

Parish Staff

Pastor

Rev. Richard Villano 729-7344

Director of Pastoral Care

Virginia Tschida 729-7344

Director of Religious Education

John Sondag 729-7321

Religious Education Secretary

Nancy Stauner 729-7321

Director of Music

David Bartlett 651-239-6914

School Principal

Ellen Rian 729-9301

Parish Secretary

Elaine Bruce 729-7344

Business Manager

Joel Swanson 729-7322

Sunday Mass

Saturday 4:00 P.M.

Sunday 8:30 and 10:00 A.M.

Daily Mass

Monday through Saturday 8:00 A.M.

Holy Day Mass

Evening Before 5:30 P.M.

Holy Day 8:00 and 10:00 A.M.

Sacrament of Penance

Saturday 3:00–3:30 P.M.

Sacrament of Baptism

A Baptism Preparation Program is required for all registered first-time parents. Please call the Director of Pastoral Care.

Sacrament of Marriage

The bride or groom must be an active registered parishioner for at least six months prior to scheduling a wedding at St. Helena.

Nursery

Services available during the 10:00 A.M. Sunday Mass.

Parish Registration

To register in the parish, please fill out a registration form and return to the Parish Office. Registration forms are available at the entrances of the Church. Return completed form to the Parish Office.

Email: church@sainthelena.us

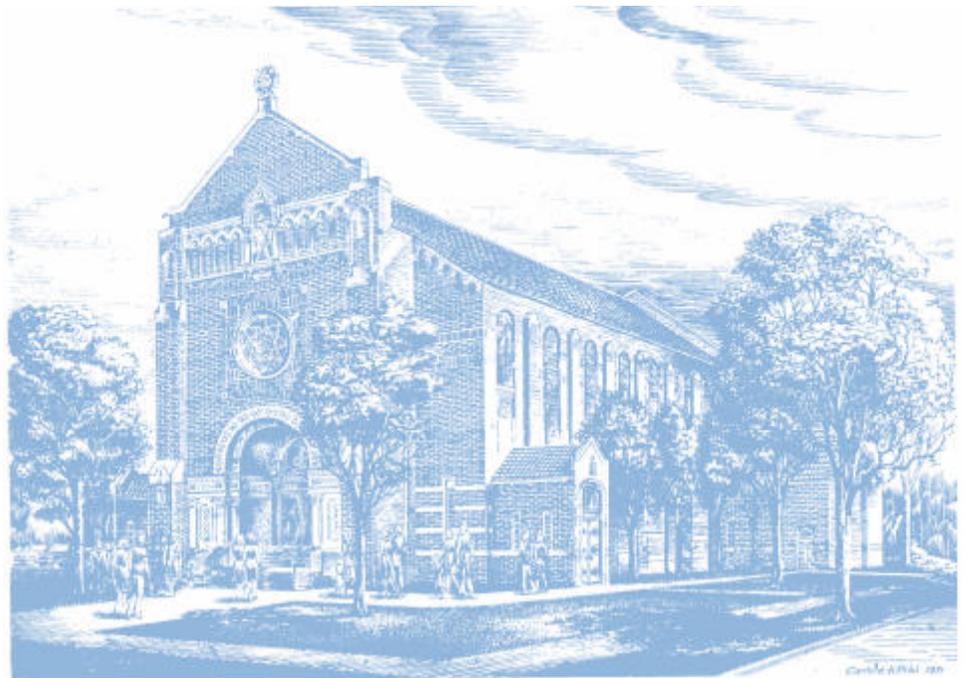
Website: www.sainthelena.us

The Church of St. Helena

The Most Holy Trinity
May 30, 2021

*Then Jesus approached and said to them, "All power
in heaven and on earth has been given to me. Go,
therefore, and make disciples of all nations, baptizing
them in the name of the Father, and of the Son, and
of the Holy Spirit."*

-Mt 28:18-19



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THE WORD

Probably the first prayer we learned as children was the sign of the cross. It was an easy prayer to learn and to teach because it was made up of words with actions, and it became fun when we could make the sign of the cross with holy water when we came to church. Making the sign of the cross was not always easy, especially if you were a “lefty”, and remembering all the words was often reduced to Father, Son, and Holy Spirit unless you were taught by a nun. (From my observations). I’m not sure if it is the first prayer children learn anymore. I see children in Kindergarten who have never learned to make the sign of the cross, and of course, we all can become terribly casual about making the sign of the cross. We “swish” it, and maybe mumble the words. It is certainly a sign of prayer and a sign of blessing, and clearly it should also be a sign of our belief in the Holy Trinity, the foundation of our life with God.

Making the sign of the cross, we touch our forehead, our heart, and our body (the shoulders). The body language is connected with the verbal language: In the name of the Father, and of the Son, and of the Holy Spirit. The prayer

then becomes a manifestation not only of the unity of the Holy Trinity but also of their unity with us.

There is a lot of theology in making the sign of the cross. To name the Father is to recognize God as our creator and the gift of faith which unites us with God. To name Jesus (the Son) is to recognize God as our savior (our salvation) and the gift of hope, which unites us with God. To name the Holy Spirit is to recognize God as the one who makes us holy, the sanctifier (our sanctification) and gift of charity which unites us with God and others.

Whenever we make the sign of the cross, we celebrate the Holy Trinity, the Father, Jesus, and the Holy Spirit. We celebrate our creation, our salvation, and our sanctification. We celebrate faith, hope, and charity. And we celebrate the unity of body, mind, and heart in our response to God’s blessing us. Once we learn the sign of the cross, it becomes the great sign of prayer and blessing, and often the last prayer we speak.

Father Villano

PASTOR'S REMARKS

1) This Monday, May 31, we celebrate Memorial Day as a national holiday. The Parish Offices will be closed. Our parish Mass is at 8:00 A.M. We hope that all of you will have a pleasant and safe holiday. It’s also a special day to remember our loved ones and those who sacrifice their lives for our nation. God grant them blessed life and resurrection.

2) Friday, June 4, is the last day of school for this school year. Enjoy the summer months.

3) Preparations for Autumn Daze (September 17-18-19) are already in process. Last weekend we had an initial sign-up. If you have not yet volunteered your time and talent, please call the Parish Office or John Sondag. We need lots of people to accommodate the great crowds who enjoy our parish festival. It’s a big weekend!

4) *God saved us through the baptism of new birth and renewal by the Holy Spirit. This Spirit he lavished on us through Jesus Christ our Savior, that we might be justified by his grace and become heirs, in hope, of eternal life.*

(Titus 3:5-7)

PLEASE JOIN US FOR THE NORTHEAST EUCHARISTIC PROCESSION—Sunday, June 13, 3:00—5:00 P.M. from Holy Cross to All Saints in Northeast Minneapolis. Come and join us as we take Jesus to the streets and venerate his Eucharistic Presence! The procession will conclude at All Saints Parish with Benediction. You can park at Holy Cross, where the procession will begin, and ride the shuttle bus back there after the end of the procession. The shuttle buses will run between the parking lots of All Saints and Holy Cross Churches. Due to COVID-19, there will not be a reception this year.

SAFE ENVIRONMENT UPDATE—All volunteers who have regular interaction with youth and vulnerable adults need to be certified under the Archdiocesan Safe Environment standards. Together we can work to protect God’s children and the most vulnerable among us. Thank you for your shared commitment to the achievement of this goal. In addition, the Archdiocesan Victim Assistance line is 651-291-4475.

FOOD SHELF—Thank you for your generosity to our local food shelf. Summer will soon be here and children will be out of school. So many of our children depend on school breakfast/lunch program so here are a few ideas for the food shelf. Granola bars, fruit snacks, cereal, juice boxes, lemonade and drink mixes, crackers, snacks, peanut butter and jelly along with all the other items you have been donating. Paper products and personal items like shampoo and toothpaste are also some great ideas. It is all so appreciated. *“It’s not how much we give but how much love we put into giving.” St. Teresa of Calcutta*

UPDATED COVID PROTOCOL—As of Friday, May 28, 2021, there is no longer a need to maintain six feet of social distancing at all indoor gatherings. Masks are still required at this time. Please wash hands, use sanitizer and stay home if you are not feeling well. Still remaining for local Catholics, however, is the temporary dispensation of the obligation to attend Mass on Sunday. Please be respectful of one another as we navigate through these changes.

WAYS TO WATCH/LISTEN TO MASS—For ways to watch or listen to Mass, visit: archspm.org/live.

DAILY CHURCH HOURS—The handicapped door will be open Monday through Friday until Noon.

SPIRITUAL COMMUNION PRAYER—FOR THOSE WHO ARE UNABLE TO RECEIVE HOLY COMMUNION DURING THIS TIME OF THE CORONAVIRUS:

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen

SPIRITUALLY ADOPT SOMEONE WHO'S DYING ALONE FROM THE CORONAVIRUS OR WHO'S DYING WITHOUT THE SACRAMENTS—

There are some people who are dying alone from the Coronavirus. Through your prayer, spiritually adopt someone in the world who may have no family or friends to be with that person at the moment of death or perhaps who is unable to have the sacraments of the Church.

SIGN UP NOW—VACATION RELIGION PROGRAM FOR GRADE SCHOOL CHILDREN—JULY 12 TO 16—

Children who are entering kindergarten through eighth grade can be part of the annual Vacation Religion Program in Rowan Hall scheduled for Monday, July 12, to Friday, July 16, from 8:30 to 11:30 A.M. The program will include prayer, instructional time, group activities and projects, Scripture, stories of saints, songs, drama, prizes, and more. There will also be a short recreation period each morning, and there will be refreshments for students each day. The charge is only \$20 per child or \$50 per family, however, no child will be deprived of this program because of finances. The Missionaries of Charity (the Sisters of St. Mother Teresa of Calcutta) will again be helping us for this program. Covid-19 protocols will be followed. To register or to receive more information, call John Sondag (612-275-0431).

INTERESTED IN BECOMING A CATHOLIC?—The Church of St. Helena has a program that prepares people to become Catholic. It's held on Tuesday evenings, at 7:30 P.M. in the Parish Offices. If Tuesdays are impossible for any individual, another time can be negotiated. For more information, call John Sondag at 612-275-0431.

WE NEED CASES OF POP FOR "AUTUMN DAZE"—

Please donate cases of cans of pop, (Pepsi, Diet Pepsi, Mountain Dew, and Sierra Mist). If a store has a Memorial Day sale on pop, pick up some cases for the "Autumn Daze" Festival. Bring the pop to the Parish Office for "Autumn Daze."

WANTED: GOOD, USED TOYS—We need good, used toys for "Autumn Daze." You can bring them to the Parish Offices.

DO YOU KNOW OF ANY PARISHIONERS WHO ARE IN NEED OF HELP?

Are you aware of parishioners who might be out of work, sick and unable to work, or struggling because of financial difficulties or other problems? They can receive help from the parish St. Vincent de Paul Conference which reaches out to individuals and families in the parish who are having difficulties. (If you let the conference know

of the needy person or family, your name and the designated families or individuals will be kept confidential.) For more information or to give the conference the names of the needy persons, please call John Sondag at 612-275-0431.

QUESTIONS ABOUT THE CATHOLIC FAITH?—The Church of St. Helena offers a program that helps people to know more about the Catholic Faith and have their questions answered. For more information, call John Sondag at 612-275-0431.

PRAY THE VIRTUAL ROSARY—FRIDAY EVENINGS AT 7:00 P.M.—You can pray the Rosary with parishioners on Fridays at 7:00 P.M. Call 612-275-0431 to get the Zoom ID and Password.

BE PART OF THE ST. VINCENT DE PAUL CONFERENCE—The St. Vincent de Paul Conference in the parish reaches out to individuals or families who need assistance. Conference members visit their homes to assess how they can be of service and in a very personalized and confidential way give them help. The next meeting is Thursday, May 27, 2021, at 6:30 P.M. in the Parish Offices. For more information, call John Sondag at 612-275-0431.

LEARN MORE ABOUT YOUR CATHOLIC FAITH—You can enrich your faith by purchasing and listening to some CDs displayed at the handicap entrance to the church.

YOU CAN GET SOME GOOD DEALS AT THE SUMMER FESTIVAL SALE—Go to www.sainthelena.us and click on Summer Festival Sale to discover many household items, furniture, toys, and more being sold by Autumn Daze.

ARE YOU MOVING OR DOWNSIZING?—Donate good, used furniture and household items to the "Autumn Daze" Festival for the Auction, Attic Treasures, and some of the other booths. Bring the items to the Parish Offices after June 1, or call 612-275-0431 to have them picked up. (No clothes, stoves, electronic musical organs, refrigerators, exercise equipment, or couches, please.)

BETHANY HOUSE SUMMER PROGRAM—June 12 through August 7, 2021—currently accepting applications! Bethany House is a place, set apart, with an environment of support and encouragement for Catholic women as they intentionally discern consecrated life. The women live in community, pray together, have meals together, host Religious Sisters and participate in a discernment book study during the program. Visit: 10000vocations.org

DISCERNING PRIESTHOOD?—Those discerning priesthood who would like to discuss next steps are invited to contact Vocations Director Father David Blume. Father Blume is currently meeting with men applying to be considered for acceptance as Archdiocesan seminarians for fall 2021. Father Blume can be reached at 651-962-6890 or at fr-blume@stthomas.edu.

**"AUTUMN DAZE" FESTIVAL
SEPTEMBER 17, 18 & 19, 2021**



SCRIPTURE # 1103

**Dt 4:32-34, 39-40
Rom 8:14-17
Mt 28:16-20**

MASS INTENTIONS

8:00 AM

Monday	† Nancy Thomas
Tuesday	† Hilda Villano
Wednesday	† Micheal Villano
Thursday	† Charles Stoick
Friday	† Ivan & † Isabelle & † Tom Hansen
Saturday	† Dolores Nelson

SACRISTY LINENS—Cheryl Griffith

WEEKLY SCRIPTURE READINGS

May 31: Zep 3:14-18a , Lk 1:39-56
June 1: Tb 2:9-14, Mk 12:13-17
June 2: Tb 3:1-11a, 16-17a, Mk 12:18-27
June 3: Tb 6:10-11; 7:1bcde, 9-17; 8:4-9a,
Mk 12:28-34
June 4: Tb 11:5-17, Mk 12:35-37
June 5: Tb 12:1, 5-15, , Mk 12:38-44
June 6: Ex 24:3-8, Heb 9:11-15, Mk 14:12-16,
22-26

PARISH CALENDAR

May 31-Memorial Day

-Parish Offices Closed

June 1

June 2

-Preschool Graduation Program, Rowan Hall,
4:00-6:00 pm

June 3

June 4

-Women's Prayer Group, Church, 8:30 am
-Last Day of School
-Virtual Rosary, 7:00 pm

June 5

-Confession, Church, 3:00 pm
-Mass, Church, 4:00 pm

June 6

-Mass, Church, 8:30 am
-Parish Mass with Graduation, Church, 10:00 am

June 7

Daily Mass, Monday-Saturday, Church, 8:00 am

PRAYER CORNER

Graciously hear us, Lord, for we seek only you. You are near to those whose heart is right. Open yourself to accept our sorrowful spirit; calm our bodies and minds with the peace which surpasses understanding.

ST. HELENA SCHOOL NEWS

Spotlight on Preschool

Spring has sprung in the St. Helena Discovery Center. We learned about sunflowers and recreated Vincent Van Gogh's painting of them. The children celebrated Star Wars Day (May 4th) by playing Pin the Lightsaber on Yoda and making a crayon resist Death Star. We finished the day with a Starfighter snack (marshmallow and two graham crackers). On Cinco de Mayo we learned how Mexico was able to defend themselves against France. We enjoyed making sombreros and eating chips with salsa and queso.

We held a Scholastic Book Fair for the school and a Road to Reading Drive-Thru event for all PreK-2nd grade students in the community. We are finishing up the alphabet and will celebrate with a Bike Day! It is hard to believe we have a few weeks remaining for the school year. We have learned so much and have made wonderful friends. We are currently enrolling for the 2021-22 school year.

Ms. Kim Beradino
Preschool Lead Teacher

ARCHDIOCESAN MARRIAGE DAY—Saturday, June 5, 10:00 A.M., at the Cathedral of Saint Paul. This celebration includes Mass, renewal of vows, and a short reception. Couples celebrating their silver and golden anniversaries will be honored in a special way. Families and friends of all couples are welcome! Registration for in-person participation is required by contacting 651-291-4488. Social Distancing will be observed. Couples married one year or more may request a commemorative certificate signed by Archbishop Hebda. To request a certificate, please contact the Office of Marriage, Family & Life by May 30 at 651-291-4488 or visit: mfl@archspm.org.

ARCHBISHOP FLYNN CATECHETICAL INSTITUTE—SCHOOL OF DISCIPLSHIP—Tuesdays, June 22-August 3 and Saturday, September 25 at St. Vincent de Paul, Brooklyn Park or via Livestream. Taught by Jeff Cavins, this course is open to all adults and teaches the basics of discipleship, how to share your faith with confidence, and how to cultivate a deeper life of prayer. In this 7-week course, students become “activated disciples” and embark on a guided 40-day discipleship challenge to help put what they learn into practice. The course culminates with an interactive seminar with Dr. Mary Healy. The cost for the course, materials, and seminar is \$125. Sign up with a friend and get a discount! For more information visit semssp/ci

BAPTISM—A Baptism Preparation Program is required for all registered first-time parents. To register for the class, please call Virginia, the Director of Pastoral Care, at 612-729-7344.



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