

**JANUARY 28, 2024**  
**4<sup>TH</sup> SUNDAY IN ORDINARY TIME**

**“Brothers and sisters:  
I should like you to be free of anxieties.”**

1 Corinthians 7:32

How much anxiety do we bring upon ourselves by constantly worrying about not having enough or attaining more things? God won't necessarily give you everything you want, but He will provide everything you need. Try this – use the word “pray” instead of the word “worry” in the future. Then spend your time praying instead of worrying.

Copyright © 2023 Archdiocese of St. Louis

**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**

*“What happiness do we not feel in the Presence of God, when we are alone at His feet.... Redouble your fervor; you are alone to adore your God; His eyes rest upon you alone.” St. John Vianney*



**HOST AND WINE** donated for **January 28<sup>th</sup> Masses**  
in loving memory of Leonardo Cunanan  
Gift of wife Marilyn and Family

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 **GARDENS OF GETHSEMANI**, 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. 21, 2024	\$ 3,727.00	\$ 291.00	\$ 4,018.00

Thank you for your generosity!

**We Pray For**

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

9:00 am –

4:00 pm – † Greg White, † Teresa Musso, † Fr. Vincent Cutrara, † Baldino Friscioni  
† Ester & Arrigo Dalla Tina, † Vanda Carolo

**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, † Leonardo Cunanan

10:00 am – † John Ljuljovic, † Giuseppe Bevacqua, † Angelo Zamprogno  
† Pina & Bruno Benedet, † Lori Marconato, † Marina Serena, † Rocco Vigna  
† Joe Pagnotta, † Vittorio Ciccone, † Vanda Carolo, † Rosa Zonta

11:30 am – Pro-Popolo

**Monday, January 29 [Weekday]**

7:45 am – † Dec. of Farella & MacDonald Fam.

**Tuesday, January 30 [Weekday]**

7:45 am –

**Wednesday, January 31 [St. Juan Bosco, Priest]**

7:45 am – † Joseph Chui, † Federico Jimenez

**Thursday, February 1 [Weekday]**

7:45 am – † David Onyejekwe

**Friday, February 2 [The Presentation of the Lord]**

7:45 am – † Dec. of Abanto Fam., † Tommy Chavez

**Saturday, February 3 [St. Blaise, Bishop and Martyr, St. Ansgar, Bishop]**

9:00 am –

4:00 pm – † Berenice Oraziotti, † Teresa Musso

**Sunday, February 4 [FIFTH SUNDAY IN ORDINARY TIME]**

8:30 am – † Pat & Ann Duggan

10:00 am – † Caterina & Diego Rizzuto, † Domenico Peretti, † Bruna Berth, † Rosa Zonta

11:30 am – Pro-Popolo

**28 GENNAIO, 2024**  
**IV DOMENICA DEL TEMPO ORDINARIO**

**“Fratelli, io vorrei che foste senza preoccupazioni...”**

1Cor 7,32

**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**.



**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.**



Serving Our Catholic Community Since 1908



We are an Independent Family Owned Funeral Home and we're honoured to carry forward our 114 year legacy of compassionate service at Kearney Burnaby Chapel. We offer pre-arrangement services on-site or in the convenience of your home.



Aaron Morrison



Victoria Cippiciani



Jim Houseman



Ryan Crean

Kearney Burnaby Chapel | 4715 Hastings Street  
604 299 6889 - burnaby@kearneyfs.com

www.KearneyFS.com

DBA Crean Family Holdings Ltd.

Peace starts with an appointment

604-531-2141 / rccav.org

15694 32nd Ave.  
Surrey, BC V3Z 9V1



SETON VILLA

RETIREMENT CENTRE

Supportive Housing/  
Assisted Living  
www.setonvilla.com

We promote health, independence, and provide affordable living for seniors.

Laura Lovison-Perkins  
Resident Relations

Action Line Housing Society  
3755 McGill Street,  
Burnaby, B.C. V5C 1M2

Direct: 604-563-8913  
Tel: 604-291-0650 ext. 312  
Fax: 604-291-1871  
Email: lperkins@setonvilla.com

Columbus Meat Market

Retail & Freezer Meats  
Beef, Veal, Pork, Ham, Poultry, Lamb, Rabbit

1310 Nanaimo Street  
Vancouver, B.C. V5L 4T6  
Vito & Eugenio Masi  
604-253-2242

Daniela Serena  
Your Mortgage Expert

The Mortgage Centre  
serenamortgages.com  
T: 604.889.6750 | F: 1.604.608.4891  
serenamortgages@gmail.com

You and your mortgage are my top priority



604 783 8553

Bell & Burnaby Funeral Chapel  
"The Slavin Family" - Since 1934



Personalized Service  
Proud to Serve the Catholic Community  
Guaranteed Pre-arranged Funeral Plans Available

4276 Hastings Street, Burnaby, BC V5C 2J6 Tel: (604) 298-2525

www.bellburnaby.com

SERVICE CORPORATION INTERNATIONAL (Canada) ULC

Celebrating Life WITH Dignity

PROUD TO SUPPORT THE ARTISAN FARMERS MARKET



GLENHAVEN MEMORIAL CHAPEL FOREST LAWN FUNERAL HOME  
604-253-5444 604-299-7720

OCEAN VIEW FUNERAL HOME > DignityMemorial.ca <  
604-435-6688

RE/MAX Crest Realty  
www.kenandlinda.com  
Ken: 604-444-3293  
Linda: 604-444-5478  
Email: jhohnston@smartmail.com  
North America Toll Free: 1-866-433-2211

Ken & Linda Johnston (604) 433-2211

LEGAL SERVICES

Karen Bastow  
Lawyer

Business disputes • immigration • family law • criminal law  
Employment law • professional discipline • wills and estates

David G. Milburn, Trial Lawyers  
24 Hour Mobile: (604) 600-2942  
Email: karen@karenbastow.com

ACCOMTESSA BOOKKEEPING

Affordable small business services

Email: [admin@accountessa.com](mailto:admin@accountessa.com)

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

Tel: 604-802-9299



ANTHONY DRLJE  
PERSONAL REAL ESTATE CORPORATION

604.360.7133  
anthonydrjje.com  
anthony@anthonydrjje.com

POWERED BY exp



Bernadette Zinetti  
Associate Insurance Advisor II

2630 EAST HASTINGS STREET VANCOUVER BC V5K 1Z6  
Bus: (604) 255-7747 Fax: (604) 251-2875

Bernadette\_Zinetti@cooperators.ca

BOSAFOODS



FEATURING ITALISSIMA QUALITY GOURMET MEDITERRANEAN FOODS

1465 KOOTENAY STREET, VANCOUVER • 562 VICTORIA DRIVE, VANCOUVER  
604.253.5578



meat market + deli + cucina

4142, 4150, + 4156 Hastings Street., Burnaby BC V5C 2J4 | cioffigroup.com

604-291-9373

Giordan Di Palma

RBC Mortgage Specialist



Providing Home Financing solutions since 2008

4382 E Hastings St. Burnaby 236.333.4939 giordan.dipalma@rbc.com

LEE & ASSOCIATES  
COMMERCIAL REAL ESTATE SERVICES

Tony Capolongo

Commercial Real Estate Sales and Leasing  
Office: 604.630.3378 Cell: 604.290.5318  
tony.capolongo@lee-associates.com

STEFANIE ARTUSO

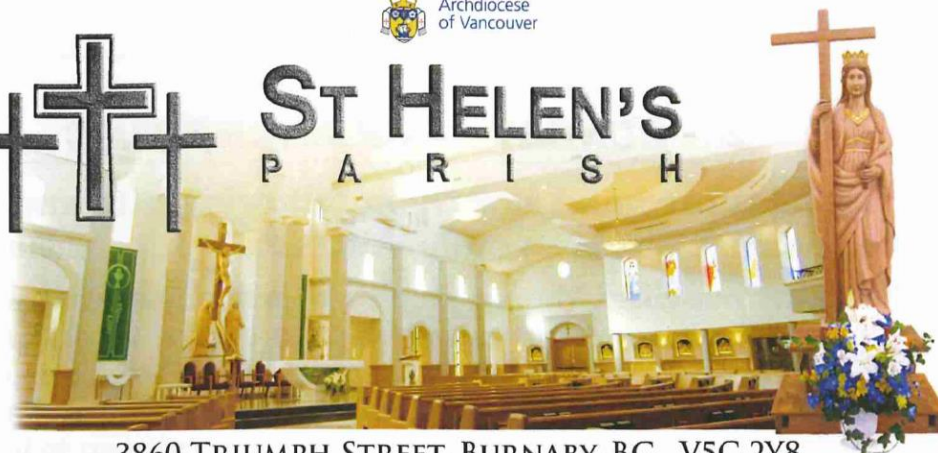
vocalist

(778) 229-2637

STEFANIEARTUSOMUSIC@GMAIL.COM



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.