

OCTOBER 11, 2026

28TH SUNDAY IN ORDINARY TIME

Happy Thanksgiving Day!

“My God will fully supply whatever you need...” Philippians 4:19

God really does provide for those who are grateful and generous. This is very difficult for people that don't live a stewardship lifestyle to believe. People are skeptical and say it's just coincidence. If you are skeptical, try living a stewardship lifestyle for just one month - be generous with your gifts of time in prayer, talent in charitable works, and treasure, then see how God provides for your needs.

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ST. HELEN'S FOOD BANK THANKSGIVING COLLECTION. Once again, we are asking for your support in feeding the poor in our community. As Christians we are called to help them without judging. Please bring your donations to the rectory during office hours, or to the food bank bin in the lobby of the church. Thank you for your support. List of items needed available in the Church Lobby.“

A generous man will himself be blessed, for he shares his food with the poor.” Prov. 22:9

MISSION SUNDAY. Oct 17-18, 29th Sunday of Ordinary Time is World Mission Day. We will welcome a Missionary Oblate of Mary Immaculate who was one of the founding Oblate Missionaries serving in Kenya, Fr. Ken Forster OMI, to be with us and speak at all the masses.

ROSARY will be recited in the church every Wednesday at 7:00 pm, starting on October 7, during the month of October. Please mark your calendars and come to pray together.

PARISH OFFICE HOURS 9:00am-12:00pm (noon) and 1:00 pm to 4:00 pm. In case of urgent matter that requires sacrament of anointing with urgency **please contact 604-298-6111.**

PROJECT ADVANCE APPEAL 2026. You can donate by coming to the parish office during office hours, online <https://support.rcav.org/project-advance/> or dropping off your donation in the collection basket on Sunday. **So far, we have collected \$37,688.00.** We encourage all the parishioners to participate this year to help us reach our goal of \$53,000.00. Thank you for your support.

THE SCOLA CHANT WORKSHOP. The next rehearsal/chant workshop will be on the evening of October 21.

MINISTRY OF VISITING THE SICK. Please contact the parish office at 604-298-4144 if you have a family member, friend, or someone you know who would like to receive Holy Communion at home.

DOCTOR VISITS FOR THE HOMEBOUND. Dr. Anthony Tran, MD, a parishioner of St. Helen’s Parish, has graciously offered to visit parishioners who are unable to leave their homes. Please contact parish office, 604-298-4144, if you would like to have Dr. Tran visit, and the parish office will pass on the request to Dr. Tran, and he will reach out to arrange the visit.

SENIORS CLUB resumed their activities on **Saturdays, from 11:00 AM to** 2:00PM in the church basement. For info please contact Elia, 604-299-0455.

COFFEE HOUR after all Sunday masses in the church basement hall this Thanksgiving weekend. Come and join us. Everyone welcome!

ALPHA - THE MARRIAGE COURSE, a series of 7 sessions will start on Friday October 16 - November 22, 7:15 PM - 9:30 PM, at All Sants Parish, 821 Fairfax St, Coquitlam; \$40 Per Couple. Register at [Marriage Alpha Course](#) For any questions or more information please contact Thu & John Peng: allsaintstmc@gmail.com

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

“The Eucharist is a priceless treasure: by not only celebrating it but also by praying before it outside of Mass we are enabled to make contact with the very wellspring of grace.” Saint John Paul II

ST HELEN'S CWL CHRISTMAS CRAFT MARKET: NOV. 14TH 10AM - 4PM
Crafters still needed. Table rentals, \$50.00. For more information contact Maria 604-617-8259 or craftmarketsh@gmail.com. Looking for donations towards our basket raffle. Donation of gift cards, coffee, tea or cash will be most welcome. Or, items that can be used for themed baskets, e.g. spa, date night, movie night, etc. For more information contact Maureen, 604-802-7613. **Looking for volunteers to help in Bake Sale booth/Kitchen/ or where needed. Baking needed for the Bake Sale Booth. Please contact Flavia, 604-614-2339 if you can provide baking and/or to volunteer.**



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.

NEW PARISH OFFICE AND NEW CLASSROOMS PROJECT. If you want to donate for the upcoming parish and school projects, please use envelopes marked *"New Parish Office and New Classrooms Fund"* that are available in the church lobby, or donate online at <https://sthelen.ca/about/give> under New Office and Classrooms Fund. You can also scan image on the right to donate. For your donations you will receive an income tax receipt. Thank you for your support.



HELP FOR MISSION SOCIETY PLEASE DO NOT DROP OFF YOUR DONATIONS BEFORE CONTACTING MANUELA, 604-298-6202.

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

To stay informed on all that is happening in the parish, please register at: <https://StHelensChurch.flocknote.com/JOINEMAILLIST>

Sunday Collection (Weekly Goal \$12,000.00)			
Date	Envelopes	Loose	Total
October 4	\$ 5,564.00	\$ 706.00	\$ 6,270.00
Thank you for your generosity!			

We Pray for

Saturday, October 10 [Weekday]

- 9:00 am- † Sister Mary Francis, † Stanislaw Pozniak
- 4:00 pm- † Benito Manzo, † Agnes & Joseph Wong, † Mankai Mok, † Kingsou Yu † Junquan Guan, † Theodore Tumanon

Sunday, October 11 [TWENTY EIGHTH SUNDAY IN ORDINARY TIME]

- 8:30 am- Spec. Int. for Dissegna Family, † All Souls in Purgatory, † Tara Merandi † Pietro & Imelda Savio, † Petra Rodriguez & Dec. of Fam. Rodriguez † Elide & Angelo Da Maren
- 10:00 am- † Noe Mastroianni, † Ernesto Crema, † Albina Titotto & Dec. of Titotto Fam. † Dec. of Marzin Fam., † Domenico & Donata Cibelli, † Gilberto Melo † Nina Arbia, † Norina Martinuzzi, † Luciana Fascinelli, † Francesco Marin † Pasqualino & Flora Niccoli, † Mario Bordignon

Monday, October 12 [Weekday. Thanksgiving Day]

- 9:00 am- Spec. Int. for Tia, † Giovannina & Ernesto Risi

Tuesday, October 13 [Weekday]

- 7:45 am- † Rosette Viduya

Wednesday, October 14 [St. Callistus I, Pope and Martyr]

- 7:45 am - Special Intention
- 7:00 pm - ROSARY

Thursday, October 15 [St. Teresa of Jesus, Virgin and Doctor of the Church]

- 7:45 am- Special Intention

Friday, October 16 [St. Marguerite D’Youville]

- 7:45 am- Special Intention

Saturday, October 17 [St. Ignatius of Antioch, Bishop and Martyr]

- 9:00 am- Spec. Int. for Annie Kwok, Spec. Int. for Czeslawa Pozniak
- 4:00 pm- † Mankai Mok, † Kingsou Yu, † Junquan Guan, † Lorenzo Iameo, † Tara Merandi

Sunday, October 18 [TWENTY NINTH SUNDAY IN ORDINARY TIME]

- 8:30 am- †All Souls in Purgatory,† Maria Aresta,† Gwynneth Marie Hogan, † Pat&Ann Duggan † Francesco Bavaro, † Rosa Zonta,† Giuseppina Figliola, † Angelo Pettenon † Francesco Marin, † Filomena Colangelo, † Giuseppe Bresciani † Vincenzina Battista, † Francesco Faiola
- 11:30 am- Pro-Popolo

11 OTTOBRE, 2026

XXVIII DOMENICA DEL TEMPO ORDINARIO

Felice Giorno di Ringraziamento!

“Il mio Dio, a sua volta, colmerà ogni vostro bisogno...” Fil 4:19



CIBO PER I POVERI – COLLEZIONE PER IL GIORNO DI RINGRAZIAMENTO. Vi chiediamo ancora una volta di sostenere l'iniziativa per sfamare i poveri della nostra comunità. Come cristiani, siamo chiamati ad aiutarli senza giudicare. Vi preghiamo di portare le vostre donazioni in canonica durante gli orari di ufficio oppure di depositarle nell'apposito contenitore situato nell'atrio della chiesa. Grazie per il vostro sostegno. «Chi ha l'occhio generoso sarà benedetto, perché egli dona del suo pane al povero». Prov9:22

IL SANTO ROSARIO sarà recitato ogni Mercoledì durante il mese di Ottobre alle 07:00 pm. Vi preghiamo di venire a pregare insieme.

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.

PROJECT ADVANCE. Potete donare in ufficio dierante l'ore di ufficio, online su <https://support.rcav.org/project-advance/> oppure depositando la vostra donazione nell'apposito cestino domenica. **Finora abbiamo raccolto \$37,688.00.** Grazie per il vostro sostegno. Incoraggiamo tutti i parrocchiani a partecipare quest'anno.

MERCATINO DELL'ARTIGIANATO NATALIZIO DELLA CWL DI ST. HELEN: 14 novembre, dalle 10:00 alle 16:00. Si cercano ancora espositori. Costo del tavolo: 50 \$. Per informazioni, contattare Maria al numero 604-617-8259 o all'indirizzo craftmarketsh@gmail.com. Si cercano donazioni per la nostra lotteria con cesti regalo. Sono molto gradite donazioni di buoni acquisto, caffè, tè o contributi in denaro, oppure articoli utilizzabili per comporre cesti a tema (es. benessere/spa, serata romantica, serata cinema, ecc.). Per informazioni, contattare Maureen al numero 604-802-7613. **Cerchiamo volontari per la vendita di dolci, in cucina o altre necessità. È richiesto l'apporto di dolci fatti in casa. Si prega di contattare Flavia al numero 604-614-2339 per offrire dolci e/o dare la propria disponibilità come volontari.**

MINISTERO DI VISITA AI MALATI. Contatta l'ufficio parrocchiale al numero 604-298-4144 se hai un familiare, un amico o qualcuno che conosci che vorrebbe ricevere la Santa Comunione a casa.

VISITE MEDICHE PER I RESIDENTI IN CASA. Il Dott. Anthony Tran, MD, parrocchiano della Parrocchia di Sant'Elena, si è gentilmente offerto di visitare i parrocchiani che non possono uscire di casa. Coloro che desiderano una visita da Dott Tran per piacere contattate l'ufficio parrocchiale. L'ufficio parrocchiale inoltrerà la richiesta al Dott. Tran, che si metterà in contatto per organizzare la visita.

LA SOCIETA’ PER ANZIANI ha ripreso le attività, **sabato, dalle ore 11:00 alle 14:00 nella sala soto la Chiesa.** Per informazioni chiamare Elia, 604-299-0455.

L'ORA DEL CAFFÈ dopo tutte le messe domenicali, nel salone sotto la chiesa, durante il fine settimana del Ringraziamento. Venite a trovarci. Siete tutti i benvenuti!



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.

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.

CITAZIONE EUCARISTICA

«L’Eucaristia è un tesoro inestimabile: non solo celebrandola, ma anche pregando davanti ad essa fuori dalla Messa, possiamo entrare in contatto con la sorgente stessa della grazia.» San Giovanni Paolo II

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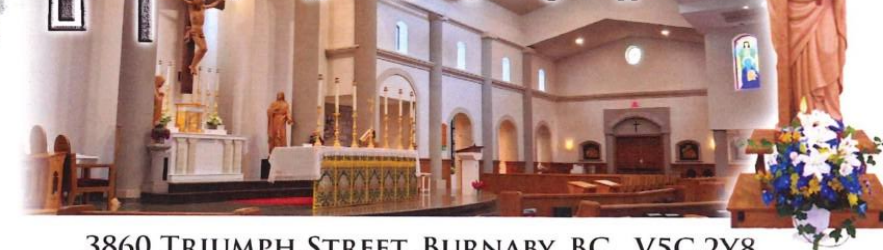


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Archdiocese
of Vancouver



ST HELEN'S
PARISH



3860 TRIUMPH STREET, BURNABY, BC V5C 2Y8

PASTOR
FR. ALESSANDRO LOVATO
pastor@sthelen.ca

DEACON
MICHAEL BOREHAM
mboreham@rcav.org

OFFICE AND MAILING ADDRESS:
3860 Triumph St., Burnaby, BC V5C 2Y8

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:
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)
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 and 4th Sunday of the Month
MARRIAGES: Please visit sthelen.ca/sacraments/marriage for more information.

PARISH CONTACTS AND MINISTRIES

MINISTRY TO THE SICK: Please call during office hours.
SACRED MUSIC COORDINATOR: Agnes Wan, 604-298-4144, musicdirector@sthelen.ca
LAST RIGHTS AND MEDICAL EMERGENCIES: Please call 604-298-4144 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 church.
PREP COORDINATOR: Sandra Crema, 604-298-4144, prepsainthelens@gmail.com

RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA) COORDINATOR: 604-298-4144, adulted@sthelen.ca

CATHOLIC WOMEN'S LEAGUE (CWL): Dianna Der, 604-818-2100
CHILDREN'S LITURGY COORDINATOR: Stefanie Artuso, (please call office)
KNIGHTS OF COLUMBUS: Tony Ramalho, 604-294-5501
LECTORS COORDINATOR: (please call office)
SAFE ENVIRONMENT COORDINATOR: Ariana Quashie, (please call office)
SENIORS CLUB: Elia Serena, 604-299-0455

WELCOME VISITORS AND NEW PARISHIONERS! PLEASE REGISTER.