

## Parish Staff

### Pastor

Rev. Richard Villano 729-7344

### Parochial Administrator

Rev. Michael Daly 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](mailto:church@sainthelena.us)

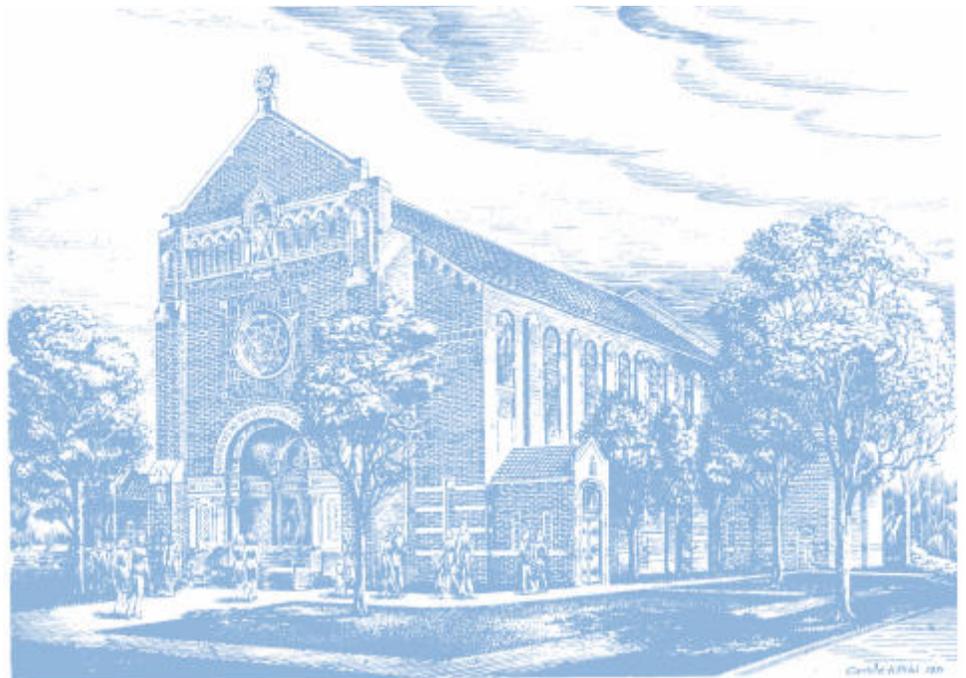
**Website:** [www.sainthelena.us](http://www.sainthelena.us)

# The Church of St. Helena

## The Most Holy Body and Blood of Christ June 6, 2021

*Then he took a cup, gave thanks, and gave it to them, and they all drank from it. He said to them, "This is my blood of the covenant, which will be shed for many. Amen, I say to you, I shall not drink again the fruit of the vine until the day when I drink it new in the kingdom of God."*

-Mk 14:23-25



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## THE WORD

A recent Pew Survey says that only 31% of all Catholics believe that the Holy Eucharist is really the Body and Blood of Jesus, and even if they attend weekly Mass, only 63% believe in the real presence of Our Lord in the Holy-Eucharist.

However, my hunch is that the real crisis is that deep down many Catholics don't believe that Jesus is both God and man, because, if a person believes that Jesus is God, that means Jesus as God can neither deceive nor be deceived. God is pure truth. So how can Jesus be lying when He taught that the Holy Eucharist is His Body and Blood?

In this Sunday's Gospel for the Solemnity of the Body of Christ (*Corpus Christi Sunday*), Our Lord pronounces the words "This is My Body, " and "This is My Blood..." And, if this is not enough, Our Lord teaches (in the Gospel of St. John, Chapter 6) about the Eucharist, "He who eats My flesh and drinks My blood..."

Some of His followers walked away when our Lord taught this, but Jesus did not change His teaching; and say, "Now, folks, I really didn't mean that."

So, here we are. Do we believe Jesus? The consecrated bread and wine seem the same as before the consecration. They still look like, taste like, smell like, and feel like bread and wine. But they are not. They have the appear-

ance of bread and wine, but they have changed into a new substance: the Body and Blood of Jesus. The word we use for this miracle is transubstantiation. It means "across substances," in other words, there's a new substance, not bread and wine.

It takes faith on the part of those who participate and believe Our Lord's word, but Our Lord cannot lie about what He does when the priest, who has been given the authority and power to do so by the fact that He has been ordained, pronounces the words of consecration.

That's why St. Pope Paul VI entitled his encyclical on the Holy Eucharist, "*Mysterium Fidei*" (The Mystery of Faith.). In this encyclical, he quotes St. John Chrysostom "Let us... not limit our attention just to what can be perceived by the senses, but instead hold fast to His words. For His word cannot deceive."

So, we have the privilege of actually making an act of faith to Our Lord when receiving Holy Communion. Our Lord is not just giving some message far off two thousand years ago in which we believe. Our "Amen" when we receive the Holy Eucharist is a personal response of "Yes, I believe." And, that faith leads to love of our Lord.

John Sondag  
Director of Religious Educati

## PASTOR'S REMARKS

1) This Sunday we celebrate the graduation of the eighth grade students from our parish school. We hope that our school has enriched their lives in mind, body, and heart, with the knowledge and faith which comes through the influence of others, our parents, our teachers, our classmates, and God, who directs the hearts of each of us and has a plan for all.

On this graduation day, we thank our parents, our teachers, our principal, our companions and classmates, and the graduates themselves, who are becoming what they are called to be before God and others.

Congratulations to our graduates. They are a wonderful group of young people and we wish them the best in the years ahead: *Damara Arocho, Eden Belai, Brianna Bergin, Marcus Bonifas, MaryJane Bright, Annika Clift, Eduard Held, Diana Hernandez, Kristine Herrera Sanchez, Alex Meyer, Liam Murphy, Henry Newgard, Yohany Rocano, Angelina Ruiz Sanchez, Isabel Topaloglu, and Bella Wong.*

2) *Jesus said to his disciples: "When the Advocate comes whom I will send you from the Father, the Spirit of truth that proceeds from the Father, he will testify to me." (John 15:26)*

**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.

**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*

**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.

**WAYS TO WATCH/LISTEN TO MASS**—For ways to watch or listen to Mass, visit: [archspm.org/live](http://archspm.org/live).

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

**IF YOU CANNOT RECEIVE HOLY COMMUNION DURING THIS TIME OF THE CORONAVIRUS, YOU CAN MAKE A SPIRITUAL COMMUNION:**

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 A PERSON WHO'S DYING ALONE OR WITHOUT THE SACRAMENTS**—Some people are dying alone from the Coronavirus. Through your prayer, spiritually adopt a person somewhere in the world who may have no family or friends to be with them at the moment of death or perhaps who is unable to have the sacraments of the Church.

**DO YOU KNOW ANYONE INTERESTED IN BECOMING A CATHOLIC?**—Please let that individual know that the Church of St. Helena offers a program that prepares people to become Catholic. It is held on Tuesdays at 7:30 P.M. in the Parish Office Building. To take the program does not mean that you must become a Catholic. Also, if Tuesday evenings are impossible to make, another time can be arranged. For more information, call John Sondag at 612-275-0431.

**MARK YOUR CALENDARS FOR A FULL-SCALE "AUTUMN DAZE" FESTIVAL—SEPTEMBER 17, 18, & 19**—Mark your calendar for the Autumn Daze Festival on September 17, 18, and 19. We're planning a full-scale festival with rides, entertainment, food, games, parade, auction, quilt bingo—the whole grand works! We figure it's easier to scale back at the last minute because of restrictions than to ramp up in a week. Plan to have one of the greatest festivals ever. Can't you just taste those caramel rolls or those malted shakes?

**VOLUNTEER FOR "AUTUMN DAZE" FESTIVAL**—Volunteer now for the "Autumn Daze" Festival scheduled for September 17, 18, and 19. You may sign up for Children's Games, Games of Skill, Games of Chance, Food Booths, Auction, Baskets, Miscellaneous Booths, Bingo, Set-Up and Clean-Up, Decorations, and much more. Even if you are going to be gone on that weekend, we need many volunteers to help with projects for the festival which take place before and after the event. Volunteer sheets are in the bulletin racks or the Parish Offices. For more information please call 612-275-0431.

**ARE YOU A PARISHIONER WHO NEEDS HELP?**—Parishioners who might be out of work, sick and unable to work, or struggling because of financial difficulties or problems from the Coronavirus can receive help from the St. Vincent de Paul Conference in the parish which reaches out to individuals and families in the parish who are having difficulties. (Your name will be kept confidential.) If you need more information or help, please call John Sondag at 612-275-0431.

**DO YOU HAVE QUESTIONS ABOUT THE CATHOLIC FAITH?**—The Church of St. Helena has 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.

**VIRTUAL ROSARY—FRIDAY EVENINGS AT 7:00 P.M.**—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, June 10, 2021, at 6:30 P.M. in the Parish Offices. For more information, call John Sondag at 612-275-0431.

**ENROLL NOW—VACATION RELIGION PROGRAM FOR GRADE SCHOOL CHILDREN—JULY 12 TO 16**—Children who are entering kindergarten through eighth grade can be registered now for 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), Mrs. Ruth Caron and Mrs. Mary DeLuney will 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).

**GO SHOPPING AT THE SUMMER FESTIVAL SALE**—Go to [www.sainthelena.us](http://www.sainthelena.us) and click on Summer Festival Sale to discover many household items, furniture, toys, and more being sold by Autumn Daze.

**WANTED: GOOD, USED FURNITURE AND HOUSEHOLD ITEMS**—Donate good, used furniture and household items to the "Autumn Daze" Festival for the Auction, Attic Treasures, or other prizes. Bring the items to the Parish Offices, or call 612-275-0431 to have them picked up. (No clothes, stoves, electronic musical organs, refrigerators, exercise equipment, or couches, please.)

**WANTED: 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 sale on pop, pick up some cases for the "Autumn Daze" Festival. Bring the pop to the Parish Office for "Autumn Daze."

**DO YOU HAVE GOOD, USED TOYS AND STUFFED ANIMALS?**—We need good, used toys and stuffed animals for "Autumn Daze." You can bring them now to the Parish Offices.



**SCRIPTURE # 1107**

**Ex 24:3-8,  
Heb 9:11-15,  
Mk 14:12-16, 22-26**

**MASS INTENTIONS**

**8:00 AM**

<b>Monday</b>	† <b>Donald St. Aubin</b>
<b>Tuesday</b>	<b>Fr. Villano</b>
<b>Wednesday</b>	† <b>Josephine Mosiniak</b>
<b>Thursday</b>	† <b>Patrick McGlade</b>
<b>Friday</b>	† <b>Ellen Carvatt</b>
<b>Saturday</b>	† <b>Sharon Christopher</b>

**SACRISTY LINENS—Cheryl Griffith**

**WEEKLY SCRIPTURE READINGS**

*June 7:* 2 Cor 1:1-7, Mt 5:1-12  
*June 8:* 2 Cor 1:18-22, Mt 5:13-16  
*June 9:* 2 Cor 3:4-11, Mt 5:17-19  
*June 10:* 2 Cor 3:15—4:1, 3-6, Mt 5:20-26  
*June 11:* Hos 11:1, 3-4, 8c-9, Eph 3:8-12,  
14-19, Jn 19:31-37  
*June 12:* 2 Cor 5:14-21, Lk 2:41-51  
*June 13:* Ez 17:22-24, 2 Cor 5:6-10,  
Mk 4:26-34

**PARISH CALENDAR**

*June 7*

*June 8*

*June 9*

*June 10*

-St. Vincent de Paul Mtg., Parish Offices, 6:30 pm

*June 11*

-Women's Prayer Group, Church, 8:30 am

-Virtual Rosary, 7:00 pm

*June 12*

-Confession, Church, 3:00 pm

-Mass, Church, 4:00 pm

*June 13*

-Mass, Church, 8:30 am & 10:00 am

*June 14*

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

**PRAYER CORNER**

Make our lives blameless, Lord. Help us to do what is right and to speak what is true, that we may dwell in your tent and find rest on your holy mountain.

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**Welcome  
Father  
Daly**



We are pleased to welcome **Fr. Michael Daly** as parochial administrator to work together with Fr. Villano and learn from his many years of prayer and wisdom. He is excited to begin June 1 to serve our parish and is eager to be involved with our vibrant school. Fr. Michael hails from Saint Paul, is ordained five years, and his favorite food is his Italian mother's pasta sauce! Let us pray for *both* our priests to bring us Jesus through Mary.

**UPDATED COVID PROTOCOL**—As of Friday, May 28, 2021 there will no longer be any 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.

**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.

**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. You may reach Father Blume at 651-962-6890, or [fr:blume@stthomas.edu](mailto:fr:blume@stthomas.edu).

**NATURAL FAMILY PLANNING (NFP)**—Classes teach couples the Church approved methods on how to achieve or postpone pregnancy while embracing the beauty of God's gift of sexuality. Visit: [archspm.org/family](http://archspm.org/family) or call 651-291-4489.



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