

FEBRUARY 4, 2024
5TH SUNDAY IN ORDINARY TIME

“Rising very early before dawn, he left and went off to a deserted place, where he prayed...He told them, ‘Let us go on to the nearby villages that I may preach there also. For this purpose have I come.’” Mark 1:35, 38

In today’s Gospel reading we see a perfect example of stewardship. Jesus gives His time to do all that God wishes - healing the sick and preaching. But before He begins, Jesus takes time to be alone with God in prayer. It is through prayer, spending time with God, that we are given the graces needed to do what He wishes us to do. Praying before acting is a great habit to develop.

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Lenten Season this year will start with Ash Wednesday on February 14. There will be three **Ash Wednesday liturgies celebrated in our parish: 7:45AM, 9:00AM with our school children, and 7:00PM.** All are welcome to attend any of these services. The traditional **Lenten devotion of the Stations of the Cross will continue to take place on Friday evenings at 7:00PM.**

ASH WEDNESDAY. It is a day of fasting and abstinence from meat. There are three main Lenten works: prayer, penance and fasting, and almsgiving. The Church prescribes fasting (only one full meal and two smaller meals which together are not greater than a full meal) and abstinence from meat on Ash Wednesday and Good Friday. Catholics aged 18-59 are bound to fast; those 14 and over to abstinence. Those who are ill are freed from these obligations. Everyone, even those above the age of 59, are encouraged to fast and abstain. Parents and educators are reminded of their duty to introduce children gradually to the understanding and practice of penance.

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.**

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



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.

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. 28, 2024	\$ 4,818.00	\$ 330.00	\$ 5,148.00
Thank you for your generosity!			

We Pray For

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

9:00 am –
 4:00 pm – † Berenice Oraziotti, † Teresa Musso, † John Gault, † Gregory White
 † Filomena & Giovanni Verrelli

Sunday, February 4 [FIFTH SUNDAY IN ORDINARY TIME]

8:30 am – Spec. Int. for Recovery, † Pat & Ann Duggan
 10:00 am – † Caterina & Diego Rizzuto, † Domenico Peretti, † Bruna Barth, † Rosa Zonta
 † Rosa Tomasi, † Franco Caporale, † Pasquale & Vincenzo Miniaci

11:30 am – Pro-Popolo

Monday, February 5 [St. Agatha, Virgin and Martyr]

7:45 am – † Gloria Lopez

Tuesday, February 6 [St. Paul Miki and Companions, Martyrs]

7:45 am – † All Souls in Purgatory

Wednesday, February 7 [Weekday]

7:45 am – Special Intention, † Domenico Marrello

Thursday, February 8 [St. Jerome Emiliani, St. Josephine Bakhita, Virgin]

7:45 am – † Elias Sico, † Giuseppina & Vito Giannone

Friday, February 9 [Weekday]

7:45 am – Special Intention, † Benito Manzo

Saturday, February 10 [St. Scholastica, Virgin]

9:00 am – † Marina Serena

4:00 pm – † Lorenzo Iameo, † Mary Macdonald, † Paul Boroevich

Sunday, February 11 [SIXTH SUNDAY IN ORDINARY TIME]

8:30 am – † John Simone, † Davue Frroku, † Marie Moli, † Pjeter Suli, † Francesco Sandini
 † Dec. of Tesan Fam., † Elaine Dillon Fink, † Alba Rossi

10:00 am – † Carmine Clemente, † Noe Mastroianni, † Gilda Giardini, † Rosa Zonta
 † Domenico & Donata Cibelli, † Dec. of Mastropieri & DiBicari Fam.

11:30 am – Pro-Popolo



4 FEBBRAIO, 2024
V DOMENICA DEL TEMPO ORDINARIO

“Poi, la mattina, mentre era ancora notte, Gesù si alzò, uscì e se ne andò in un luogo deserto; e là pregava... e, trovatolo, gli dissero: «Tutti ti cercano». Ed egli disse loro: «Andiamo altrove, per i villaggi vicini, affinché io predichi anche là; per questo infatti sono venuto.»

Marco 1:35,38

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. Siamo 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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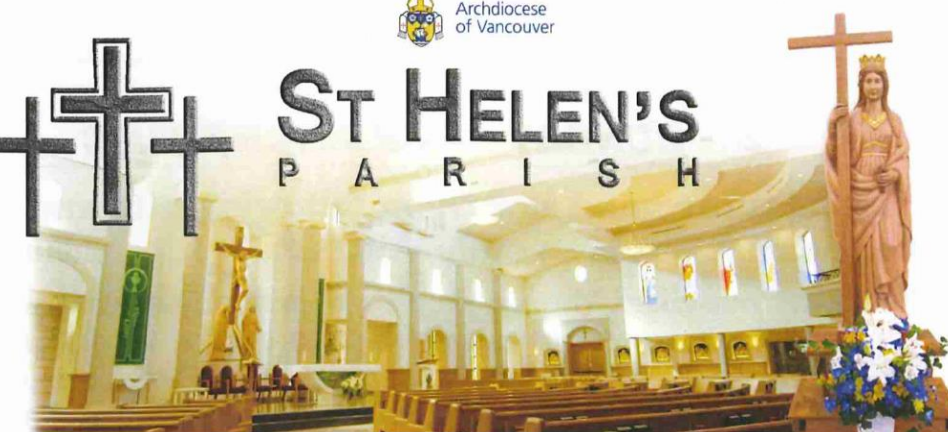
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ST HELEN'S
PARISH



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DEACON
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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.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.