



**SAINT HELENA**  
Catholic Church & School  
*In hac cruce vincas! In this cross, you will be victorious*

#### PARISH OFFICE

Phone (612) 729-7344  
Email [church@sainthelenampls.org](mailto:church@sainthelenampls.org)  
Web [www.sainthelenampls.org](http://www.sainthelenampls.org)  
Hours Mon-Thurs: 9am to 3pm  
Fri: 9am to 12pm

#### Pastor

Rev. Marcus Milless  
[FrMilless@sainthelenampls.org](mailto:FrMilless@sainthelenampls.org)

#### SCHOOL

Phone (612) 729-9301  
Web [www.sainthelenampls.org](http://www.sainthelenampls.org)  
School Principal  
Karla Gergen

#### SACRAMENTS

##### SUNDAY MASS

Saturday 4:00pm  
Sunday 8:30 and 10:00am  
*Nursery services available during the  
10:00am Sunday Mass.*

##### DAILY MASS

Monday to Saturday 8:00am

##### SACRAMENT OF PENANCE

Monday to Saturday  
8:30 to 9:00am  
Saturday  
3:00 to 3:30pm

##### Eucharistic Adoration

Monday—Friday (in the  
Bethlehem Adoration Chapel)  
9:00 am to 9:00pm

##### BAPTISMS & WEDDINGS

Please contact the parish office.

#### PARISH REGISTRATION

To register as parishioners, please fill out a registration form, located at the entrances of the Church, and return to the Parish Office.

## THIRD SUNDAY OF ADVENT DECEMBER 17, 2023

"A man named John was sent from God. He came for testimony, to testify to the light, so that all might believe through him." - Jn 1:6-7



*John the Baptist in the Wilderness (John Linnell (1792–1882))*

## UPCOMING AT SAINT HELENA

### CHRISTMAS EVE PARTY ON DECEMBER 24

We will have a Christmas Eve Party in Rowan Hall on December 24th after the 4:00 P.M. Mass. There will be appetizers and desserts plus musical entertainment. Everyone is welcome. If you can bring an appetizer or desert, please do, but you are welcome regardless.

### BRING A FRIEND OR RELATIVE TO CHRISTMAS MASS

Invite a friend or relative who has fallen away from the Church to Christmas Mass with you. If the individual needs to go to Confession first, we have plenty of times for that, so let the person know the time of Confessions. But maybe coming to church is all he or she is ready for. If so, the individual can get a blessing at Communion time from the priest by crossing the arms on the chest if he or she goes up to the priest at Holy Communion. Christmas may be the first step in returning to the Church.

### ARE YOU INTERESTED IN SINGING IN THE CHOIR FOR CHRISTMAS SEASON?

Call 612-275-0431. Rehearsals are Sundays after the 10:00 Mass from 11:20 A.M. — 12:00 Noon.

## STAY CONNECTED

Stay updated through Saint Helena's communication tool, Flocknote. With Flocknote you can receive parish updates, as well as updates from the groups you join (quilters, St. Vincent de Paul Conference, etc).

#### Join Flocknote:

1. Visit [www.flocknote.com/sainthelenampls](http://www.flocknote.com/sainthelenampls), **OR** text STHSMPLS to 84576
2. Fill in your information and join groups that pertain to you.
3. You can log in anytime to change what groups you follow!



3204 E 43rd St • Minneapolis, MN 55406-3858 • (612) 729-7344  
[www.sainthelenampls.org](http://www.sainthelenampls.org)

## THE WORD

### Who's in control?

Back in the time of Jesus' birth, the Jews were ruled by the Romans. In fact, pretty much the whole of the Mediterranean area was ruled by the Roman Empire.

The Jews were waiting for a political Messiah, who would liberate them, but instead, they got a surprise and were given a Messiah who told them to give to Caesar the things that are Caesar's, and to God the things that are God's. However, in the long run, the Roman Empire provided a network of roads that enabled Catholicism to spread quickly throughout the Mediterranean and it also provided a common language—Greek, not Latin—for the Gospel to be preached.

Of course, the great prophets laid the foundation for the people of Jesus' time to recognize their Messiah. And the major figure for the readings of today's Scripture readings is St. John the Baptist who pointed to Jesus—"He was not the light, but came to testify to the light."

God is constantly laying the foundation for His continued deepening of our own understanding of His revelation in the Catholic Church as she lives through history. And many times that history is not a pretty picture. Yet, our Lord draws good from the evil.

For instance, St. Athanasius was exiled five times from his diocese in the East, and one of the times he exited to Rome with a hermit, and consequently the Western

Churches developed monasteries right around the time Europe was collapsing because it was being pulled apart by the Vandals, Barbarians, Huns, and Goths. And these monasteries provided stability for the Church and preserved the Church's intellectual continuity of history as the monks hand-copied manuscripts of the great of Catholicism.

As we celebrate Advent and prepare for Christmas, we can rejoice on this *Gaudete* (Rejoice) Sunday (Third Sunday of Advent) that God works with the humanity which He redeemed in Jesus Christ, but also that He continues to work with us and that in these historical situations we deepen our understanding of His truths which He taught when He walked the face of the earth.

These truths of salvation begin to sparkle through with history of the world; as God's saints live holy lives and meditate on His Word. As we live right now, we don't know how or what truths will be illuminated and who will be the main players—although the entire Church will be involved. But our Lord will work through these confusing times of history in the tensions, wars, and conflicts in Israel, the Ukraine, and Taiwan, economic ups and downs, and moral craziness with drugs, transgenderism, abortion, and family instability. He can bring good from these situations. Our part is to live holy lives—like St. Athanasius.

For our Lord is in control! Rejoice!

John Sondag, Director of Religious Education

### ARE INTERESTED IN BECOMING A CATHOLIC?

The Church of St. Helena is offering a program which prepares people to become Catholic. To take the program does not mean that you must become a Catholic. Also, if Monday evenings are impossible to make, another time can be arranged. For more information, call Fr. Milless or John Sondag at 612-729-7344.

### SUPER SOCK SUNDAY

The Council of Catholic Women Council will be collecting new socks and underwear during the month of January to donate to a shelter serving those who are less fortunate. Please keep this project in mind, especially if you see a bargain on socks and underwear.

### SUBSTITUTE ADORERS FOR THE EUCHARIST

When a regular adorer cannot come, we need more people to be able to call to fill in, if they are able to do so for that particular time. Become a substitute adorer by calling Mary Kay Tessman at 763-439-0572.

### SPECIAL GIVING FOR THE PARISH

*As you consider your year-end charitable contributions, we hope that St Helena will be at the top of your list. Your contributions directly support the various ministries and liturgical life at our parish.*

*A reminder that all **2023 contributions** must be postmarked by December 31, 2023, received in the collection on December 31st or received at the parish office prior to December 29, 2023. Any donations post-marked or received January 1, 2024 or thereafter will be considered 2024 donations. Thank you for your continued generosity to our parish community.*

### WINTER VOLUNTEER NEEDED

We are in need of a volunteer who can shovel for the campus this winter. Although we have a great plowing company that clears out the parking lot, they do not shovel the sidewalks. This is a great opportunity if you have time this winter to shovel the snow from our sidewalks and church entrances. A stipend may be included.

## PARISH DIRECTORY

### PARISH SECRETARIES

Alma Dominguez (612) 729-7344

Elaine Bruce

church@sainthelenampls.org

### BUSINESS MANAGER

Lisa MacKenzie

mackenzie@sainthelenampls.org

### DIRECTOR OF RELIGIOUS EDUCATION

John Sondag (612) 729-7321

sondag@sainthelenampls.org

### RELIGIOUS EDUCATION SECRETARY

Nancy Stauner (612) 729-7321

stauner@sainthelenampls.org

### ORGANIST

Wolfgang Rubsam

### COMMUNICATIONS COORDINATOR

Alex Schindler

schindler@sainthelenampls.org

## 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. For more information, call John Sondag at 612-275-0431.

### NEXT CONFERENCE MEETING:

Thursday, December 28 at 6:30 P.M. in the Parish Office

### ARE YOU A PARISHIONER IN NEED OF ASSISTANCE?

Parishioners who might be out of work, sick and unable to work, or struggling because of financial difficulties or problems 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.

### FOOD SHELF

Thank you all for your generosity to our local food shelf. Here are a few suggestions to keep families warm and nourished in the winter: soup, rice, pasta, macaroni & cheese, chili, vegetables, oatmeal, muffin and bread mixes. *"Share with the saints who are in need. Practice hospitality."* Romans 12:13

### ROSARY BEFORE DAILY MASS

The Rosary is recited Monday through Saturday at 7:25 AM. before Mass. All are welcome to join.

## ANNOUNCEMENTS

### EUCCHARISTIC ADORATION

"Come adore this wonderful presence;

Bow to Christ, the source of grace!

Here is kept the ancient promise

of God's earthly dwelling place.

Sight is blind before God's glory.

Faith alone may see his face."

(First verse of Tatum Ergo)

We need regular weekly adorers: Monday: 2:00 P.M., 6:00 P.M.; Tuesday: 4:00 P.M., 6:00 P.M.; Wednesday: 11:00 A.M., 5:00 P.M., 7:00 P.M.; Thursday: 6:00 P.M., 7:00 P.M., 8:00 P.M.; Friday: 6:00 P.M., 7:00 P.M., 8:00 P.M. **If you can be a regular adorer, please call 612-275-0431.** The chapel is open to anyone for any amount of prayer on weekdays from 9:00 A.M. to 9:00 P.M. All are welcome.

### WOMEN'S BREAKFAST: SATURDAY, JANUARY 13, 2024

A Women's Breakfast is scheduled for Saturday, January 13, 2024, at 8:30 A.M. in Rowan Hall with Dianne Johnson, a founder of Curatio, as the guest speaker. The cost is \$7 for the breakfast. Complimentary tickets are available for those who have difficulty paying. Participants are invited to come to the Mass at 8:00 A.M. in church before the Breakfast. Registrations should be made before 12:00 Noon on Friday, January 12, by calling 612-729-7321.

### SHARING & CARING HANDS

St. Helena Church has a volunteer opportunity on December 20, to help at Sharing & Caring Hands serving breakfast, from 8:00 A.M. to 12:00 P.M. Call the Parish Offices for more information.

### SACRISTY LINENS: ADENIKE AJALUWA

### TODAY'S READINGS



Worship # 1008

1st Reading: Is 61:1-2a, 10-11

2nd Reading: 1 Thes 5:16-24

Gospel: Jn 1:6-8, 19-28

### WEEKLY SCRIPTURE READINGS

December 18: Jer 23:5-8, Mt 1:18-25

December 19: Jgs 13:2-7, 24-25a, Lk 1:5-25

December 20: Is 7:10-14, Lk 1:26-38

December 21: Sg 2:8-14 or Zep 3:14-18a, Lk 1:39-45

December 22: 1 Sm 1:24-28, Lk 1:46-56

December 23: Mal 3:1-4, 23-24, Lk 1:57-66

December 24: 2 Sm 7:1-5, 8b-12, 14a, 16, Rom 16:25-27, Lk 1:26-38

# PARISH CALENDAR

## SUNDAY, DECEMBER 17

8:30am Mass, Church [*Coffee & Donuts After Mass*]  
 10:00am Mass, Church [*Coffee & Donuts After Mass*]

## MONDAY, DECEMBER 18—No SCHOOL

8:00am Mass, Church  
 8:30 - 9am Confessions, Church  
 9:00-11:30am Quilting, Parish Offices  
 7:30pm Catechumenate & Reception Program,  
 Parish Offices

## TUESDAY, DECEMBER 19—No SCHOOL

8:00am Mass, Church  
 8:30 - 9am Confessions, Church

## WEDNESDAY, DECEMBER 20—No SCHOOL

8:00am Mass, Church  
 8:00-12:00pm Volunteer at Sharing & Caring Hands  
 8:30 - 9am Confessions, Church  
 6:30-9:00pm Quilting, Parish Offices

## THURSDAY, DECEMBER 21—No SCHOOL

8:00am Mass, Church  
 8:30 - 9am Confessions, Church

## FRIDAY, DECEMBER 22—No SCHOOL

8:00am Mass, Church  
 9:00am Confessions, Church

## SATURDAY, DECEMBER 23

8:00am Mass, Church  
 8:30 - 9am Confessions, Church  
 3:00pm Confessions, Church  
 4:00pm Mass, Church

## SUNDAY, DECEMBER 24

8:30am Mass, Church [*Coffee & Donuts After Mass*]  
 10:00am Mass, Church [*Coffee & Donuts After Mass*]  
 4:00pm Christmas Eve Mass  
 5:00pm Christmas Eve Party, Rowan Hall

*Eucharistic Adoration in the Bethlehem Chapel  
 Monday thru Friday 9:00 am — 9:00 pm*

## MASS INTENTIONS

|                      |          |                      |
|----------------------|----------|----------------------|
| <b>MON., 12/18</b>   | 8:00 AM  | + Lucy Harrington    |
| <b>TUES., 12/19</b>  | 8:00 AM  | + Sebastian Senger   |
| <b>WED., 12/20</b>   | 8:00 AM  | + Donald S. Amatuzio |
| <b>THURS., 12/21</b> | 8:00 AM  | Carol Hill           |
| <b>FRI., 12/22</b>   | 8:00 AM  | + Tim Millea         |
| <b>SAT., 12/23</b>   | 8:00 AM  | + Gary Neunsinger    |
| <b>SAT., 12/23</b>   | 4:00 PM  | St. Helena Parish    |
| <b>Sun., 12/24</b>   | 8:30 AM  | Christmas Eve        |
| <b>Sun., 12/24</b>   | 10:00 AM | Christmas Eve        |

## SCHOOL NEWS

The weeks before Christmas break were full of the Christmas spirit at school! We are grateful to the parents who helped decorate the school, both inside and out. The Christmas trees and Nativity in the front were a beautiful gift to us and the neighborhood; inside we had our Christmas tree, Nativity, and Advent candle set up with the help of parents also. Our students participated in Advent prayer services and collected food donations for Christmas meals. It was also wonderful to have our Christmas concert in the beauty of the church this year. We're very proud of all of our students and their joyful expression through music.

We are gearing up for enrollment season, which starts in January. We will be hosting events for prospective students for both our preschool and K-8 program. Are you interested in our preschool for next year? Now is a great time to apply for the Schulze Early Learning Scholarship Program. The Schulze Early Learning Scholarship Program is designed to help middle-income families gain access to excellent preschool programs for their children. More information can be found at [www.schulzefamilyfoundation.org](http://www.schulzefamilyfoundation.org)

Our Development committee is working on several exciting initiatives, and one of them is updating our alumni database. Are you an alumni or do you know of someone who might want to stay updated on school events? You can sign up at [www.sainthelenampls.org/alumni](http://www.sainthelenampls.org/alumni). The sign-up is also found through this QR code.



*On behalf of all the students and staff at Saint Helena Catholic School, we hope you have a most blessed and joyful Christmas. We are grateful to be part of this incredible community!*



Creating Meaningful Events That Celebrate Life®

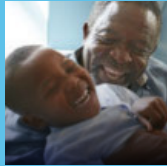
Proud to be family owned and operated  
Our Proud Heritage • McDivitt-Hauge

# Bradshaw Funeral & Cremation Services

Funerals • Cremation • PrePlans<sup>SM</sup> • Grief Resource Service  
3131 Minnehaha Avenue South, Minneapolis, MN 55406 (612) 724-3621

Visit our website: [www.bradshawfuneral.com](http://www.bradshawfuneral.com)

See  
hope in  
connection.



See  
mental  
health  
.org



Made possible by Hennepin County

SUPPORT OUR  
ADVERTISERS!

## EAST LAKE LIQUOR

3916 E. Lake St.  
612-724-5467

YOUR REALTY

**Frank Bielinski**  
(612) 272-7075  
**Julie Bielinski**  
**Janssen**  
(651) 491-1384  
[www.yourrealty.org](http://www.yourrealty.org)



5010 34th  
Avenue South  
Minneapolis,  
MN. 55417

(612) 721-6686



Minnesota's **ORIGINAL** Plumbing,  
Heating and Cooling Company

Since 1883

Solid Honest Work at Fair Up-front Prices  
**\$50 OFF** Any Plumbing - Heating-call  
**651-419-8740 for Appt.**  
**MCQUILLANBROS.COM**

thrivent

Your money should be working  
as hard as you do. Maybe harder.

Marcia Alexander, Financial Associate  
[connect.thrivent.com/marcia-alexander](http://connect.thrivent.com/marcia-alexander)

Aaron Jones, Financial Associate  
[connect.thrivent.com/aaron-jones](http://connect.thrivent.com/aaron-jones)

612-702-9631



WE APPRECIATE OUR  
ADVERTISERS!

**catholicmatch**<sup>®</sup>  
Minnesota  
[CatholicMatch.com/MN](http://CatholicMatch.com/MN)



- Family Eyecare
- Eye Injuries
- Optical, Designer Frames
- Treatment of Eye Disease

**Evening  
Appointments  
Available**

4323 E. Lake Street

722-1003 [Riverlakeclinic.com](http://Riverlakeclinic.com)

**HENRY W. ANDERSON**

**Funeral & Cremation** Mortuary  
**Services since 1931**

[www.HenryWAnderson.com](http://www.HenryWAnderson.com)  
(952) 432-2331

**Edina Realty** **BUYING OR SELLING**

Bruce A. Hendrickson, CRS, CBR

Professional Real Estate Services

Minneapolis Parkway Office

5318 Lyndale Ave. So.

Dir: 612.821.4215 • Bus: 612.750.2136

[brucehendrickson@edinarealty.com](mailto:brucehendrickson@edinarealty.com)

[BruceHendrickson.com](http://BruceHendrickson.com)



SUPPORT  
OUR PARISH

**FLANERY'S  
AUTOMOTIVE**

General Auto Repair  
Napa Auto Care Center

2720 E. 42nd St. Mpls. 55406



722-9829



To learn more and see if you qualify,  
visit [hennepin.us/internet](http://hennepin.us/internet)



Minneapolis  
City of Lakes



**Washburn-McReavy**  
[washburn-mcreavy.com](http://washburn-mcreavy.com)

Funeral Chapels, Cemeteries and Cremation Services

DAVIES CHAPEL

2301 Dupont Avenue S 612.377.2203

EDINA CHAPEL

5000 W 50th Street 952.920.3996

NOKOMIS PARK CHAPEL

1838 E Minnehaha Parkway 612.721.1651

MIKE ST. AUBIN - FUNERAL DIRECTOR



For ad info. call 1-800-950-9952 • [www.4lpi.com](http://www.4lpi.com)

St. Helena, Minneapolis, MN

A 4C 02-0042