



# St. Helena Church

6161 N. 5<sup>th</sup> 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

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

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

Web-site [www.sainthelenaparish.net](http://www.sainthelenaparish.net)

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

**Monday-Thursday 9:00am to 5:00pm**

**Friday 9:00am to 5:00pm**

## St. Helena-Incarnation Independent Mission School

6101 N. 5<sup>th</sup> 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-12:00pm. Senior Boxes – 2<sup>nd</sup> Thursday of each month from 9:00am-12:00pm.



## 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 1<sup>st</sup> 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 círculo de oración en español todos los miercoles a las 6:00PM-9:00PM en la iglesia de abajo. Están todos invitados



## SERVICE MINISTRY

**55+ Club**

2<sup>nd</sup> & 4<sup>th</sup> Thursday 12:00 (Rectory Basement)

**Boys Scouts**

Every Wednesday 7:00PM-9:00PM (Hall)

**Aid for Friends**

Contact Sister Sophie Yondura, ssj. D. Min.

**Outreach Center**

Sr. Maryanne Zakreski, ssj (267-437-4929)

**Sick Calls**

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**

Alternating 2<sup>nd</sup> Tuesday 7:00PM (Rectory)

**Finance Committee**

Alternating 2<sup>nd</sup> Tuesday 7:00PM (Rectory)

**Alumni Meeting**

Monthly at 10:00am in the Convent



## February 7, 2021 5th Sunday in Ordinary Time

### *We Remember in Prayer our Sick*

Luke Tynan	Frances Clark	Duong Thi Tham
Rosaura Caraballo	Victoria Marin	Stephen Beach
Lucia Zavala	Ryan Cichon	Monica Yondura Peltz
Carmen Torres	John Sanchez	Carmen Jimenez
Virginia Gilligan	Elena Evogenevna	Biryukova
Gisela Gonzalez	Nathaniel Lopez	Emilio Rosario
Francis Germanovich	Carmen Giamarco	Dan Shead
Francis Hernandez	Isabel Phayre	Awilda Gonzalez
Camille Figueroa	Ignacio Ortolaza	Hipolita Delgado
Samuel Delgado	Samie Rosado	Carmen Delia Cruz
Maria Thanh Đoàn	Adolfo Castano	Fernando Castano
Belen Delgado	Mercedes Garcia	Alberto Alves
Connie Buckley		

### *We Remember in Prayer our Deceased*

**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. Repímale 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 quỷ 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, February 7, 2021 5th Sunday in Ordinary Time**

Jb 7: 1-4, 6-7    1 Cor 9: 16-19, 22-23    Mk 1: 29-39

<b>MONDAY (08)</b>	Gn 1: 1-19	Mk 6: 53-56
<b>TUESDAY (09)</b>	Gn 1: 20-2:4a	Mk 7: 1-13
<b>WEDNESDAY (10)</b>	Gn 2: 4b-9, 15-17	Mk 7: 14-23
<b>THURSDAY (11)</b>	Gn 2: 18-25	Mk 7: 24-30
<b>FRIDAY (12)</b>	Gn 3: 1-8	Mk 7: 31-37
<b>SATURDAY (13)</b>	Gn 3: 9-24	Mk 8: 1-10

## Mass Intentions for the February 7-14, 2021

### **SATURDAY, February 6, 2021**

4:30pm Maria Nguyen Thi Hien

### **SUNDAY, February 7, 2021 5th Sunday in Ordinary Time**

8:00am All Souls

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

11:15am Maria Nguyen

12:30pm Nydia Morales (SP Livestream-UC)

### **MONDAY, February 8, 2021 St. Jerome Emiliani and St. Josephine Bakhita, Virgin**

8:00am Barr, Coogan Families & Ann Stevenson

7:00pm Cecilia Tong T. Trung Hieu

### **TUESDAY, February 9, 2021**

8:00am Maria Mai Lam

### **WEDNESDAY, February 10, 2021 St. Scholastica, Virgin**

8:00am Maria Pham THI Hong

### **THURSDAY, February 11, 2021 Our Lady of Lourdes**

8:00am Gioan Baotixita Phan

7:00pm Spanish Consecration to Jesus through Mary

### **FRIDAY, February 12, 2021**

8:00am Maria Huong Thi Nguyen

### **SATURDAY, February 13, 2021**

8:00am Joseph Xuan Nguyen

4:30pm Isave Tran

### **SUNDAY, February 14, 2021 6th Sunday in Ordinary Time**

8:00am In Thanksgiving to God

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



11:15am Isave Nguyen


12:30pm Jose Estanislao Diaz (SP Livestream-UC)

### **Prayer in Anticipation of our 100th Anniversary**


Gracious God we give thanks as we anticipate celebrating the 100<sup>th</sup> 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 97 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 100<sup>th</sup> anniversary celebration in 2024. Amen

**Welcome to St. Helena Parish in Olney section of Philadelphia!** We are pleased to have you share in this celebration of the Eucharist. If you do not have a home parish, we invite you to become part of our parish family and become fully involved in our life of prayer, education, service and community.

	<h2 style="text-align: center;">Live-streaming Sunday Masses</h2>
<div style="text-align: center;">   <b>LIVE STREAMING</b>  <a href="http://www.saintheleparish.net">www.saintheleparish.net</a> </div>	<p><b>English Masses:</b> The Mass is celebrated and live-streamed each Sunday at 11:00am from the Cathedral Basilica of Saints Peter and Paul so you can participate in the Eucharist remotely.</p> <p><b>St. Helena's Vietnamese Mass</b> is live-streamed every Sunday at 9:30am and <b>St. Helena's Spanish Mass</b> is live-streamed every Sunday at 12:30pm. Go to <a href="http://www.saintheleparish.net">www.saintheleparish.net</a> and click on the time under MASS SCHEDULE for all English and live-streaming Masses, including the Mass at the Cathedral of Sts. Peter and Paul.</p>





## St. Helena Church Food Pantry



### Next Sunday, February 14 is Food Bank Sunday.

**Our Food Pantry continues to serve those in need. Please bring your donations of pasta, sauce, peanut butter, jelly, mac & cheese, beans, baked beans, rice, to the food pantry 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. To prevent infection and to slow transmission of COVID-19, do the following:

- Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.
- Cover your mouth and nose with a mask when in public settings or around others.
- Maintain at least six feet distance.
- Avoid touching your face.
- Cover your mouth and nose when coughing or sneezing.
- Stay home if you feel unwell.
- Refrain from smoking and other activities that weaken the lungs.
- Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.

## Laudato Sí ~ Pope Francis' Encyclical on the Environment and Human Ecology



Worldwide, the ecological movement has made significant advances, thanks also to the efforts of many organizations of civil society. It is impossible here to mention them all, or to review the history of their contributions. But thanks to their efforts, environmental questions have increasingly found a place on public agendas and encouraged more far-sighted approaches.

**(LS #166)**

- What environmental organizations do you support or could you support? Learn more about Global Catholic Climate Movement (<https://catholicclimatemovement.global/>), the Catholic Climate Covenant (<https://catholicclimatecovenant.org/>) or your state's Interfaith Power and Light organization.

# Year of St. Joseph ~ December 8, 2020 to December 8, 2021



**J** is for Joseph the Just Man. **O** is for Joseph the Obedient One.

**S** is for Joseph the Silent one. **E** is for Joseph the Example.

**P** is for Joseph the Patron. **H** is for Joseph the Helper.

**Joseph the Helper of the Blessed Mother...** St. Joseph was the spouse of the Blessed Virgin Mary. In God's plan of salvation he was a loving husband, kind, considerate, affectionate, and self-sacrificing. St.

Joseph had an awesome responsibility with the Blessed Virgin. They worked as a team. St. Joseph had the responsibility for spiritual leadership since he was the head of the family. God's message from the angel was revealed to him even though the Blessed Mother was much holier through her Immaculate Conception. Obviously, Jesus as the Son of God and creator was far greater, but St. Joseph was chosen because he was the head of that family, just as every one of us is the spiritual head of our family. Joseph and Mary worked as a team. Remember TEAM spells "Together Everyone Achieves More."

## Wednesday Prayer to St. Joseph



O glorious St. Joseph, faithful follower of Jesus Christ, to you we raise our hearts and hands to implore your powerful intercession in obtaining from the benign heart of Jesus all the help and graces necessary for our

spiritual and temporal welfare, particularly for the grace of a happy death and the special favor we now request **(mention your request)**. O guardian of the Word Incarnate, we feel animated with confidence that your prayers on our behalf will be graciously heard before the throne of God. O glorious St. Joseph, through the love you bear to Jesus Christ and for the glory of His name, hear our prayers and obtain our petitions. Amen.

## Memorare to St. Joseph

Remember, O most pure spouse of the Blessed Virgin Mary, my noble protector, Saint Joseph, that never was it known that anyone who fled to your protection, implored your help or sought your intercession was left unaided. Inspired by this confidence, I come to you my spiritual Father and fervently commend myself to you. Despise not my petitions, O Guardian of the Redeemer, but in your goodness hear and graciously receive them.

## Blessing of Throats



In 316, Agricola, the governor of Cappadocia arrested Bishop Blaise for being a Christian. On their way to the jail, a woman set her only son, who was choking to death on a fish bone, at his feet. Bishop Blaise

cured the child. As early as the ninth century in the Western Church, he was invoked for throat ailments, and by the 15th century, the blessing of the throat ritual had begun. The Blessing of the Throats is a sacramental in the Roman Catholic Church, celebrated on February 3, the feast day of Saint Blaise of Sebaste. For this year, the blessing of throats will take place using the **general form, NOT the individual form**. At the end of Mass this weekend, the priest will extend the candles toward you and say the following prayer...

Through the intercession of Saint Blaise, bishop and martyr, may God deliver you from every disease of the throat and from every other illness: In the name of the Father, and of the Son, + and of the Holy Spirit.



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!

Thank  
You!



## Parish Tithing Report for January 31, 2021

(1<sup>st</sup>) Weekly.....\$2,681.00 (133 envelopes)  
Drop Off.....\$733.00 (12 envelopes)  
E-Giving.....\$440.00 (5 transactions)  
Total Collection.....\$3,854.00 (145 envelopes)

Tithing Income  
February 2, 2020  
\$6,030.00  
Tithing Income  
February 3, 2019  
\$6,5283.00

Mass	Attendance	Loose	Envelopes	Total	# Envelopes
4:30pm	56	\$45.00	\$165.00	\$210.00	18
8:00am	53	\$110.00	\$235.00	\$345.00	15
9:30am	169	\$294.00	\$982.00	\$1,276.00	61
11:15am	49	\$64.00	\$316.00	\$380.00	21
12:30pm	121	\$80.00	\$390.00	\$470.00	18
Drop off	-----	-----	\$733.00	\$733.00	12

You make the difference! Thank you for growing in holiness and striving to be a good steward.



## Last But Not Least



**Today we celebrate the 5<sup>th</sup> Sunday in Ordinary Time.** The Gospel opens with Jesus leaving the synagogue and going to Simon's home accompanied by some of His disciples. When Jesus arrives at Simon's house, He is approached and told that Simon's mother-in-law was ill with a fever. Jesus went to her, took her hand and helped her up. Immediately the fever left her! If Jesus came into our town, our city, would we approach Him and ask Him to heal us? What is the healing we would hope for? Would it be a physical illness, a spiritual need? Would we ask Jesus to heal and restore someone we love? Would we ask Jesus to heal our world and cleanse us of our need to control or hurt one another? Today I invite you to reflect on the healing that you desire for yourself and our world. God will hear our prayer! We may not get an immediate response but trust that God is at work. God will respond! How patient will we be?

This week, we will ponder **Joseph the Helper to the Blessed Mother.** (See page 3 for a short reflection St. Joseph had an awesome responsibility with the Blessed Virgin. In honor of the Year of St. Joseph, as a parish "CHURCH", we will pray the **Memorare to St. Joseph** at the end of Mass. ***"Remember, O most pure spouse of the Blessed Virgin Mary, my noble protector, Saint Joseph, that never was it known that anyone who fled to your protection, implored your help or sought your intercession was left unaided. Inspired by this confidence, I come to you my spiritual Father and fervently commend myself to you. Despise not my petitions, O Guardian of the Redeemer, but in your goodness hear and graciously receive them."***

**February 3<sup>rd</sup> is the feast of St. Blaise.** Many churches will hold the annual blessing of throats to protect people against and heal them from throat ailments. In honor of the feast of St. Blaise, **THIS YEAR we will use the General Form (YOU remain in your place)** for the blessing of the throats rather than the **individual form (coming to the priest)**. The GENERAL FORM of the blessing will take place at the end of all Masses **this weekend.**

Finally, I would like to thank all those who are using their Church envelopes and all those who are dropping off their weekly contribution. I know times are difficult and YOU miss Church. We miss you. Please continue to stay safe. Thanks for reading, stay healthy, reach out to those close to you and last but not least have a good week.

Your Brother and Shepherd,  
Rev. Msgr. Joseph Trinh



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## What's My Name?

The #WHATSMYNAME Movement asks everyone to simply ask drivers "What's my name?" before entering their vehicle to make sure it is the car they are supposed to enter.

#WHATSMYNAME

In Remembrance of Samantha Josephson



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