



St. Helena Church

6161 N. 5th Street
(Fifth Street and Godfrey Avenue)
Philadelphia, PA 19120-1497

St. Helena Church is a Tithing & Evangelizing Parish Mission Statement

We, the Parish of St. Helena, are rooted in Jesus Christ and nourished by Eucharist. We are aware of our present diversity and the changes that enrich us. We strive with all that God has given us to live and to share the Gospel of love by creating a welcoming and united community. We seek to integrate actively people of all ages, races, and cultures into every area of life.

PARISH STAFF

Rev. Msgr. Joseph T. Trinh	<i>Pastor</i>
Rev. Edward A. Pelczar	<i>(Retired) In Residence</i>
Rev. Peter J. Welsh	<i>Parochial Vicar</i>
Rev. Albert Gardy Villarsen, OMI	<i>In Residence</i>
Deacon Victor I. Seda	<i>Parish Deacon</i>
Deacon Huan C. Tran	<i>Parish Deacon</i>
Deacon Victor Pomaes	<i>Parish Deacon</i>
Sr. Sophie Yondura, ssj., D. Min.	<i>Parish Services, DRE, RCIA</i>
Elena Asencio	<i>Parish Secretary</i>
Tram Ton Nu	<i>Business Manager</i>
Genevieve Black	<i>Music Director</i>
Sr. Maryanne Zakreski, ssj	<i>Outreach Center</i>
Sr. Anna Marie Lesutis, RSM, RN	<i>Health Promotion</i>
Ann Farley, MSN	<i>Health Promotion</i>
Sr. Lan Nguyen, OP	<i>Parish Ministry</i>

Rectory	6161 N. 5th Street	215-424-1300 (1301)
Convent	6127 N. 5th Street	215-924-2770
School	6101 N. 5th Street	215-549-2947
Rectory Fax Number		215-424-9152
Health Promotion Office		215-384-6540
Food Bank		267-900-5935
St. Helena Parish Outreach Center		267-437-4929

Web-site www.sainthelenaparish.net

St. Helena Church Office Hours (closed 12Noon-1:00pm)

Monday-Thursday	9:00am to 8:00pm
Friday	9:00am to 5:00pm
Saturday	9:00am to 2:00pm



St. Helena-Incarnation Independent Mission School

6101 N. 5th Street 215-549-2947

St. Helena Food Bank

Is serving clients in the 19111, 19120 and 19126 zip codes once a month. Bring photo I.D. and a current bill showing your name and zip code. Hours of Service: Tuesday & Thursday from 9:00am-12:30pm. Senior Boxes – 3rd Thursday of each month from 9:00am-12:30pm.



MASSES



Saturday Vigil – 4:30PM Mass in English
 Sunday – 8:00AM Mass in English
 9:30AM Mass in Vietnamese 11:15AM Mass in English
 12:30PM Mass in Spanish
 Monday through Saturday 8:00AM
 Obligatory Holy Days – (except Jan. 1 & Christmas)
 8:00AM, 9:00AM, 7:00PM Tri-lingual
 First Fridays – 8:00AM (and 9:00AM during School Year)

SACRAMENTS

Confession

Saturdays 4:00-4:30PM 15 minutes after Mass



Preparation Class in English is held the 1st Sunday of each month. Please call the rectory to set up an interview with Sr. Sophie Yondura, ssj, D. Min. before planning for the baptism.



Rite of Christian Initiation of Adults. If interested in completing your Sacraments For information, contact Sr. Sophie Yondura, ssj., D. Min. (215-424-1300).



Religion classes for Public School students held every Sunday beginning in September. Classes are at 9:15AM in the School Hall. For information, contact Sr. Sophie Yondura, ssj., D. Min. 215-424-1300).



The Church must be contacted at least 6 months in advance to make arrangements.

DEVOTIONS

Eucharistic Adoration
Daily Rosary
MM Devotion
OLLV Devotion

Every Thursday in Chapel
 8:30AM-5:00PM (Evening Prayer)
 Monday – Friday after 8:00AM Mass
 Saturday – 7:45AM (Lower Church)
 Friday – 8:00PM (Chapel)
 Saturday – 8:30AM (Lower Church)
 Sunday – 2:30pm (Lower Church)



Viet. Divine Mercy Grupo
Carismático

Tenemos circulo de oración en español todos los miercoles a las 6:00PM-9:00PM en la iglesia de abajo. Estan todos invitados

SERVICE MINISTRY

55+ Club
Boys Scouts
Aid for Friends
Outreach Center
Sick Calls

2nd & 4th Thursday 12:00 (Rectory Basement)
 Every Wednesday 7:00PM-9:00PM (Hall)
 Contact Sister Sophie Yondura, ssj, D. Min.
 Sr. Maryanne Zakreski, ssj (267-437-4929)
 Please call the rectory to schedule a home visit for Communion or in the Hospital.

Rehabilitation & Nursing Home

Laurel Square, York, Cheltenham
Contact Father Peter Welsh

Meetings

Parish Council
Finance Committee
Alumni Meeting

Alternating 2nd Tuesday 7:00PM (Rectory)
 Alternating 2nd Tuesday 7:00PM (Rectory)
 Monthly at 10:00am in the Convent



July 5, 2020

We Remember in Prayer our Sick

Luke Tynan	Frances Clark	Duong Thi Tham
Carmen Lebron	Victoria Marin	Jacqueline Williams
Lucia Zavala	Ryan Cichon	Francis Germanovich
Carmen Torres	Joseph Henson	Carmen Jimenez
Jeff Boka	Teresa Merrigan	Trisha Kern
Thanh Boka	Nathaniel Lopez	Emilio Rosario
Luis Ortiz	Harry Berge	Beth Ann Sellers
Rosaura Caraballo	Carmen Giamarco	Dan Shead
Francis Hernandez	Isabel Phayre	Louise Liebel
Camille Figueroa	Ignacio Ortolaza	Hipolita Delgado
Monica Peltz Yondura		

We Remember in Prayer our Deceased

Prayer to St. Michael the Archangel

Saint Michael, the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God, thrust into Hell Satan and the other evil spirits who prowl about the world for the ruin of souls. Amen!

San Miguel Arcángel, defiéndenos en la batalla. Sé nuestro amparo contra la perversidad y asechanzas del demonio. Reprímale Dios, pedimos suplicantes, y tú Príncipe de la Milicia Celestial, arroja al infierno con el divino poder a Satanás y a los otros espíritus malignos que andan dispersos por el mundo para la perdición de las almas. Amén.

Lạy Tổng Lãnh Thiên Thần Micae, xin hãy bênh vực che chở cho chúng con trong chốn chiến trường, cùng nên như thành lũy vững bền cho chúng con trông cậy và chống trả các chước sâu độc ma quỷ. Chúng con sắp mình xuống xin Đức Chúa Trời ngăn cấm thần ngụy ấy. Lạy Tổng Lãnh Thiên Thần Micae là tướng quân cai quản cơ binh trên trời kia Satan và thần dữ đang rảo khắp thiên hạ hòng làm hư loài người chúng con, xin người lấy phép Đức Chúa Trời mà xua đuổi chúng xuống hỏa ngục đời đời. Amen

Scripture Readings for the Week

SUNDAY, July 5, 2020 14th Sunday in Ordinary Time

Zec 9: 9-10 Rom 8: 9, 11-13 Mt 11: 25-30

MONDAY (06) Hos 2: 16, 17b-18, 21-22

Mt 9: 18-26

TUESDAY (07) Hos 8: 4-7, 11-13 Mt 9: 32-38

WEDNESDAY (08) Hos 10: 1-3, 7-8, 12 Mt 10: 1-7

THURSDAY (09) Hos 11: 1-4, 8c-9 Mt 10: 7-15

FRIDAY (10) Hos 14: 2-10 Mt 10: 16-23

SATURDAY (11) Is 6: 1-8 Mt 10: 24-33

Mass Intentions for the Week of July 5 to 12, 2020

SATURDAY, July 4, 2020

4:30pm Walter Ales

SUNDAY, July 5, 2020 14th Sunday in Ordinary Time

8:00am Joan Baotixita

9:30am Personal Intention (VN Livestream-UC)

11:15am Joan Schaller

12:30pm Angel M. Torres (SP Livestream-UC)

MONDAY, July 6, 2020 St. Maria Goretti, Virgin & Martyr

8:00am Holy Souls in Purgatory

TUESDAY, July 7, 2020

8:00am Marie Owens (Birthday Memorial)

WEDNESDAY, July 8, 2020

8:00am Martha Ta

THURSDAY, July 9, 2020 St. Augustine Zhao Rong

8:00am Peter Cham Le

& Companions

FRIDAY, July 10, 2020

8:00am All Souls in Purgatory

SATURDAY, July 11, 2020 St. Benedict, Abbot

8:00am Dominic & Anna

4:30pm Phero Nguyen Van Loi

SUNDAY, July 12, 2020 15th Sunday in Ordinary Time

8:00am Joan Baotixita

9:30am Personal Intention (VN Livestream-UC)

11:15am Julia & Frank Schaller

12:30pm In Honor of the Virgin del Carmen

(SP Livestream-UC)

Prayer in Anticipation of our 100th Anniversary



Gracious God we give thanks as we anticipate celebrating the 100th anniversary of St. Helena Church and the journey that started so many years ago, and so many plans ago, and so many dreams ago. We celebrate all the joys that have been birthed in these 96 years. We celebrate all the happy times, all the accomplishments, and all the triumphs. Thank You, Lord, for blessing our parish. We acknowledge that there have been, and will continue to be, struggles and heartaches. Yet we have travelled together under Your protection and love for the past 95 years. Thank You, Lord, for being with us in good times and bad. We give thanks for those who founded our church 96 years ago and for their faith and vision, for their gifts and abilities. We give thanks for all who have been members of this congregation, those who have given freely of their time and money, and for those whose wisdom guided our Church. We give thanks for all who have preached and taught here and for all who today lead in worship, witness, and service in our parish. We ask, Lord, that You would continue to protect us, guide us and sustain us as we anticipate our 100th anniversary celebration in 2024. Amen

**Save the date and Join us
Theme for St. Helena
100th Anniversary 2024**



From many countries and cultures, Saint Helena Parish Family celebrates God's faithfulness by encountering Christ through Scripture, the Sacraments and Community

Committee Members

Chairperson: Norajean Glenn

Assistant Chairperson: Fred Rosso

Andrea Santiago	Anita Repsch	Maria Repsch
Sharon Smith	Carol Henson	Jean Berry
Anne Bercaw	Joan Teel	Rich Teel
Gloria Jones	Herminio Rosa	Sam Ashie
David Nguyen	Suzette Ellison	Jim Pokorny
Yomayra Garcia	Maria Schaller	Mary Nguyen
Carolyn Onibalusi	Dong Van Nguyen	Kelvin Garcia
Sr. Maryanne	Dung Nguyen	Josephine Rodriguez
Monica Rodriguez	Victoria Blanca	Torres-Kelmedi

Food Bank

Our Food Bank continues to serve those in need. Please bring your donations of pasta, sauce, peanut butter, jelly, mac & cheese, beans, baked beans, rice, to the rectory porch on Tuesdays and Thursday. Money donations are needed for perishable goods and to buy food at discount from Philabundance. The rectory office mail drop can be used anytime for your donations. Lunch boxes and snacks bags available every Tuesday and Thursday for children 2-18. No registration or economic info needed. Parents and grandparents come. Not necessary to bring children.

Opportunity for Private Prayer at St. Helena

Saint Helena Lower Church is open daily for private prayer.

Please enter the Lower Church only by the door with the keypad on the Schoolyard side.



Monday only 8:30am to 7:00pm for Adoration of the Blessed Sacrament & Private Prayer

**Tuesday through Saturday 8:30am to 10:00am
Every Sunday 2:00pm to 5:00pm Private Prayer & Adoration of the Blessed Sacrament**



THE PENNSYLVANIA GREEN PHASE & THE ARCHDIOCESAN OPEN PHASE

Archbishop Perez through the Archdiocesan Office for Divine Worship and for Office for Communications has announced the following updates for the celebration of the Holy Sacrifice of the Mass.

- ◆ The faithful continue to be dispensed from the obligation to attend Mass on Sundays and Holy Days until restored by an announcement from the Archbishop.
- ◆ All public celebrations of Mass, all other Sacraments and devotions are restored. The procession with the Gifts during the Offertory of the Mass continues to be suspended until further notice.
- ◆ The invitation for of the Sign of Peace and the distribution of the Precious Blood continues to be suspended until further notice.
- ◆ Church Capacity can move to 75%....with social distancing, except for families of the same household.

Our Lady of All Nations Shrine



We are in the process of creating a Mary, Mother of All Nations Shrine in the Lower Church. Our vision is to have a statue between 10 and 15 inches high that represents the different ethnic groups within the parish. Each statue will be displayed on a shelf with the name of the country and title of the Blessed Mother. If you wish to donate a blessed Mother from your homeland country, please let us know.

For example: Ecuador: Virgin of Cisne, Vietnam: Our Lady of LaVang, Dominican Republic: Our Lady of Altagracia, Puerto Rico: Our Lady of Providence, Mexico: Our Lady of Guadalupe, Ireland: Our Lady of Knock, Colombia: Our Lady of Las Lajas, China: Our Lady of Sheshan, Portugal: Our Lady of Fatima, Philippines: Our Lady of Manaoag, United States: Immaculate Conception, Korea: Our Lady of Naju.

From St. Helena Health Promotion Office on Budgeting

Reducing stress is a good Self Care step. Making a budget is a way to begin. When we begin to make a budget, we need to prioritize our needs and wants.

1. What is the total money that comes into your house every month?
2. How much do you usually spend for: Mortgage/ rent, Food, House utilities, Household expenses, Clothing, Phone/ internet, Education, Special family events

Oh, more bills than money! Now we learn how to budget. We might not be able to pay each bill entirely but we can pay something in each category each month. We might even need to decide NOT to spend money on something this month. We can talk to people in our household to help make monthly decisions about the budget. In doing so, we reduce our stress, improve family communication, and recognize the gifts and talents of young people. Putting financial order into our lives affects us on many levels. It helps us produce a roadmap, reveals waste, aligns priorities, builds good habits and reduces stress. Good luck! Anna Marie Lesutis RSM RN

Source: <https://www.thebalance.com/budgeting-improve-your-life-1289557>



Pope Francis has announced that the period between May 24, 2020 and May 24, 2021 to be designate as Laudato Si' year for the Catholic Church. For your consideration...

This sister now cries out to us because of the harm we have inflicted on her by our irresponsible use and abuse of the goods with which God has endowed her. We have come to see ourselves as her lords and masters, entitled to plunder her at will. The violence present in our hearts, wounded by sin, is also reflected in the symptoms of sickness evident in the soil, in the water, in the air and in all forms of life. This is why the earth herself, burdened and laid waste, is among the most abandoned and maltreated of our poor; she "groans in travail" (*Rom 8:22*). We have forgotten that we ourselves are dust of the earth (cf. *Gen 2:7*); our very bodies are made up of her elements, we breathe her air and we receive life and refreshment from her waters. **(Laudato Si' #2)**

- Reflect on these words as you notice the beauty of God's creation this week. How are you using or abusing the goods of the earth? Pay attention to the weather this week. What are the changes in our weather (more hurricanes, more earthquakes, floods, volcano eruptions, extreme temperatures) telling us? Are the changes in our weather stream a sign from God telling us to be more aware of how we treat our earth?

Biblically a tithe means 10%. All are asked to consider returning 10% of our income to the Lord (5% to the parish, 5% to God's other charities: e.g. St. Helena Outreach Center, Food Bank) in gratitude. The spiritual practice of tithing disposes us to make God first in every area of our lives! The aim is to secure not the tithe, but the tither, not the gift, but the giver—for God!



Due to Early Transmission the Tithing Report for June 28, 2020 will be posted in the next bulletin.



Last But Not Least



Today, we celebrate the 14th Sunday in Ordinary Time. All of us enjoy receiving invitations—to a meal, a wedding, or a concert. Usually, when the invitation is printed on a little card, there are cryptic letters written at the bottom: RSVP. They are an abbreviation of a French request to reply to the invitation. We know what those letters mean but, not everyone knows that. In our gospel today, Jesus speaks what are among the most tender and appealing words he ever uttered. Jesus extends to us an invitation: Come to me all you who are weary and burdened, and I will give you rest. Do you sometimes find yourself weary – from struggles, pains, disappointments? Jesus' invitation, 'Come to me' is always open, especially when you really need the peace, rest, protection and God's love. What will be your RSVP? You can ask God to come into your poor heart and to fill it with what only God can give. In that secret place heart can speak to heart. Ask today for what you want and be open to what God sees best to give you.

Have you ever wondered why you need to register with your church? Can't you just come to Mass and go about your business? Of course, the short answer to that is, yes, you can, but there are very good reasons to register. Church is about our experience of God in community. The first step to community is getting to know one another. When people register at the church, it gives the staff an opportunity to know a little about you: your name, where you live, your profession, languages you speak, your interests, hobbies, etc. It also gives you a chance to know your church better because the staff can then contact you and keep you informed. Registering is the first step toward getting involved and becoming a member of the community. You also need to be a registered parishioner and practicing Catholic in order to be a Godparent for Baptism and Sponsor for Confirmation. For those who are registered, we thank you and we want you to know we are working hard for you. If you haven't yet registered, are new or are not registered here at St. Helena, please call the rectory for an appointment to get you started as a member of our parish faith community.

Finally, **Philadelphia has been given the OK to move into the green phase of recovery.** Although we are in the green/open phase, the faithful continue to be dispensed from the obligation to attend Mass on Sundays and Holy Days until restored by an announcement from the Archbishop. Now that we are in the green/open phase, **the Reception into the Church (RCIA) will take place on Saturday, July 25th at the 4:30pm Mass and First Communion will take place on Sunday, July 26th at the 11:15am Mass. Both of these celebrations will be in the Lower Church.** We are grateful that we are gradually getting back to some sense of normality. Thanks for reading, stay healthy, reach out to those close to you. Have a good week.

Your Brother and Shepherd,
Rev. Msgr. Joseph Trinh

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