

MARCH 3, 2024
THIRD SUNDAY OF LENT

STEWARDSHIP REFLECTION

"You shall not carve idols for yourselves in the shape of anything..." Exodus 20:4

How many "gods" do you put before God? "Idols" do not always take the shape of physical things, things we can touch and feel. Those are easy to recognize. Many times they take the form of things we cannot touch and are much harder to spot like pride, power, ego, time, comfort or health. Pray for God's help to prune our vices and to grow in virtue.

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THE TRADITIONAL LENTEN DEVOTION OF THE STATIONS OF THE CROSS WILL CONTINUE TO TAKE PLACE ON FRIDAY EVENINGS AT 7:00PM.

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.



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

INCOME TAX RECEIPTS for 2023 are available in the church lobby during the weekend and in the church office during office hours. Please pick them up.

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.**

ST HELEN'S CWL collecting baked goods to deliver to downtown east side, **Door is Open.** Baking drop off, Friday, Mar. 8th, 9am-4pm. Address, 3801 Dundas St. Delivery will be on Saturday, Mar 9th. Contact Imma 604-773-2715 for more information.

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 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."*

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

"In the Eucharist, the Son of God comes to meet us and desires to become one with us; eucharistic adoration is simply the natural consequence of the Eucharistic celebration, which is itself the Church's Supreme act of adoration."
Pope Benedict XVI

HOLY WEEK SCHEDULE

PENITENTIAL SERVICE (Confessions)-Wednesday, March 13 at 7:00 pm

PALM SUNDAY

Saturday March 23 4:00 pm
Sunday March 24 8:30 am; 10:00 am (Ital.); 11:30 am



HOLY THURSDAY March 28 10:00 am - TENEBRAE (sung morning prayer)
7:00 pm - MASS OF THE LORD'S SUPPER
followed by ADORATION till midnight

GOOD FRIDAY March 29 10:00 am - TENEBRAE (sung morning prayer)
3:00 pm - SERVICE IN ENGLISH

HOLY SATURDAY March 30 10:00 am - TENEBRAE (sung morning prayer)
9:00 pm - EASTER VIGIL MASS

EASTER SUNDAY March 31 8:30 am; 10 am (Italian); 11:30 am



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.

HELP FOR MISSION SOCIETY collects clothing and household items. **PLEASE DO NOT DROP OFF YOUR DONATIONS BEFORE CONTACTING MANUELA, 604-298-6202.**

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

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

Sunday Collection (Weekly goal: \$12,000.00)			
Date	Envelopes	Loose	Total
Feb. 25, 2024	\$ 7,998.00	\$ 553.00	\$ 8,551.00
Thank you for your generosity!			

We Pray For

Saturday, March 2 [Lenten Weekday]

9:00 am – † Gerardo Chavez Olmos, † Nieves Villanueva
4:00 pm – In Thanksgiving, Spec. Int. for Recovery, Spec. Int. for Charlotte Pozniak
† Teresa Musso, † Shirley Beattie

Sunday, March 3 [THIRD SUNDAY OF LENT]

8:30 am – † All Souls in Purgatory, † Lance Mackie, † Lyndon, Elpidio & Igmedio Tale
† Joe Zinetti
10:00 am – † Caterina & Diego Rizzuto, † Natalie Kulik, † Pietro Veltri, † Mr. & Mrs. Cupo
† Pasquale & Vincenzo Miniaci
11:30 am – Pro-Popolo

Monday, March 4 [St. Casimir]

7:45 am – † Marlene Dietrich

Tuesday, March 5 [Lenten Weekday]

7:45 am – † Bing Crosby

Wednesday, March 6 [Lenten Weekday]

7:45 am – Special Intention, † Rena De Palma

Thursday, March 7 [St. Perpetua and St. Felicity, Martyrs]

7:45 am – Special Intention

Friday, March 8 [St. John of God, Religious]

7:45 am – † Isabelita Viduya

7:00 pm – STATIONS OF THE CROSS

Saturday, March 9 [St. Frances of Rome, Religious]

9:00 am – † Maria Teresa Chow, † Milagros Hernandez
4:00 pm – † Lorenzo Iameo, † Benito Manzo, † Francisco Dumaguin

Sunday, March 10 [FOURTH SUNDAY OF LENT]

8:30 am – † All Souls in Purgatory, † John Simone, † Davue Frroku, † Marie Moli
† Pjetr Suli, † Lazaro Caloca, † Joe Zinetti, † Rowena Valdez, † Mario Parente
10:00 am – † Timothy Omand, † Albina Titotto, † Domenico & Donata Cibelli
† Noe Mastoianni, † Malvina Cappellaro, † Frank Cerminara
11:30 am – Pro-Popolo

3 MARZO, 2024
III DOMENICA DI QUARESIMA

"Non ti farai idolo né immagine alcuna di ciò che è lassù nel cielo né di ciò che è quaggiù sulla terra, né di ciò che è nelle acque sotto la terra."

Esodo 20:4

LA QUARESIMA è un tempo di conversione che conduce al Triduo Pasquale durante il quale si fa memoria della Passione, morte e risurrezione di Gesù Cristo. Solitamente, durante questo periodo le pratiche poste in essere per prepararsi alla Pasqua sono; il digiuno, l'elemosina e la preghiera. E' il Codice di Diritto Canonico ha prevedere il digiuno ecclesiastico e l'astinenza dalle carni due volte l'anno: il Mercoledì delle Ceneri e il Venerdì Santo. Per gli altri venerdì di Quaresima è prevista l'astinenza dalle carni. La pratica della carità o dell'elemosina, invece, si accompagna al digiuno così da liberarsi dall'avidità e dall'egoismo, riconoscendo il prossimo come fratello e sorella. La terza pratica legata alla Quaresima è relativa alla preghiera, che sorretta dal digiuno e dalla carità riesce ad arrivare a Dio con più slancio. Sant'Agostino definisce, infatti, il digiuno e l'elemosina come "le due ali della preghiera".

AVREMO LA RECITA DEL VIA CRUCIS OGNI VENERDI' DURANTE LA QUARESIMA. COMINCERÁ IL 16 DI FEBBRAIO ALLE 7:00PM

LE RICEVUTE PER LE TASSE SULLE DONAZIONI 2023 sono disponibili all'entrata della chiesa durante le messe domenicale e in ufficio parrocchiale durante l'ore d'ufficio. Per favore raccoglietele.

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. 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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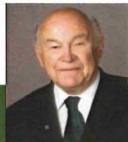
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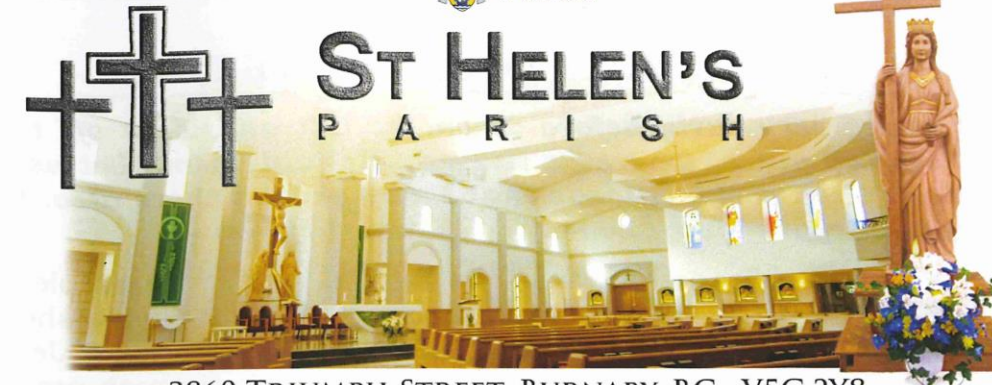
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OFFICE AND MAILING ADDRESS:
3871 Pandora St., Burnaby, BC V5C 2A6

OFFICE HOURS:
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.