

**MARCH 17, 2024  
FIFTH SUNDAY OF LENT**

**"I will be their God and they shall be my people."** Jeremiah 31:33

**PARISH OFFICE HOURS- MARCH 18-MARCH 22 9:00am-12:00pm (NOON).** For the sacrament of anointing outside of office hours, please contact 604-298-6111.

**MASS IN HONOUR OF ST. JOSEPH WILL BE ON TUESDAY, MARCH 19 AT 7:00 PM. EVERYONE WELCOME!**

**40 DAYS FOR LIFE EUCHARIST ADORATION will be on Wednesday, March 20. Adoration will begin after the morning Mass and conclude with Benediction at 7:00PM.**

**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.

**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.

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

**FAMILY DINNER ORGANIZED BY ST. HELEN'S KNIGHTS OF COLUMBUS** will be on **Saturday, April 20** in the Parish Hall (Gym). For tickets please contact Bortolo, 604-294-9553 or Office (Biba), 604-298-4144, during the office hours. Price: \$40-adult; \$20-children 12 and under. Profit will benefit St. Helen's Parish.

**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



**HOST AND WINE.** 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.

**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

**BULLETIN SPONSOR OF THE WEEK.** Please support **BELL & BURNABY FUNERAL CHAPEL**, 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 10, 2024	\$ 47,88.00	\$ 510.00	\$ 5,298.00
Thank you for your generosity!			

**We Pray For**

**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 Piccici, † Franco Luongo, † Anna Delli Santi

**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.  
† Angelo & Rita Visentin

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

11:30 am – Pro-Popolo

**Monday, March 18 [St. Cyril of Jerusalem, Bishop and Doctor of the Church]**

7:45 am – Special Intention

**Tuesday, March 19 [ST. JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY]**

7:45 am – Special Intention for Mrs. Salacan's Recovery

**7:00 pm – MASS IN HONOUR OF ST. JOSEPH**

**Wednesday, March 20 [Lenten Weekday]**

7:45 am – † All Souls in Purgatory

**Thursday, March 21 [Lenten Weekday]**

7:45 am – Special Intention

**Friday, March 22 [Lenten Weekday]**

7:45 am – Special Intention

**7:00 pm – STATIONS OF THE CROSS**

**Saturday, March 23 [St. Turibius of Mogrovejo, Bishop]**

9:00 am –

4:00 pm –

**Sunday, March 24 [PALM SUNDAY OF THE PASSION OF THE LORD]**

8:30 am – MASS IN ENGLISH

10:00 am – MASS IN ITALIAN

11:30 am – MASS IN ENGLISH

**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.**

**17 MARZO, 2024  
V DOMENICA DI QUARESIMA**

**"Allora io sarò il loro Dio ed essi saranno il mio popolo."**  
Ger 31:33

**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".

**ORE DELL'UFFICIO PARROCCHIALE. DAL 18 MARZO AL 22 MARZO 9:00-12:00(mezzogiorno).** Per il sacramento dell'unzione al di fuori dell'orario d'ufficio, chiamate 604-298-6111.

**MESSA IN ONORE DI S. GIUSEPPE SARÀ MARTEDÌ 19 MARZO ALLE 19:00. TUTTI BENVENUTI!**

**40 GIORNI L'ADORAZIONE EUCHARISTICA PER LA VITA** sarà mercoledì 20 marzo. L'Adorazione inizierà dopo la Messa del mattino e si concluderà con la Benedizione alle 19:00.

**AVREMO LA RECITA DEL VIA CRUCIS OGNI VENERDI' DURANTE LA QUARESIMA. COMINCERÀ 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.



**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.

**CENA DI FAMIGLIA ORGANIZZATA DA CAVALIERI DI COLOMBO** sarà **sabato 20 zappre** nella Salla Parrocchiale (Gym). Per i biglietti si prega di contattare Bortolo, 604-294-9553 o Ufficio (Biba), 604-298-4144, durante le ore d'ufficio. Prezzo: \$ 40-adulto; \$ 20-bambini, 12 anni e sotto. Il profitto andrà a beneficio della parrocchia di Sant'Elena.

**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.**



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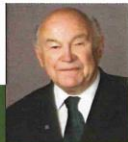
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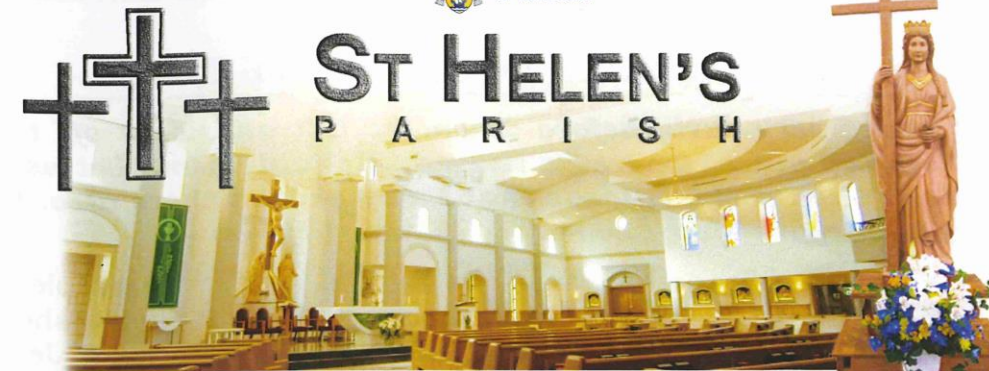
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OFFICE HOURS:

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.