



## SAINT HELENA CHURCH

Center Square

1489 DeKalb Pike Blue Bell PA 19422

610-275-7711 (P) ~ 610-275-7610 (F)

[www.sainthelena-centersquare.net](http://www.sainthelena-centersquare.net)

**JANUARY  
17, 2021**





# OUR PARISH MISSION STATEMENT

## ONE FAMILY

United as members of the One, Holy, Catholic, and Apostolic Church, we are committed, as **ONE FAMILY**, to be messengers of God's love and presence in the world, and to welcome and invite others to become part of this family and this mission.

## ONE HEART

Called by our Baptism to a life of service in the Lord, we are committed, with **ONE HEART**, to live in charity, practice the works of mercy, and work for peace and justice.

## ONE FAITH

Strengthened by God's Word and nourished by His Sacraments, we are committed, in **ONE FAITH**, to promote lives of learning, living, and proclaiming the Gospel message, as we continue to grow in the knowledge, understanding, and appreciation of all that embodies these awe-inspiring truths.

### PRIESTS/DEACONS:

Parish Priest: Rev. Msgr. Joseph J. Nicolò  
Parochial Vicar: Rev. Peter J. DiMaria  
Deacon: Deacon A. Kenneth Belanger  
Deacon: Deacon Francis Cavaliere

### PARISH OFFICE:

**MONDAY THROUGH FRIDAY: 9:00 AM TO 5:00 PM**

Business Manager: Ms. Cathy Neugebauer  
Parish Administrative Assistant: Mrs. Gina Malony  
Church Bulletin Editor: Br. Raymond J. Colombaro

Web Site: [www.sainthelena-centersquare.net](http://www.sainthelena-centersquare.net)  
Email: [parish@sainthelenachurch.org](mailto:parish@sainthelenachurch.org)  
Phone: 610-275-7711 <> Fax: 610-275-7610

### EDUCATION CENTER: School Phone: 610-279-3345

School Principal: Mr. Carl P. Jankowski  
School Secretary: Mrs. Rene Ryan  
School Nurse: Mrs. April Maxwell

### PREP: Phone: 610-277-3573

Director of Religious Education:  
Mrs. Madeleine Fitzgerald

Director of Parish Services  
Mr. Kurt Zampier: Phone: 610-930-0349

Facilities Manager: Mr. Vince Thompson  
Phone: 610-322-5749

Director of Facilities: Robert Malony  
Phone: 610-275-1253

ALL MASSES ARE LIVE-STREAMED!

### PARISH MASS SCHEDULE:

**Saturday Vigil: 4:00 PM**

Sunday: 7:30 AM, 9:00 AM, & 11:00 AM  
Weekdays: Mon - Sat 9:00 Holy Day Vigil: 7:00 PM  
Holy Days: 7:00 AM, 9:00 AM, & 12:15 PM  
(Except Saturdays)

### DEVOTIONS:

Most Holy Rosary: Mon-Sat 8:25 AM (Chapel)  
Eucharistic Adoration: Mon-Fri 9:30 AM-7:30 PM  
Divine Mercy Chaplet: Mon-Fri 3:00 PM (Chapel)

**CHAPEL HOURS:** The St. Theresa Chapel is open Monday — Friday from 6:15 AM to 9:00 PM; Saturday from 8:00 AM - 5:00 PM; & Sunday from 7 AM to 5 PM. On **FIRST** Thursdays & Fridays, special devotions are prayed at Mass.

**BAPTISM:** Baptisms are celebrated the Second (2nd) Sunday of each month at 12:30 PM. Please stop by the Parish Office for information on scheduling Baptism for your child. Pre-Jordan classes are required for parents & optional for Godparents, and are *usually* offered the 1st Monday of the month at 7:00 PM in the Education Center. Call the Parish Office to register for class. Letters of eligibility are due at the Parish Office *before* a date can be confirmed for Baptism.

**MARRIAGE:** Arrangements must be made with a priest at least six months *prior* to your desired wedding date. The Archdiocese of Philadelphia requires that all couples attend a Pre-Cana class. Please contact the Rectory at 610-275-7711 or send an e-mail: [parish@sainthelenachurch.org](mailto:parish@sainthelenachurch.org) for class information & registration.

**ANOINTING OF THE SICK:** Arrangements can be made by calling the Parish Office.

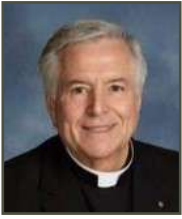
**RECONCILIATION/CONFESSION:** **Saturdays at 3:00 PM** in the Church or contact the Parish Office **to make an appointment.**

**MEMORIALS: Mass Cards, Candles, Bread & Wine...in honor of the living or in memory of the deceased.**

If you would like to have a spiritual Memorial offered in memory or in honor of a loved one, please contact the Parish Office.

**ALTAR FLOWERS:** If you are interested in having fresh flowers placed on the Altar in either the Church or the Chapel, please call Theresa Smith at 215-646-7636.





## NIC NOTES

DEAR PARISHIONERS,

I do not think anyone is going to miss 2020. It was a year that I am sure we do not want to see again in our lifetime or anyone's lifetime. Some of the events of 2021 that many of us would have watched on TV was the nightmare and horror in Washington DC. It is something that I never thought I would see in this country. There is never a reason for violence, looting, and rioting. Peaceful protest is one thing, however, what we have seen in 2020 in many areas of our country as well as what we saw in January 6, 2021 was not peaceful. It was a disgrace! Civility! Civility! Civility!

As 2021 is upon us, we have been planning for this new year. Due to the circumstances, this year we will have two First Pences, two Confirmations and two First Communion. Our children in St. Helena School and our children in St. Helena PREP are being given the dates as well as our children in private Catholic Schools. At the First Penance Services, only the child receiving the Sacrament of Reconciliation and their parents will be able to attend. At the Confirmations, only the child receiving the Sacrament and their sponsor and parents will be able to attend. At the First Holy Communion, it will be the child receiving the Sacrament and only their immediate household. We will also be having special opportunities for confessions on Tuesday, March 23 at 1:15 PM and at 6:45 PM. As in the past, we will have about 10 to 12 priests assisting us with confessions. There will be no Service.

I want to commend our teachers at St. Helena School for the marvelous work they have been doing in assisting our children with their Catholic education. Most of our children are participating in-person and some of our children are participating virtually. Our teachers have been heroic in their dedication to the mission of educating our children. I want to give them a "shout out!"

Our school has a "Task Force" that diligently works as a team in conjunction with our teachers to make our school a safe place for both the students and the teachers. I want to give them a "shout out!" I also want to give a "shout out!" to our maintenance staff who have also done an outstanding job, doing a daily disinfecting/sanitizing as well as giving our facilities a deep cleaning.

I want to sincerely thank our Saint Helena PREP teachers for all that they have done and are doing to give our children who attend public school the Catholic education that they deserve. They are doing a remarkable job virtually instructing our children in the Faith.

Let us continue to pray for an end to this pandemic and that God's healing hand touch everyone who has been affected by it!

*May God, through the intercession of Saint Helena, bless us.*

*Love and Prayers,  
Msgr. Nicolò*

## Weekly Mass Intentions

- |               |   |
|---------------|---|
| Mon., Jan. 18 | 9:00 AM<br>IMO ED "DUCK" KUREK<br>Req. by Rita Kurek  |
| Tue., Jan. 19 | 9:00 AM<br>IMO HELEN WINTERBOTTOM<br>Req. by her sisters, Carol & Alice                                       |
| Wed., Jan. 20 | 9:00 AM <b>St. Fabian</b> OR <b>St. Sebastian</b><br>IMO JOHN M. TRAVALLINE, SR.<br>Req. by The Caruso Family |
| Thu., Jan. 21 | 9:00 AM <b>Saint Agnes</b><br>IMO NOLEN & COLONNELLO<br>FAMILIES<br>Req. by Dennis & Alex Nolen               |
| Fri., Jan. 22 | 9:00 AM <b>Protection of Unborn Children</b><br>IMO COLLEEN MCMAHON<br>Req. by The McMahon Family             |
| Sat., Jan. 23 | 9:00 AM <b>Blessed Virgin Mary</b><br>For the Living & Deceased<br>Members of the St. Theresa Guild           |

*Monsignor Nicolò offers Mass every Sunday & the Holy Days of Obligation for the People of the Parish.*

**MEMORIALS FOR THE WEEK OF JANUARY 17<sup>TH</sup>**



The Sanctuary Candle in the Church burns  
*in memory of*

**JOAN McMILLAN**

Requested by Jim & April McMillan

The Sanctuary Candle in the Chapel burns  
*in memory of*

**EDWARD J. O' HANLON, SR.**

Requested by Msgr. Nicolò, Fr. Di Maria &  
the Rectory Staff



A Candle burns at the Blessed Virgin Statue  
*in memory of*

**ANDREW T. KOSVITCH**

Requested by Msgr. Nicolò,  
Fr. Di Maria & the Rectory Staff

**LITURGICAL MINISTRIES**

*for the weekend of January 23rd/24th*

**THIRD SUNDAY IN ORDINARY TIME**

**CELEBRANTS & DEACONS**

**SATURDAY, JANUARY 23**

4:00 PM ~ Monsignor Nicolò

**SUNDAY, JANUARY 24**

7:30 AM ~ Monsignor Nicolò

9:00 AM ~ Father DiMaria

11:00 AM ~ Father DiMaria (Deacon Ken)

**LECTORS**

**SATURDAY, JANUARY 23**

4:00 PM ~ T. Rogers

**SUNDAY, JANUARY 24**

7:30 AM ~ P. Schaeffer

9:00 AM ~ M. J. Mrazik

11:00 AM ~ L. Fickett



**CURRENT ALTAR SERVERS &  
EXTRAORDINARY  
MINISTERS OF HOLY  
COMMUNION,  
PLEASE SIGN UP FOR A MASS OR  
MASSES ON YOUR MSP.**



**PRAY FOR OUR  
BELOVED  
DECEASED**

*Kindly remember in your  
prayers all those who  
have recently died, especially*

**ELEANOR TOTO,  
ANDREW T. KOSVITCH &  
JOHN CARFAGNO**

*May their souls and the souls of  
all the faithful departed  
rest in peace.*

**MADELEINE'S MESSAGE**

Saint Helena Level Two PREP classes will receive the Sacrament of First Reconciliation Tuesday, February 9<sup>th</sup> at 7PM. Because of the number of children receiving, only Level Two PREP class will be attend church. Only parents and child receiving will be in each pew.

Our catechists, Terry Reigle and Sally Pavlick have been preparing our students weekly during their ZOOM lessons. Thank you Terry and Sally for all you do for our young students preparing for First Reconciliation.

The Sacrament of Reconciliation is also known as Confession or Penance, and is one of the Sacraments of healing. In the Sacrament of Reconciliation, we ask God for spiritual healing by confessing our sins to God through a priest. When the priest gives us absolution, our sins are washed away, and we are filled with sanctifying grace.

**Have a great week!**

**Madeleine**





Saint Helena Knights #14210

[www.shkofc.com](http://www.shkofc.com)

Grand Knight Joe Smee

[jrsdmt2@gmail.com](mailto:jrsdmt2@gmail.com)

Become a Knight.

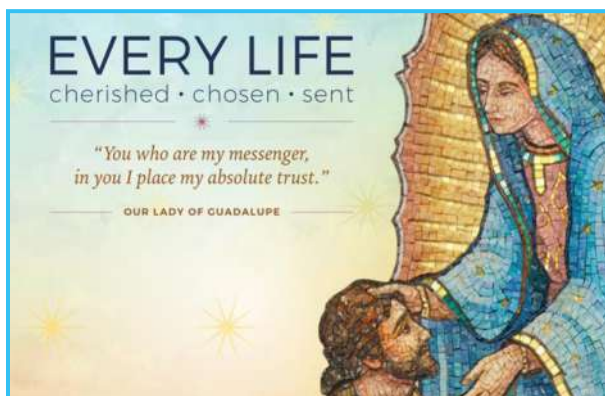
Do More. Be More.

Join Online [www.kofc.org](http://www.kofc.org)

**JOIN TOGETHER TO  
PRAY 9 DAYS FOR  
LIFE NOVENA FROM  
JANUARY 21-29**

USCCB's (United States Conference of Catholic Bishops) Novena for the Protection of Human Life. Each day's intention is listed in the next column. For each day's intention, please pray 1 Our Father, 3 Hail Marys & the Glory Be.

For each intention, find a short reflection and suggested actions at [www.respectlife.org/9-days-for-life](http://www.respectlife.org/9-days-for-life). Or, sign-up to receive a daily text or email at [www.9daysforlife.com](http://www.9daysforlife.com)



**RESPECT LIFE  
NOVENA INTENTIONS**

**JANUARY 21**

May the tragic practice of abortion come to an end.

**JANUARY 22**

**Day of Prayer for the Legal Protection of Unborn Children**

May all unborn children be protected in law and welcomed in love.

**JANUARY 23**

**Philadelphia March for Life**

[www.prolifeunion.org/2021-mfl](http://www.prolifeunion.org/2021-mfl)

May every expectant mother receive compassionate care and support as she nurtures the life in her womb.

**JANUARY 24**

May expectant fathers lovingly support the mothers of their children in welcoming new life.

**JANUARY 25**

May each person suffering from the loss of a child through abortion find hope and healing in Christ.

**JANUARY 26**

May expectant mothers choosing adoption receive grace and support in embracing this loving option.

**JANUARY 27**

May all who support or participate in abortion experience a conversion of heart to seek and receive the Lord's boundless mercy.

**JANUARY 28**

**National Prayer Vigil for Life on EWTN**

May civic leaders work for the protection of all human life, in every stage and circumstance.

**January 29**

**National March for Life in Washington, DC**

May all who defend life find strength and renewal in the Holy Spirit.

# RESPECT LIFE CORNER



## DID YOU KNOW?

On January 22nd, the Church in the United States observes the annual **“DAY OF PRAYER FOR THE LEGAL PROTECTION OF UNBORN CHILDREN.”**

We are called to observe this day through prayer, penance, fasting, and/or giving alms. January 22nd is the anniversary of the 1973 Supreme Court decisions that legalized abortion throughout our nation. Since then, over 60 million lives have been lost. That’s more than the size of Italy’s population.

## ~ RESPECT LIFE PRAYER ~

Heavenly Father, we cry out for Your mercy and ask You to remove the scourge of abortion from our land. Use us as Your vessels, Lord, to bring the light of Your Truth to our nation again. Amen.

**“Our God is never out done in generosity!”**

# THANK YOU FOR YOUR TITHE!

## A PRAYER FOR OUR MILITARY

Lord God, Almighty Father, Creator of mankind and Author of peace, we are ever mindful of the cost paid for the liberty we possess, we ask You to bless the members of our Armed Forces. Given them courage, hope and strength. May they ever experience your firm support, gentle love and compassionate healing. Be their power and protector, leading them from darkness to light. To You be all glory, honor and praise, now and forever. Amen.

*Please pray for all our military personnel especially:*

- POI ELIZABETH FENERTY, CPT KEVIN MAGUIRE,
- SFC JAMES KILGORE, CDR DANIEL NEVEROSKY,
- TSGT JAMES LAPORTE,
- SPC JOHN Z. MATEJA,
- LT NICHOLAS HUMES,
- CPL ANTHONY J. CICCARONE,
- CPT EMILY M. LORENZO-WOMACK,
- CPT JONATHAN R. WOMACK,
- SSGT JOSEPH P. LORENZO,
- LT CHRISTINA TAORMINA-LAPORTE & LTJG BRENDAN J. KOCH



## PRAY FOR OUR SICK & INFIRM

**In your Christian charity, please pray for our sick & home-bound parishioners, as well for those living in health or nursing facilities. In particular, please remember the following:**

- Patrick Banicki, Marie Marrongelli,
- Joshua Gelenberg, Guido Perfetti,
- Linda Basile, James Pishock, Louis Drozd,
- Ceara Hughes, Sister Mary Angela, Mike Bail,
- McGrail & Flynn Families, Kerry Eddy,
- Patricia Gabel, John Piecyk, Jim Dougherty,
- Jennifer O'Donnell-Gray, Elizabeth Foster,
- Suzette Eason, Christine Hoffman, Kaye Grasso,
- Kellan Ford, Kathy Foley, Julia Tramontana & Owen,
- Kathleen Leahey, Ethan Horstmyer, Peg O'Hara,
- Colleen Coll, Kieran Daly, Peter Cook,
- Bernice Zwigaitis, Jack Keidel, Larry Barnhouse,
- Juan Barba, Sister Antonette Schmidt, Kathleen Levis,
- Peter J. Cissone, Jr., Carl Geiger,
- Dwayne Williams, Alyssa Lentz, Dave Colman,
- Ed Mitchell, Thomas & Linda Cullen, Theresa Proietti
- Fr. Dennis Carbonaro, Bobbi Smisko & ALL SUFFERING WITH THE CORONAVIRUS.

**To have someone listed, please call the Parish Office at 610-275-7711. Names will stay listed for 2 (two) weeks. If you need them to stay on, you must call every 2 weeks to update.**



**THE SAINT  
RAYMOND NONNATUS  
FOUNDATION FOR  
FREEDOM, FAMILY,  
AND FAITH**

offers spiritual accompaniment for families in crisis and families affected by

divorce. The Foundation offers free spiritual consultation with a Mercedarian friar to find healing and help during challenging times. Please consider an email to [director.srnf@gmail.com](mailto:director.srnf@gmail.com) to set up your free spiritual consultation. The Foundation also offers podcasts for divorced and separated Catholics on YouTube at Philly Nonnatus. Go to [Nonnatus.org](http://Nonnatus.org) to learn more about free spiritual counseling services offered to families in crisis.

**Questions: Email [director.srnf@gmail.com](mailto:director.srnf@gmail.com).**

We are grateful to all of our friends, family, and benefactors as we begin another year of service to all those we minister to within the foundation.

Despite the global pandemic of 2020 we have all experienced, God provided *many ways* that we were able to help families in crisis through our prayers, our on-line presence including podcasts for divorced and separated Catholics, and through our free spiritual consultations.

We look forward to endeavors in 2021 in this new year to expand our mission as we continue to offer spiritual accompaniment for both families in crisis situations and also families and individuals affected by divorce and separation. To date, we have helped *hundreds* of families by letting them know how much the Catholic Church cares through our outreach.

We invite you to stay in touch with us in the coming year via our website at [www.nonnatus.org](http://www.nonnatus.org).

Please connect with us on all of the social media platforms at the *St. Raymond Nonnatus Foundation* and "*Philly Nonnatus*". Please subscribe to our YouTube channel at *Philly Nonnatus*.

Kindly email your prayer intentions to us at [director.srnf@gmail.com](mailto:director.srnf@gmail.com) and we will pray for your prayer requests. Be assured we will reply back to you, and we will pray for your needs.

Please always remember that we are here for **YOU** and we *care*. May the Lord bless you and your family throughout 2021.

***Through the intercession of Our Lady of Mercy & of Saint Raymond Nonnatus, be assured of our prayers!***



**JOIN THE  
ST. HELENA  
COMMUNITY  
IN AN HOUR OF  
PRAYER FOR THE  
LEGAL  
PROTECTION  
OF THE UNBORN**

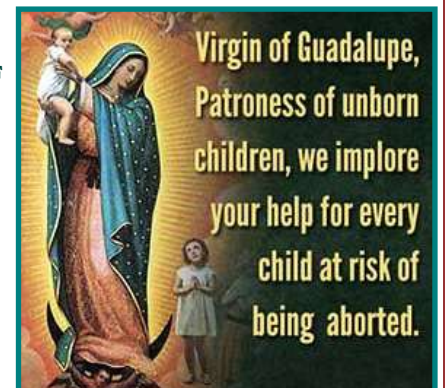
on Friday, January 22  
at 7:00 PM in the Saint Therese Chapel.



You are also invited to keep vigil in the Saint Therese Chapel *during the day* on **FRIDAY, JANUARY 29**, in prayerful solidarity with the National March for Life.

Please make a visit before the Blessed Sacrament to pray for the protection of the unborn.

**THE  
RECITATION OF  
THE HOLY  
ROSARY &  
PRAYERS FOR  
LIFE WILL BE  
HELD IN THE  
CHAPEL AT  
7:00 PM.**





**JOIN OUR  
DAILY  
DEVOTIONS!**

*Attend In-Person or  
Virtually via our  
Parish Livestream*

There are many fellow parishioners who are serving the Parish community and leading regularly scheduled devotions such as the Daily Rosary & the Divine Mercy Chaplet. Iron sharpens iron and God’s grace is overflowing when we make the time and reorient our priorities with Him as the Center of our lives. Here’s our schedule. All devotions are livestreamed as well.

**ROSARY RECITATION in the CHAPEL**

8:25 AM <> Monday—Saturday  
11:30 AM <> Wednesdays **after** the 3:00 PM Divine Mercy Chaplet <> Monday—Friday

**DIVINE MERCY CHAPLET RECITATION  
in the CHAPEL**

3:00 PM <> Monday-Friday

**CHAPEL MEDITATION**

7:00 AM—9:00 AM <> Monday through Friday  
8:00 AM—5:00 PM <> Saturdays  
7:30 AM—5:00 PM <> Sundays

*The Chapel is on livestream every day—24/7*

**Volunteer Opportunity - Answering the  
Phone & Fielding Questions  
CATHOLIC SOCIAL SERVICES**

is looking for someone to answer the telephone in our office located at Saint Paul Parish ~ 2007 Johnson Highway in East Norriton.

**HOURS NEEDED:**

Monday through Friday 8:30 to 2:00,  
Wednesday and Friday 1:00 to 5:00

If you are able to volunteer for any of these times on a weekly basis, contact Patrick Walsh

[Pwalsh@chs-adphila.org](mailto:Pwalsh@chs-adphila.org) 267-688-3805

**THE  
BREAD  
OF LIFE**



+

**EXTRAORDINARY MINISTERS OF  
HOLY COMMUNION NEEDED**

In recent months, you may have noticed that we have been “short” on assistance with the distribution of Holy Communion at Sunday Mass. Because of COVID-19, many of our senior parishioners who have faithfully served as Extraordinary Ministers of Holy Communion throughout the years have been hesitant to return to Mass and to resume their roles as EMsHC. As a result, we find that we are in need of some volunteers for this ministry.

Please consider assisting the parish in this ministry. Qualifications for this role are as follows:

1. **A firm and living faith in the Real Presence of Christ in the Blessed Sacrament.**
2. **A love for the Eucharistic Lord and the desire to serve Him through the distribution of Holy Communion to His people.**
3. **Faithful attendance at Sunday Mass each week.**
4. **If married, that you exchanged your vows in the presence of a priest or a deacon of the Catholic Church.**
5. **Your willingness to participate in one (1) training session offered here at St. Helena.**

If you are interested in learning about this role, please contact Father DiMaria at [frdimaria@sainthelenachurch.org](mailto:frdimaria@sainthelenachurch.org).



## WE REMEMBER

and we gratefully acknowledge the following families who so thoughtfully asked that donations in memory of their loved one be sent to Saint Helena Church. We ask that you please keep them in your prayers:

James Adams, John Botto, Mary Ellen Brogan, Dr. Elwin S. Carlin, Audrey F. Crause, Harry DeFazio, Ann Kelly, Jennie Dinardo, Michael Frawley, Nicholas Grant, Ann Gerlach, Eugene P. Kenworthy Sr., Peter J. Kelly, Sr., Orville Johnson, John S. Maguire, Jane O'Doherty, Lucille Mazur, Grace Migliarese, George T. McCool, Jean P. McQuade, Dorothy Nicolo, Joanna Roth, Thomas Oakes, Matilda M. Schoppet, Mary Ellen Sullivan, Gertrude Usher, Virginia Valentine, Louise Vanelli, Jean Vereb, Mary C. & Raymond F. Uccelletti, Sr., Margaret Wright, Carmen Pagliaro, Dottie Monastra, William Curran, Shawn Henry, Jack Gambone, Gasper Butera, Helen Borkowski, Mary Ryan, Edward Garbacz, John Cantarini, Dave Landers, Joseph Nicolo, Sr., Ron Miles, Harold Rodgers, Marge Fitzpatrick, Mildred Dulin, Candida Barone, Stanley Lentz, Sr., Walter P. Piecyk, Henry Orzechowski, Gasper Sclafani, Rose Trombetta, Brad Souders, Peter Nicolo, Joseph Yaccarino, Irene Koziol, Frances Lavin, Anna Silvaggio, Vincent J. Petrone, Stanley Toscani, Rita Rego, Charles Halfpenny, Sr., Gerard Geisel, Carol Piskai, Stephen Imms, Betty Haly, Ed Sciarra, Ralph Martino, Thomas Keane, Mary Russo, Marlin Souders, William Guerrini, William Schmitz, Jr., Andy Ortlieb, Nicola Rocco, Richard Duszak, Salvatore Giuffrida, Harry Neff, Sr., Ronald Lattanze, Katherine Roth, Maria Begley, Peggy Guerrini, Daniel Staffieri, Norma Leuallen, John Frawley, Rae Bordo, Veronica Graff, Thomas & Anne Yuengling, Francis Nolan, Thomas Swan, Dixie Katrina, Anna Marie Esposito, Karen DeGennaro, Catherine Murphy, Rita Curran, Ann Yaccarino, Tom Gaasche, Catherine Swanick, Agnes Dougherty, Vera Lentz, Marg Agresti, James Frawley, Suzanne Bottinger, Jack Fitzpatrick, Antoinette Cannon, Harvey Kreitzer, Nancy Cavan, Theresa Tomczak, John Barry, Nicholas Machion, Daniel Begley, Joseph Monastra, Catherine Frawley, Rev. John T. Coates, Linda Taormina Kuhn, Dorena Colonnello, Marian Curran, Alexander Piermani, III, Kathleen DePietro, Francis Zuest, Joseph O'Hara, Steve Bacino, Phyllis D'Amico, Emil Bilinski, Carol Mignogna, Edward Stimmler, Marie Neff, Joan Schmitz, Yolanda Marinari, Deacon Donald Kretsches, Charles Walters, James F. "Smitty" Smith, Sr, Edward Sciarra, Jr., Daniel Fitzgerald, Marie Litman, Elaine Thompson, Carmen Branco, Matthew Mazza, Edward Lock, Phyllis Galanti, Mary Scarafone, Anne Burr, James Bozzelli, Margaret (Peg) Tannenbaum, Barbara Souders, Joseph Smee, Sr., James Bottinger, Anne Nolen, Martha Flannery, Joan Cannon, Hilda Carr, Joseph Wallin, Kathleen Fenerty & Louis R. DiMaria.

## BEQUESTS

The following people have thoughtfully and prayerfully made bequests in their Wills to Saint Helena Church. Please remember them in prayer as well.

Vivian Becker, Alice P. Devlin, Mary E. Flanagan, Hon. Robert W. Honeyman, Concetta Marchesani, Mary Ellen Sullivan, Laura E. Wisniewski, Estelle Noska, Elizabeth Ann Quillinan, Jean Stock, Lawrence Marinari, Catherine Frawley, Mary Rosciola, Marian Curran, Charles Loeper, Rev. John Coates, Kathleen Schoemaker, Regina Zaleski, Margaret Donahue, Lorraine Gigliello, Margaret (Peg) Tannenbaum.



Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of all the faithful departed, through the infinite mercy of God, rest in peace. Amen.

As the

## Business Owner

Log on to *FindingFABER.com* and follow the prompts to customize your account information

Select Set Up Promotion option to insert your logo and create up to three active promotions or an ongoing message

Customers will find you with a push notification and keep you top-of-mind if you set a promotion with a start/end time, recurring or ongoing specials.

As the

## App User



The app user searches by category or zip code with pin-point map location. Promotions can be shared by the app user via text, DM or email.

The user can opt to "Like" a business so every time a promotion is posted, a push notification is sent to their device. Your local community will know your business and what's new in realtime!

Whether you're a business owner or a consumer, the *FindingFABER* app connects businesses to customers in realtime - that's WIN! WIN!

**FindingFABER**

Connecting businesses to customers in realtime!

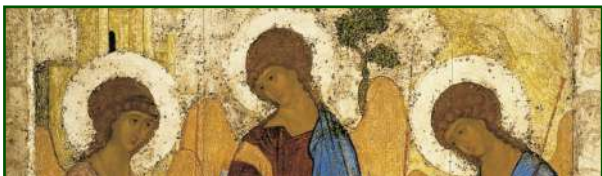


## KEN'S CACHE

In the first three centuries of the Christian era, there was no such thing as a Eucharistic Fast. Communion, in fact, was commonly received in conjunction with a communal meal, the *agape*. However, in the fourth century, things began to change. Fasting before Communion became so widespread that Saint Augustine, from his diocese in North Africa, wrote that the custom of such fasting must have been due to Divine Inspiration.

At first, local Church councils regulated the official requirements of fasting. In 1418, the Council of Constance took steps to formalize the code. In time, Catholics receiving Communion were expected to fast from the previous midnight from all food and liquids, water included. Indeed, so conscientiously were these requirements observed, that people worried whether water accidentally ingested while brushing teeth or food particles lodged between teeth then swallowed broke one's fast. (They didn't, of course!)

The "iron-clad" Eucharistic Fast rules of yesterday began to ease in 1953, when Venerable Pius XII issued the Apostolic Constitution *Christus Dominus* stating that, though fasting from midnight was still required, water did not break the Eucharistic Fast, no matter when taken. *Christus Dominus* provided further that under certain circumstances other liquids, except alcohol could be taken up to one hour before Mass and Communion – as by those engaged in exhausting or "energy-sapping work" or for those traveling a long distance to Mass.



Other relaxations were to follow. With the *Motu Proprio* (a statement issued on the Pope's personal initiative) *Sacram communionem* of 1957, Venerable Pius XII abolished the midnight rule and reduced the fast requirements to three hours for solids and one hour for liquids, again with the exception of alcohol. The change was attributed to Pius' recognition of the social and economic demands of modern society.

The next change, the one by which Catholics live today, came with the close of the third session of Vatican Council II, November 21, 1964, when Saint Paul VI further reduced the Eucharistic Fast to one hour before the reception of Holy Communion.

**God Bless!**

**Deacon Ken**



## JOB OPPORTUNITIES AT SAINT HELENA...

*We are currently looking to hire*

*For the job listed below:*

**FULL-TIME CUSTODIAN**

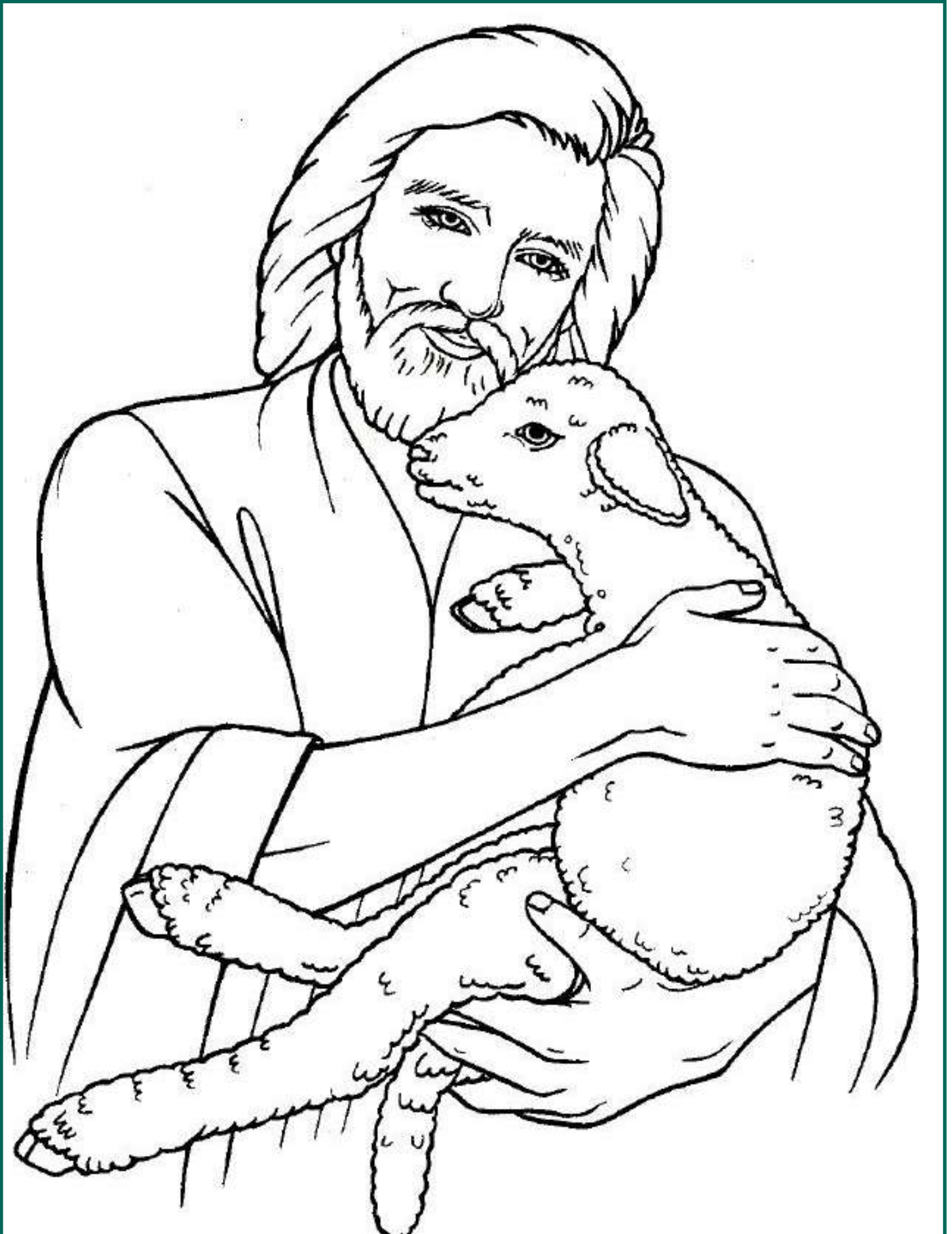
Monday through Friday from 6:00 AM to 3:30 PM

# Start ASAP!

**IF YOU ARE INTERESTED IN THIS POSITION,  
PLEASE CONTACT OUR PARISH MAINTENANCE**

**DIRECTOR,  
ROBERT MALONY AT**

[rmalony@sainthelenachurch.org](mailto:rmalony@sainthelenachurch.org)



# Names for Jesus

R V Y D T S E I R P H G I H C K R N  
 B N C H I E F C O R N E R S T O N E  
 R K C S O N O F G O D P D V I T G W  
 R S Z H J D N F Y L S N R V G A B K  
 G O B F I C D R G D Z G A O H G L T  
 B N C S C E H D R Q X S O K K E J N  
 Z O S R O R F O M R K D K E L M L L  
 I F N G R N L S A C S L F M S O R O  
 B M L Y N F O B H H Q I L N U D R R  
 B A C E O I B F E E L N M N S N W D  
 A N H D U O K P D F P E X B E A K O  
 R F R T N N H F O A D H P W J A M F  
 Q O I I K E A D O I V T E W Z H B G  
 L R S M R K A M A G W I L R B P L L  
 G V T D B E W T M O N V D J D L T O  
 C P R Z R J O Q R I F I X M X A L R  
 R M M B B R R D G L X J K B L R G Y  
 B L A M B O F G O D F T E H P O R P

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Alpha and Omega

Bread of Life

Chief Cornerstone

Chief Shepherd

Christ

Good Shepherd

High Priest

Immanuel

Jesus

King of Kings

Lamb of God

Lord

Lord of Glory

Lord of Lords

Mediator

Prophet

Rabbi

Rabboni

Savior

Son of David

Son of God

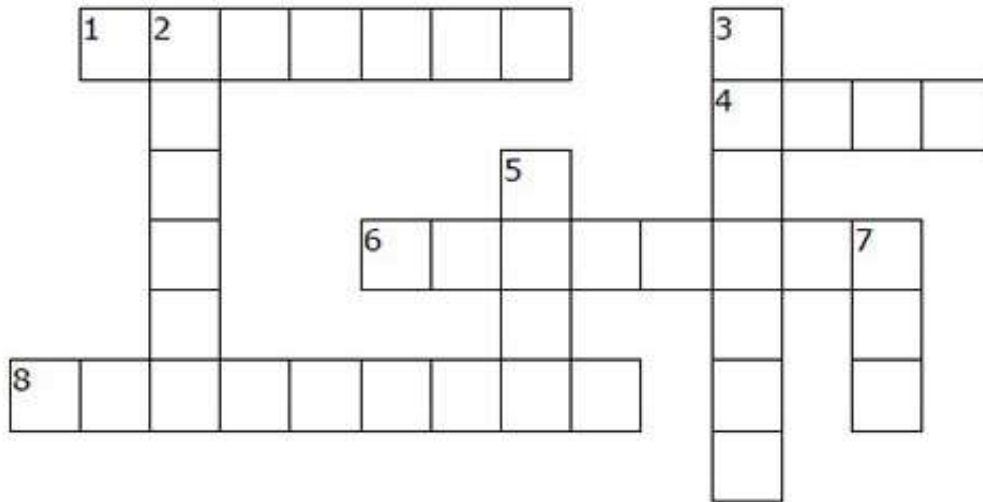
Son of Man

Word

# Jesus Loves Us All

"By this all men will know that you are my disciples, if you love one another." John 13:35 (NIV)

Based on John 13:31-35



## ACROSS

1. An order or a rule given with authority
4. To have feelings of compassion and concern for another person
6. Boys and girls between birth and puberty
8. Those who follow the teachings of Jesus

## DOWN

2. People aside from oneself
3. To give praise and honour to God or a person
5. A period of seconds, minutes, hours, days, weeks, months, years, etc.
7. The opposite of old

GLORIFY  
NEW

COMMAND  
DISCIPLES

TIME  
CHILDREN

OTHERS  
LOVE