

MARCH 10, 2024 FOURTH SUNDAY OF LENT

STEWARDSHIP REFLECTION

“For God so loved the world that he gave his only Son...”

John 3:16

Of all the wonderful gifts that God has given to us, the gift of His own Son is truly the greatest. How can we ever thank God for a gift like that? God does not ask us to sacrifice our own precious firstborn, but He does ask that we are grateful and generous with our God-given gifts. That we nurture and develop our gifts, and in gratitude, generously give back with increased time in prayer, our talent in charitable works, and our treasure to support the mission and ministry of our parish and the greater Church.

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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



EASTER FLOWERS DONATIONS. If you wish to donate money for the Easter flowers, please pick up special envelope marked "Easter Flowers Donation" from the lobby. Donations can be dropped off in the collection basket or in the parish office, and will be included in your income tax receipt for 2024. Thank you for your support.

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**.

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.

EUCHARISTIC QUOTE

"Our communal worship at Mass must go together with our personal worship of Jesus in Eucharistic adoration in order that our love may be complete." St. John Paul II

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 **GREATER VANCOUVER ROOFING**, 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
March 3, 2024	\$ 6,512.00	\$ 415.00	\$ 6,927.00
Thank you for your generosity!			

We Pray For

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

9:00 am – † Maria Teresa Chow, † Milagros Hernandez

4:00 pm – Spec. Intention for Barbara, † Lorenzo Iameo, † Benito Manzo,
† Francisco Dumaguin, † Corazon Ilagan

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
† Lina Pastega

10:00 am – † Timothy Omand, † Albina Titotto, † Domenico & Donata Cibelli
† Noe Mastroianni, † Malvina Cappellaro, † Frank Cerminara, † Luigi Arbia

11:30 am – Pro-Popolo

Monday, March 11 [Lenten Weekday]

7:45 am – † Isabelita Viduya

Tuesday, March 12 [Lenten Weekday]

7:45 am – † Isabelita Viduya

Wednesday, March 13 [Lenten Weekday]

7:45 am – Special Intention

Thursday, March 14 [Lenten Weekday]

7:45 am – Special Intention

Friday, March 15 [Lenten Weekday]

7:45 am – Special Intention

7:00 pm – STATIONS OF THE CROSS

Saturday, March 16 [Lenten Weekday]

9:00 am – Spec. Int. for Benito Viduya, † Stanislaw & Dorota Wrober

4:00 pm – † Giuseppe & Assunta Giardulo, † Christopher & Alfredo Barone
† Agostino Picicci

Sunday, March 17 [FIFTH SUNDAY OF LENT]

8:30 am – † All Souls in Purgatory, † Teresa & Raffaele Rea, † Joe Zinetti, † Bidy Kelleher
† Aurelio & Domenica Briglio & Fam., † Gabriel Rosati & Fam.

10:00 am – † Manlio Mottes, † Dec. of Della Coletta Fam., † Fr. Agostino Lovatin
† Rosa Zonta, † Angelo Pettenon, † Jack Cusinato, † Pina & Bruno Benedet
† Alba Zanachelli, † Francisca Piccoli, † Filippo & Olga Solda, † Mr. & Mrs. Cupo
† Malvina Cappellaro, † Francesco Bavaro

11:30 am – Pro-Popolo

10 MARZO, 2024 IV DOMENICA DI QUARESIMA

**“Dio infatti ha tanto amato il mondo da dare
il suo Figlio unigenito...”** *Gv. 3:16*

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



DONAZIONE PER FIORI DI PASQUA. Coloro che desiderano cooperare per la compra dei fiori per le celebrazioni Pasquali, per favore selezionate la busta con la nota scritta "Donazione per i fiori di Pasqua", che troverete all'entrata della chiesa. Potrete mettere la busta nel cestino della colletta oppure consegnarla presso l'ufficio parrocchiale. Le ricevute per le donazioni saranno incluse nelle ricevute delle tasse del 2023. Grazie per decorare l'altare di nostro Signore Risorto.

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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Archdiocese of Vancouver



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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.