

MARCH 24, 2024 PALM SUNDAY

“Hosanna to the Son of David; blessed is he who comes in the name of the Lord; hosanna in the highest.”

Mt. 21:9

PENITENTIAL DISCIPLINE FOR LENT: Fridays are days of abstinence from meat. During Lent it is important to try and develop a stronger relationship with Jesus by giving him more time. Individuals can do this by attending daily Mass, reading a chapter of Scripture each day, saying the rosary while on the way to work rather than listening to the radio. Going to confession is an essential aspect of this penitential season.



ALMSGIVING: FOOD BANK LENTEN DRIVE. Lent is a sacred season when we are called to show our love and appreciation of Christ's sacrifice through our good deeds and acts of sacrifices. Please help those in need from our community. Items lists are placed in the lobby of the church for you to pick them up. You can bring your donations next Sunday to the church or drop it off at the parish office during the office hours. Thank you!

“He who is kind to the poor lends to the Lord, and He will reward him for what he has done.” Proverbs 19:17

OFFICE HOURS DURING HOLY WEEK

HOLY THURSDAY, MARCH 28 9:00 AM – NOON

GOOD FRIDAY AND EASTER MONDAY OFFICE WILL BE CLOSED

For the sacrament of anointing outside of office hours, please contact **604-298-6111**.



EASTER FLOWERS DONATIONS. If you wish to donate money for the Easter flowers, please pick up special envelope marked “Easter Flowers Donation” from the lobby. Donations can be dropped off in the collection basket or in the parish office, and will be included in your income tax receipt for 2024. Thank you for your support.

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.

HELP FOR MISSION SOCIETY is having their Sauce Sale on Saturday, April 6 and Sunday April 7. See insert for more details.

HELP FOR MISSION SOCIETY collects clothing and household items. **PLEASE DO NOT DROP OFF YOUR DONATIONS BEFORE CONTACTING MANUELA, 604-298-6202.**

FAMILY DINNER ORGANIZED BY ST. HELEN'S KNIGHTS OF COLUMBUS will be on **Saturday, April 20** in the Parish Hall (Gym). For tickets please contact Bortolo, 604-294-9553 or Office (Biba), 604-298-4144, during the office hours. Price: \$40-adult; \$20-children 12 and under. Profit will benefit St. Helen's Parish.

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

“Our communal worship at Mass must go together with our personal worship of Jesus in Eucharistic adoration in order that our love may be complete.”
St. John Paul II



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.

HOLY WEEK SCHEDULE

CONFESSIONS - SATURDAY, MARCH 23 2:00 PM TO 3:50 PM

PALM SUNDAY

Saturday March 23 4:00 pm
 Sunday March 24 8:30 am; 10:00 am (Ital.); 11:30 am
HOLY THURSDAY March 28 10:00 am - TENEBRAE (sung morning prayer)
7:00 pm - MASS OF THE LORD'S SUPPER
 followed by ADORATION till midnight
GOOD FRIDAY March 29 10:00 am - TENEBRAE (sung morning prayer)
 3:00 pm - SERVICE IN ENGLISH
HOLY SATURDAY March 30 10:00 am - TENEBRAE (sung morning prayer)
 9:00 pm - EASTER VIGIL MASS
EASTER SUNDAY March 31 8:30 am; 10 am (Italian); 11:30 am

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

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

| Sunday Collection (Weekly goal: \$12,000.00) | | | |
|--|-------------|-----------|-------------|
| Date | Envelopes | Loose | Total |
| March 17, 2024 | \$ 4,975.00 | \$ 435.00 | \$ 5,410.00 |
| Share Lent | | | \$ 2,061.00 |
| Thank you for your generosity! | | | |

We Pray For

Saturday, March 23 [St. Turibius of Mogrovejo, Bishop]

9:00 am – Spec. Int. for Michael

4:00 pm – MASS IN ENGLISH

Sunday, March 24 [PALM SUNDAY OF THE PASSION OF THE LORD]

8:30 am – MASS IN ENGLISH

10:00 am – MASS IN ITALIAN

11:30 am – MASS IN ENGLISH

Monday, March 25 [Monday of Holy Week]

7:45 am – Special Intention

Tuesday, March 26 [Tuesday of Holy Week]

7:45 am – Special Intention

Wednesday, March 27 [Wednesday of Holy Week]

7:45 am – † Alejandro Villanueva

Thursday, March 28 [Thursday of Holy Week (Holy Thursday)]

10:00 am – TENEBRAE

7:00 pm – HOLY THURSDAY-LORD'S SUPPER

Friday, March 29 [Friday of the Passion of the Lord (Good Friday)]

10:00 am – TENEBRAE

3:00 pm – SERVICE

Saturday, March 30 [Easter Vigil, Resurrection of the Lord]

10:00 am – TENEBRAE

9:00 pm - EASTER VIGIL

Sunday, MARCH 31 [EASTER SUNDAY OF THE RESURRECTION OF THE LORD]

8:30 am – MASS IN ENGLISH

10:00 am – MASS IN ITALIAN

11:30 am - MASS IN ENGLISH

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.

24 MARZO, 2024 DOMENICA DELLE PALME

*“Osanna al Figlio di Davide!
 Benedetto colui che viene nel nome del Signore,
 il Re d'Israele!
 Osanna nell'alto dei cieli.”*

Mt 21,9

LA QUARESIMA è un tempo di conversione che conduce al Triduo Pasquale durante il quale si fa memoria della Passione, morte e risurrezione di Gesù Cristo. Solitamente, durante questo periodo le pratiche poste in essere per prepararsi alla Pasqua sono; il digiuno, l'elemosina e la preghiera. E' il Codice di Diritto Canonico ha prevedere il digiuno ecclesiastico e l'astinenza dalle carni due volte l'anno: il Mercoledì delle Ceneri e il Venerdì Santo. Per gli altri venerdì di Quaresima è prevista l'astinenza dalle carni. La pratica della carità o dell'elemosina, invece, si accompagna al digiuno così da liberarsi dall'avidità e dall'egoismo, riconoscendo il prossimo come fratello e sorella. La terza pratica legata alla Quaresima è relativa alla preghiera, che sorretta dal digiuno e dalla carità riesce ad arrivare a Dio con più slancio. Sant'Agostino definisce, infatti, il digiuno e l'elemosina come "le due ali della preghiera".

L'ORARIO D'UFFICIO PARROCCHIALE

DURANTE LA SETTIMANA SANTA

GIOVEDÌ SANTO, MARZO 28 – 9:00 AM – MEZZOGIORNO

VENERDÌ SANTO E LUNEDÌ DI PASQUA L'UFFICIO SARÀ CHIUSO



DONAZIONE PER FIORI DI PASQUA. Coloro che desiderano cooperare per la compra dei fiori per le celebrazioni Pasquali, per favore selezionate la busta con la nota scritta “Donazione per i fiori di Pasqua”, che troverete all'entrata della chiesa. Potrete mettere la busta nel cestino della colletta oppure consegnarla presso l'ufficio parrocchiale. Le ricevute per le donazioni saranno incluse nelle ricevute delle tasse del 2023. Grazie per decorare l'altare di nostro Signore Risorto.



BANCO DI ALIMENTI - CIBO PER I POVERI. In fondo alla chiesa si trova la lista di articoli di cibo più necessari per i più bisognosi. Durante questo tempo di Quaresima la carità sincera verso i più bisognosi è un modo di vivere il nostro impegno quaresimale. Potete portare le vostre donazioni domenica prossima in chiesa, oppure in ufficio parrocchiale durante l'orario d'ufficio. Grazie per la vostra collaborazione.

CENA DI FAMIGLIA ORGANIZZATA DA CAVALIERI DI COLOMBO sarà **sabato 20 zappile** nella Salla Parrocchiale (Gym). Per i biglietti si prega di contattare Bortolo, 604-294-9553 o Ufficio (Biba), 604-298-4144, durante le ore d'ufficio. Prezzo: \$ 40-adulto; \$ 20-bambini, 12 anni e sotto. Il profitto andrà a beneficio della parrocchia di Sant'Elena.

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. 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.**

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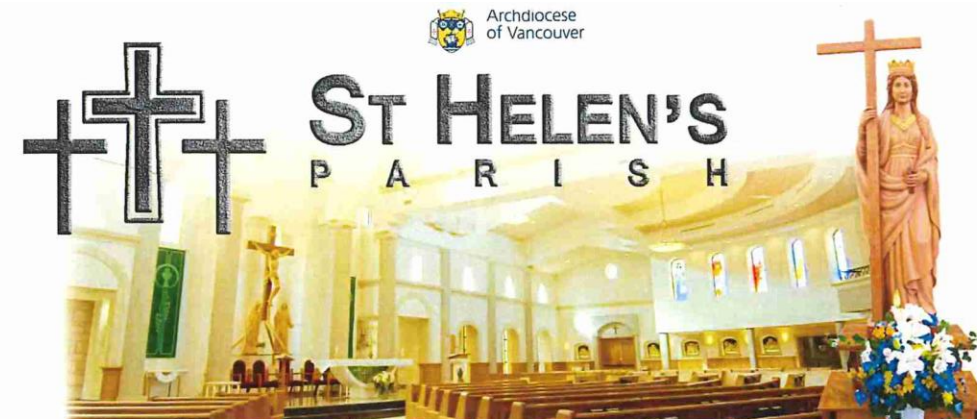
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OFFICE HOURS:
9:00 am – 12:00 pm (noon)
1:00 pm – 4:00 pm

TEL: 604-298-4144 FAX: 604-298-1734

EMAIL: parish.shel@rcav.org
WEBSITE: www.sthelen.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