-Popolo

Monday, February 12 [Weekday]

7:45 am – † Francesco & Teresa Lucarelli

Tuesday, February 13 [Weekday]

7:45 am – Spec. Int. for Robin & Austin Davies & Fam.

Wednesday, February 14 [Ash Wednesday]

7:45 am – Special Intention

9:00 am – School Mass

7:00 pm – Ash Wednesday Mass

Thursday, February 15 [Weekday]

7:45 am – † Dec. of Wineberg, French & Morrow Fam.

Friday, February 16 [Weekday]

7:45 am – In Thanksgiving

7:00 pm – STATIONS OF THE CROSS

Saturday, February 17 [The Seven Holy Founders of the Servite Order]

9:00 am – † Caterina Rizzuto, † Marina Serena

4:00 pm – In Thanksgiving for Burda & Ruggiero Fam., In Thanksgiving
 † Gregory White, † Giuseppe & Anna Cesaratto, † Arlene Boreham

Sunday, February 18 [FIRST SUNDAY OF LENT]

8:30 am – † All Souls in Purgatory, † Isabelita Viduya, † Joe Zinetti
 10:00 am – † Manlio Mottes, † Anna Veltri, † Angelo Pettenon, † Dec. of Marzin Fam.
 † Jack Cusinato, † Pasquale Ghiorzi
 11:30 am – Pro-Popolo



11 FEBBRAIO, 2024
VI DOMENICA DEL TEMPO ORDINARIO

*Sii per me una roccia di rifugio, un luogo fortificato che mi salva.
 Tu sei mia rupe e mia fortezza: guidami per amore del tuo nome.*

Cf. Sal 30,3-4

LA QUARESIMA comincia con il mercoledì delle ceneri che è un giorno di digiuno e astinenza da carne. Il digiuno consiste in mangiare meno del solito, almeno in due dei tre pasti usuali (un modo pratico del digiuno è andare a dormire con un po' di fame), l'astinenza (= non mangiare) tradizionale è della carne, ma può essere sostituita da altri "veri" sacrifici (bibite, caffè, televisione, internet) qualcosa insomma che ci costi lasciare per un giorno. Lo stesso digiuno ed astinenza vale anche per il Venerdì Santo, e durante la Quaresima siamo chiamati ad osservare l'astinenza ogni venerdì. I cattolici dai 18-59 anni sono obbligati al digiuno e astinenza. Dai 14 in solo all'astinenza. E tutti sono invitati a partecipare anche se fuori dall'età obbligatoria.

MERCOLEDI' DELLE CENERI – 14 di Febbraio
CELEBRAZIONI 7:45am; 9:00 am; 7:00 pm

AVREMO LA RECITA DEL VIA CRUCIS OGNI VENERDI' DURANTE LA QUARESIMA. Comincerà il 16 di Febbraio alle 7:00pm

ORE DELL'UFFICIO PARROCCHIALE.Orari di ufficio regolari dal lunedì al venerdì 9:00am-12:00pm and 1:00pm to 4:00pm. Per il sacramento dell'unzione al di fuori dell'orario d'ufficio, chiamate **604-298-6111.**



BANCO DI ALIMENTI - CIBO PER I POVERI. In fondo alla chiesa si trova la lista di articoli di cibo più necessari per i più bisognosi. Durante questo tempo di Quaresima la carità sincera verso i più bisognosi è un modo di vivere il nostro impegno quaresimale. Potete portare le vostre donazioni domenica prossima in chiesa, oppure in ufficio parrocchiale durante l'orario d'ufficio. Grazie per la vostra collaborazione.

LA SOCIETA' PER ANZIANI ha ripreso le attività, **sabato, dalle ore 11:00 alle 14:00 in Palestra.** Gli incontri saranno programmati in base alla disponibilità della Palestra. I nuovi membri sono benvenuti. Per informazioni chiamare Elia, 604-299-0455.



SE VOLETE OFFRIRE IL PANE E IL VINO da usare durante tutte le Sante Messe della settimana a ricordo dei propri cari, per favore chiamate l'ufficio parrocchiale.

CAPPELLA DELL'ADORAZIONE è aperta dalle 7:15 alle 21:00, **dal lunedì al venerdì.** Si prega di non inserire dopo le 21:00 poiché l'allarme verrà attivato. Grazie.

SOCIETA PER LE MISSIONI sta raccogliendo abbigliamento e articoli per la casa. Per favore, **NON LASCIATE LE VOSTRE DONAZIONI PRIMA DI CHIAMARE MANUELA,** 604-298-6202.

LAST RITES AND MEDICAL EMERGENCIES

Please call the office, 604-298-4144. Outside of office hours, please call 604-298-6111.

The following priest chaplains are also available:

Burnaby General Hospital: Fr. Bede Kiem Minh Le, 604.298.6800, 604-434-4211
 Vancouver General Hospital: 604-877-5918 (Pager) / 604-875-4111 Fr. Gilbert Nunez & Fr. Luis Martin
 Brian Delgado (Mon., Tue., Fri., Sat. and Sun.); Fr. Aresene Dutunge (Wed. and Thurs.)
 Mount St. Joseph Hospital: Fr. Joseph Ha Vinh Tran, OP (Chaplain)604-876-7826
 Royal Columbian Hospital: Chaplains' Cell 604-250-7513, Rev Claude Makulu, O. Praem, 604.936. 2525

Please provide this important information to the priest before he arrives: name of the sick, ward, room number, bed number and name & phone number of the person requesting the visit as the hospital will not provide any details due to privacy laws.

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ST HELEN'S PARISH



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DEACON
MICHAEL BOREHAM
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9:00 am – 12:00 pm (noon)
1:00 pm – 4:00 pm

TEL: 604-298-4144 FAX: 604-298-1734

EMAIL: parish.shel@rcav.org
WEBSITE: www.sthelen.ca

ADMINISTRATIVE ASSISTANT:
Mrs. Biba Lupetin, shel.secretary@rcav.org



ST. HELEN'S SCHOOL
PRINCIPAL: Mr. Waldemar Sambor
TEL: 604-299-2234
WEBSITE: www.sthelensschool.ca

MASS SCHEDULE

SATURDAY:
4:00 pm – Children's Liturgy
SUNDAY:
8:30 am
10:00 am – (Italian) Children's Liturgy
11:30 am – Children's Liturgy
MONDAY TO FRIDAY:
7:45 am
SATURDAY & PUBLIC HOLIDAYS:
9:00 am

ADORATION CHAPEL
MONDAY TO FRIDAY: 7:15 am – 9:00 pm
CLOSED ON SATURDAY AND SUNDAY

CONFESSIONS
MONDAY TO FRIDAY: 7:25 am – 7:40 am
SATURDAY: 8:30 am – 8:55 am and
3:00 pm – 3:50 pm

BAPTISMS: 2nd Sunday of the Month MARRIAGES: Prior arrangements six months in advance.

PARISH CONTACTS AND MINISTRIES

MINISTRY TO THE SICK: Please call during office hours.
SACRED MUSIC COORDINATOR: Agnes Wan, 604-299-3916

LAST RIGHTS AND MEDICAL EMERGENCIES: Please call during office hours.
Outside of office hours, please call 604-298-6111. See inside for more information.

PARISH RELIGIOUS EDUCATION PROGRAM (PREP)
CLASSES ON TUESDAY: 6:30 pm – 7:50 pm in the school.
PREP COORDINATOR: Sandra Crema, 604-298-5239, prepsainthelens@gmail.com

RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)
FOR ADULTS WHO DESIRE TO JOIN THE CATHOLIC FAITH: (please call office)

CATHOLIC WOMEN'S LEAGUE (CWL): Flavia Musso, 604-299-4466
CHILDREN'S LITURGY COORDINATOR: Jaime Poldrugo, (please call office)
EUCCHARISTIC MINISTERS' COORDINATOR: Marivic Morelos, 778-881-6505
KNIGHTS OF COLUMBUS: Tony Ramalho, 604-294-5501
LECTORS COORDINATOR: (please call office)
SAFE ENVIRONMENT COORDINATOR: Ariana Quashie, (please call office)
SENIORS CLUB: Tecla Volpe, (please call office)
YOUTH ADULT GROUP: Please call during office hours.

WELCOME VISITORS AND NEW PARISHIONERS! PLEASE REGISTER.