

**JANUARY 21, 2024**  
**3<sup>RD</sup> SUNDAY IN ORDINARY TIME**

**“Follow me and I will make  
you fishers of men”**

Mark 1:17

Jesus' call to “follow me” is a call to all Christians! The call is in the here and now, in our present circumstances, not when we think we are “ready” or have everything in order. Good stewardship of our God-given gifts means that things aren't always going to according to our schedule, but that God has a much better plan in store for each of us.

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**ENVELOPES FOR 2024** are available at the entrance of the church. Please pick up your set.

- Please use only the 2024 envelopes and recycle all old envelopes used in previous years.
- If you attend Sunday Mass at another parish and you drop your Corpus Christi envelopes at that church, please **DO NOT PUT IN ANY COINS**. Parishes are not allowed to mail envelopes which contain coins for security purposes.
- Please do not use staples and/or scotch tape to seal your envelopes. This causes delay in counting the collection and can sometimes injure the counters with hard-to-remove staples wires.
- If you donate online, you're still encouraged to use the envelopes while attending Sunday mass. Simply check the box that says “P.A.P.” and drop it into the collection basket.
- If you wish to have a set of 2024 envelopes, please contact the parish office. Thank you!

**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**.

**NOTRE DAME REGIONAL SECONDARY. PLACEMENT EXAM**, on January 24 & 25, 2024. Accepting Applications for 2024-2025 school Year.

**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.



**ST. HELEN'S FOOD BANK.** We are still helping needy in our community and accept food and monetary donations towards the Food Bank. In this hard time, we can show our support and care for the ones that need our help. Donations can be made in the Church Lobby, or in the parish office during the office hours. We are helping 32 families from our neighborhood and they appreciate our parish's help. Thank you for your generosity!

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

**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**

*“The Blessed Sacrament is that Presence which makes a Catholic Church different from every other place in the world; which makes it, as no other place can be, holy .”*

*Cardinal Newman*



**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.

**PRO-LIFE MASS AND PRAYER VIGIL.** Join this monthly Mass and vigil to pray for respect for all human life from its beginning to its natural end every first Saturday of the month Learn more at [beholdvancouver.org/events](http://beholdvancouver.org/events).

**THE BIBLE IN A YEAR WITH FR. MIKE SCHMITZ** can be checked at <https://media.ascensionpress.com/category/ascension-podcasts/bibleinayear/>

**FLOCKNOTE INVITATION.** Please register your name and email address to receive latest bulletin, news and updates using this link

<https://StHelensChurch.flocknote.com/JOINEMAILLIST>

**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.”*

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

**BULLETIN ADS AVAILABLE. IF INTERESTED, PLEASE CALL 604-298-4144.**

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

Sunday Collection (Weekly goal: \$12,000.00)			
Date	Envelopes	Loose	Total
Jan. 14, 2024	\$ 4,085.00	\$ 280.00	\$ 4,365.00

Thank you for your generosity!

**We Pray For**

**Saturday, January 20 [St. Fabian, Pope and Martyr, St. Sebastian, Martyr BVM]**

9:00 am – Spec. Int. for Bernadette Dunnigan

4:00 pm – Special Intention, † Giovanni, Lina & Luigi Porco, † Gilda Giardini  
† Mario & Nicolina Corrado, † Douglas Renwick, † Mansueto Aballini

**Sunday, January 21 [THIRD SUNDAY IN ORDINARY TIME]**

8:30 am – † All Souls in Purgatory, † Lidia Kazimierska, † Lena Pastega, † Teresa Musso  
† Maria Resta

10:00 am – † Gina & Giuseppe Kosenina, † Dec. of Trevisani & Cibelli Fam.  
† Robert Battiston, † Gianni Cerantola, † Giuseppe & Anna Cesaratto  
† Miranda Bucciol, † Jack Cusinato

11:30 am – Pro-Popolo

**Monday, January 22 [St. Vincent, Deacon and Martyr]**

7:45 am –

**Tuesday, January 23 [Weekday]**

7:45 am – † Roger Renner

**Wednesday, January 24 [St. Francis de Sales, Bishop, Religious Founder, and Doctor]**

7:45 am –

**Thursday, January 25 [The Conversion of St. Paul the Apostle]**

7:45 am – Special Intention for Joanne Kostyra, † Joseph Jonell Bulaun

**Friday, January 26 [St. Timothy and St. Titus, Bishops]**

7:45 am – Spec. Int. for Paya Scuccimarri, † Alicia Pillan

**Saturday, January 27 [St. Angela Merici, Virgin, BVM]**

9:00 am –

4:00 pm – † Greg White, † Teresa Musso, † Fr. Vincent Cutrara, † Baldino Friscioni

**Sunday, January 28 [FOURTH SUNDAY IN ORDINARY TIME]**

8:30 am – Special Intention, † All Souls in Purgatory, † Lidia Kazimierska, † Lena Pastega  
† Mansueto Aballini, † Teresa & Raffaele Rea

10:00 am – † John Ljuljovic, † Giuseppe Bevacqua, † Angelo Zamprogno  
† Pina & Bruno Benedet, † Lori Marconato

11:30 am – Pro-Popolo

**21 GENNAIO, 2024**  
**III DOMENICA DEL TEMPO ORDINARIO**

**“Venite dietro a me, vi farò diventare  
pescatori di uomini.”**

Mc 1.17

**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**.

**LE BUSTE PER IL 2024 SONO DISPONIBILI ALL'ENTRATA DELLA CHIESA. PER FAVORE RACCOGLIETELE.**



**LA DISPENZA DI CIBO S. ELENA.** Siamo ancora aiutando i bisognosi nella nostra comunità e accettiamo donazioni di cibo e denaro al Banco Alimentare. In questo momento difficile, possiamo mostrare il nostro sostegno e la nostra cura per coloro che hanno bisogno del nostro aiuto. Le donazioni possono essere depositate nell'atrio della chiesa o presso l'ufficio parrocchiale durante gli orari di ufficio. Stiamo aiutando 32 famiglie del nostro quartiere

che apprezzano il nostro aiuto parrocchiale. Grazie per la vostra generosità. *“Chi ha l'occhio generoso sarà benedetto, perché egli dona del suo pane al povero.” Prov. 22:9*

**PANELLO DELLA FEDE e una opportunità** per fare un dono memorabile per i nostri cari defunti. L'offerta fatta puo essere dichiarata nelle tasse. Se la famiglia del defunto, per occasione della Messa di Funerale, richiede ai partecipanti “donazione a S. Elena” al posto di fiori, allora il nome del deceduto verra aggiunto al Pannello della Fede. Pannello e preminentemente installato all'entrata della Chiesa. Per informazioni o offerte chiamate l'ufficio parrocchiale. **“I loro nomi sono scritti nei cieli”**

**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. I nuovi membri sono benvenuti. 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 O ANNAMARIA, 604-291-7016. GRAZIE.**

**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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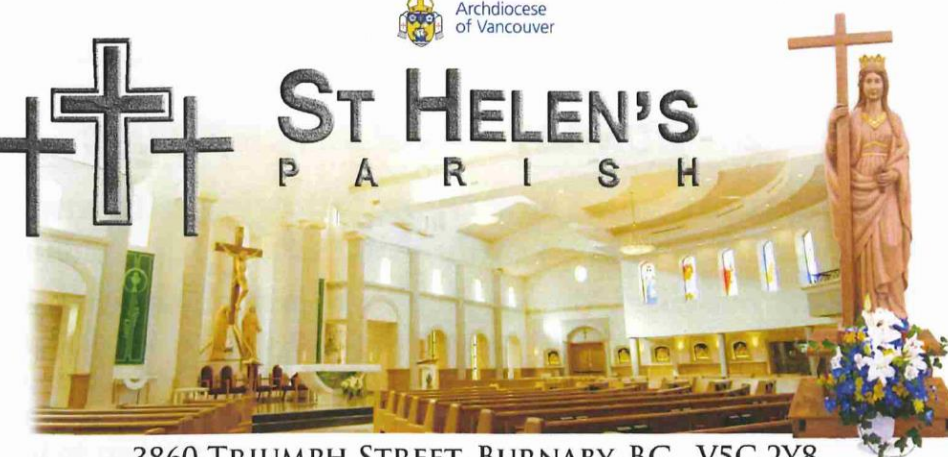
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ST HELEN'S  
PARISH



3860 TRIUMPH STREET, BURNABY, BC V5C 2Y8

PASTOR  
FR. ALESSANDRO LOVATO  
pastor@sthelens.ca

DEACON  
MICHAEL BOREHAM  
mboreham@rcav.org

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.sthelens.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.