



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 Pomales	<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 5:00pm

Friday 9:00am to 5:00pm

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-12:00pm. Senior Boxes – 2nd 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 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)



Viet. Divine Mercy Grupo
Carismático

Saturday – 8:30AM (Lower Church)
Sunday – 8:30AM (Lower Church)
Sunday – 2:30pm (Lower Church)
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 2ndTuesday 7:00PM (Rectory)
Alternating 2ndTuesday 7:00PM (Rectory)
Monthly at 10:00am in the Convent



March 14, 2021 4th Sunday of Lent

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 Evegenevna 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 Doan	Adolfo Castano	Fernando Castano
Belen Delgado	Mercedes Garcia	Alberto Alves
Connie Buckley	Anthony Loc Nguyen	Buffy Brown

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. 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 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, March 14, 2021 4th Sunday of Lent

2 Chr 36: 14-16, 19-23 Eph 2: 4-10 Jn 3: 14-21

MONDAY (15) Is 65: 17-21 Jn 4: 43-54

TUESDAY (16) Ez 47: 1-9, 12 Jn 5: 1-16

WEDNESDAY (17) Is 49: 8-15 Jn 5: 17-30

THURSDAY (18) Ex 32, 7-14 Jn 5: 31-47

FRIDAY (19) 2 Sm 7: 4-5a, 12-14a, 16
Rom 4: 13, 16-18, 22
Mt 1: 16, 18-21, 24a

SATURDAY (20) Jer 11: 18-20 Jn 7: 40-53

Mass Intentions for the March 14 to 21, 2021

SATURDAY, March 13, 2021

4:30pm Walter Patrick

SUNDAY, March 14, 2021 4th Sunday of Lent

8:00am In Thanksgiving

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

11:15am Maria Nguyen

12:30pm Maria Ines Mendoza (SP Livestream-UC)

MONDAY, March 15, 2021

8:00am Barr, Coogan Families & Ann Stevenson

7:00pm Maria Pham Thi Ly

TUESDAY, March 16, 2021

8:00am Father Thomas Gaynard (18th Anniv)

WEDNESDAY, March 17, 2021 St. Patrick, Bishop

8:00am Gioan Baotixita Phan

THURSDAY, March 18, 2021 St. Cyril of Jerusalem, Bishop

8:00am Maria Huong Thi Nguyen **and Doctor**

FRIDAY, March 19, 2021 St. Joseph, Spouse of Mary

8:00am Joseph Cuong & Mary Nay Dinh

7:00pm St. Helena Parishioners

SATURDAY, March 20, 2021

8:00am Maria Chi Pham

4:30pm Joseph Xung Vu

SUNDAY, March 21, 2021 5th Sunday of Lent

8:00am Intentions of the Unachukwa Family

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

11:15am Margaret Waring

12:30pm Jacinto Torres Ruiz (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 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 97 years. Thank You, Lord, for being with us in good times and bad. We give thanks for those who founded our church 97 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

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>Live-streaming Sunday Masses</h2>
<div style="text-align: center;">  LIVE STREAMING www.saintheleparish.net </div>	<p>English Masses: 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>St. Helena’s Vietnamese Mass is live-streamed every Sunday at 9:30am and St. Helena’s Spanish Mass is live-streamed every Sunday at 12:30pm. Go to www.sainthelenaparish.net 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 Parish Health Promotion Office Information

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.

**Today is
FOOD BANK
Sunday!
Thank You**

Protect YOURSELF and OTHERS

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



What kind of world do we want to leave to those who come after us, to children who are now growing up? It is no longer enough, then, simply to state that we should be concerned for future generations. We need to see that what is at stake is our own dignity. Leaving an inhabitable planet to future generations is, first and foremost, up to us. The issue is one which dramatically affects us, for it has to do with the ultimate meaning of our earthly sojourn. **(LS #160)**

- ◆ What kind of world do you want to leave to those who come after you?

This is the central question of Pope Francis' encyclical. Spend time reflecting deeply on this question. Talk about it with your local fellow parishioners, family and friends.

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



St. Joseph: A Model of the Quiet and Contemplative Life... In many ways St. Joseph is seen as a model for living a life of prayer. Scripture doesn't record any words he spoke, and this silence is often seen as an expression of his contemplative spirit. Joseph was able to watch his son closely and try to imitate his ways, as he had much to learn from Jesus, especially in the spiritual life. According to the Catechism of the Catholic Church, "**Contemplative prayer is the simple expression of the mystery of prayer. It is a gaze of faith fixed on Jesus, an attentiveness to the**

Word of God, a silent love. It achieves real union with the prayer of Christ to the extent that it makes us share in his mystery." (CCC 2724) Contemplation might best be summarized by the phrase, "**I look at him and he looks at me,**" a description of prayer that "a certain peasant of Ars ... used to say while praying before the tabernacle" (CCC 2715). Doesn't that phrase perfectly summarize the life of St. Joseph, who so often looked at Jesus while he gazed back at him? **If we want to ascend the heights of the contemplative life, look to St. Joseph as a supreme example! O Glorious St. Joseph, master and model of the spiritual life, I ask you, be my guide and lead me to your divine foster Child, Jesus Christ, that I may learn to know, adore and love Him as my only Lord and God. Amen.**

Friday's during Lent ~ A Time for Prayer



Exposition of the Blessed Sacrament will take place on Sundays from 2:00pm to 5:00pm and on Mondays and Fridays from 8:30am until Mass at 7:00pm. On Mondays and Fridays at 12:00 noon we will pray the Angelus followed by Benediction. Confessions will be available from 12:15 to 1:00pm and from 6:00 to 6:45pm. **Stations of the Cross will be prayed PRIVATELY this year.** Copies of the Stations of the Cross book will be available in English, Spanish, and Vietnamese. Come and spend some time with Jesus in the Blessed Sacrament.

Message from Archbishop Perez

Sister and Brothers in Christ, it is with great joy that I share with you the appointment of Reverend Stephen DeLacy as the Vicar for the newly formed Office for Faith Formation for Youth and Young Adults. As Vicar for the Office for Faith Formation for Youth and Young Adults, he will oversee the Offices of Catechetical Formation, Ministry with Youth, and Ministry with Young Adults. In his new role, Father DeLacy will also provide support for secondary school ministry initiatives emanating from the Office of Catholic Education and supervision of Archdiocesan Newman Center Apostolates at local colleges and universities. In addition, I've appointed Reverend David Friel to succeed Father DeLacy as the new Director of the Vocation Office for the Diocesan Priesthood. Both appointments will go into effect with the priest assignment changes in June 2021. I am deeply grateful to Father DeLacy and Father Friel for their willingness to serve in these critical roles and ask the people of the Archdiocese to join me in prayerfully congratulating them.

4th Sunday of Lent ~ John 3: 14-21

The main characters in this Sunday's Gospel are Jesus and Nicodemus. Nicodemus had heard many stories about Jesus and also about the message he was preaching. Nicodemus was determined to listen to Jesus preach. If someone well known or famous came to you and told you that s/he would be "lifted up," what would you think? Would you wonder if they were a bit off their rocker? Or would you take them seriously? Many people experienced Jesus' authenticity and they believed in Jesus and in his words. Today and every day, Jesus is waiting for us to come, desiring that we listen to him and simply be with him! Today will we be like Nicodemus? Today, will we also seek Jesus out? Today may we open our eyes, hearts and minds to the reality of Jesus' presence! He is with us! We just have to have open minds and hearts and notice his presence with us!

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 March 7, 2021

(1st) Weekly.....\$3,463.00 (205 envelopes)
 Drop Off.....\$1,981.00 (55 envelopes)
 E-Giving.....\$340.00 (4 transactions)
Total Collection.....\$5,784.00 (envelopes)
 (2nd) Maintenance Collection.....\$1,746.00

Tithing Income
March 7, 2020
\$6,963.00
Tithing Income
March 10, 2019
\$6,441.00

Mass	Attendance	Loose	Envelopes	Total	# Envelopes
4:30pm	62	\$105.00	\$287.00	\$392.00	21
8:00am	64	\$176.00	\$334.00	\$510.00	21
9:30am	248	\$345.00	\$1,284.00	\$1,629.00	94
11:15am	65	\$28.00	\$431.00	\$459.00	33
12:30pm	160	\$99.00	\$374.00	\$473.00	36
Drop off	-----	-----	\$1,981.00	\$1,981.00	55

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 4th Sunday of Lent. The gospel for this Sunday directs us to refocus our life once again to the one who is the creator of this world and that is God. We must look to Jesus once again and make Him the center of our lives. Let us not focus our lives on worldly things and possessions for these are passing, and temporary. We may have the best luxuries in this world but if we don't have God in our lives it would all be for naught and worthless. We may have all the wealth in our family but if we don't have Jesus it amounts to nothing. Our possessions will not grant us salvation it's only God who can give us salvation and eternal life. Are you willing to once again refocus your life on Jesus?

Don't forget that we have **Exposition of the Blessed Sacrament** will take place on **Sundays from 2:00pm to 5:00pm** and on **Mondays and Fridays from 8:30am until Mass at 7:00pm.** On Mondays and Fridays at 12:00 noon we will pray the Angelus followed by Benediction. Confessions will be available from 12:15 to 1:00pm and from 6:00 to 6:45pm. Stations of the Cross will be prayed PRIVATELY this year. Copies of the Stations of the Cross book will be available in English, Spanish, and Vietnamese. Come and spend some time with Jesus in the Blessed Sacrament.

This week, we will ponder **St. Joseph, A Model of the Quiet and Contemplative Life.** (See page 3 for a short reflection.) In honor of the Year of St. Joseph, we will pray the **Memorare to St. Joseph** at the end of Mass. **Friday is the Feast of St. Joseph** and the beginning of the **Novena to St. Joseph** which will be prayed on the 19th of each month until November. Copies of the Novena to St. Joseph are available next to the bulletin. We invite you to take a copy home with you and pray the Novena with your family members.

Finally, **Friday is the Feast of St. Joseph. Happy Feast Day to our Sisters of St. Joseph!** May St. Joseph continue to guide & protect them. Thanks for your weekly contribution, 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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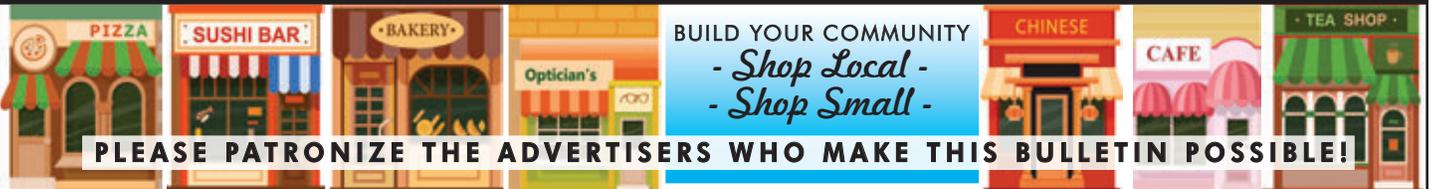


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