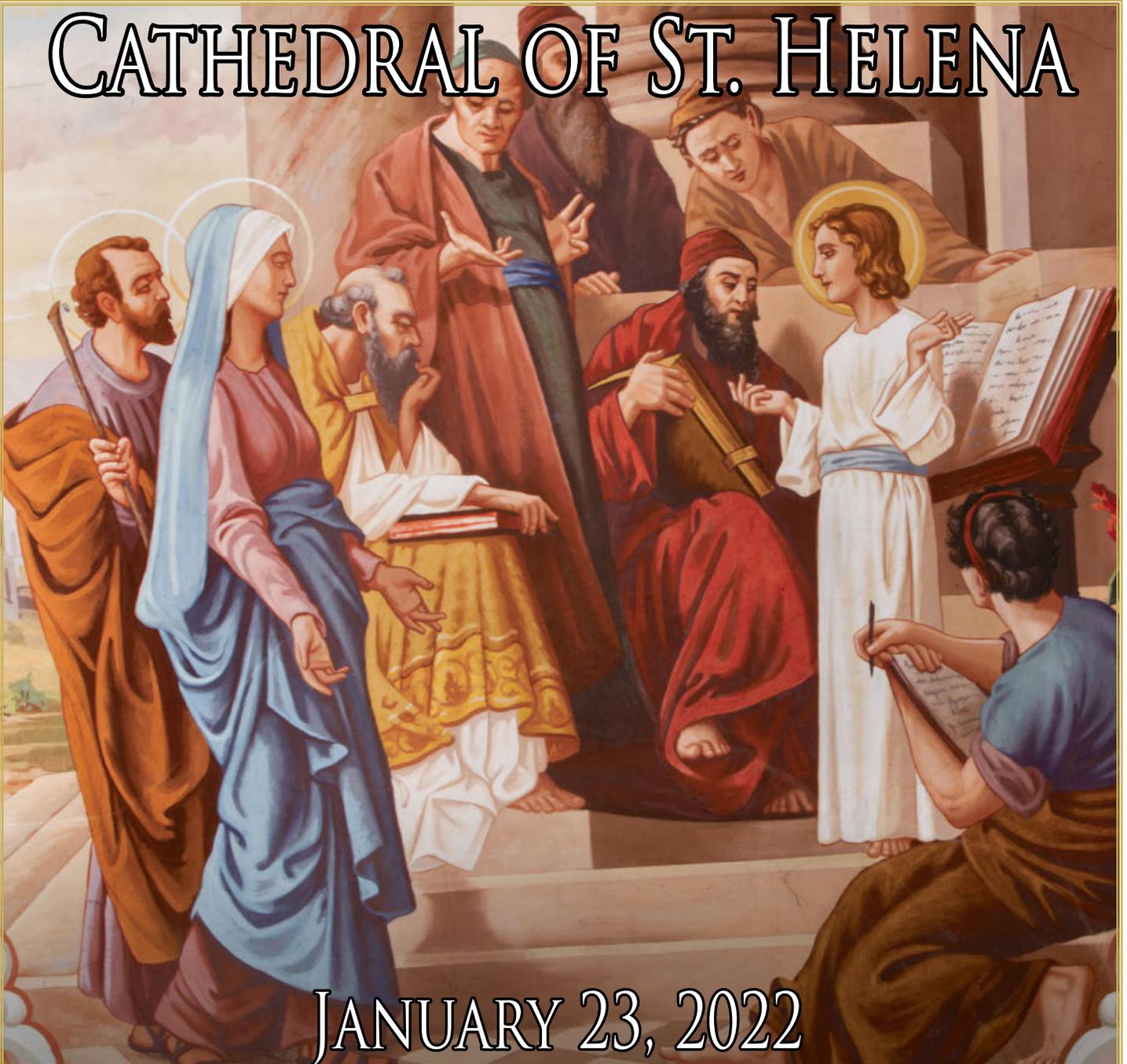


# CATHEDRAL OF ST. HELENA



JANUARY 23, 2022

**3<sup>RD</sup> SUNDAY IN ORDINARY TIME**



*The Spirit of the Lord is upon me...  
He has sent me to proclaim liberty to captives  
and recovery of sight to the blind,  
to let the oppressed go free.*

*- Lk 4:18*



*The Most Reverend Austin Anthony Vetter  
Bishop of Helena*

Rev. Msgr. Kevin S. O'Neill  
*Pastor/Rector*

Father Nathan Scheidecker  
*Parochial Vicar*

Deacon Bob Fishman  
*Director of Faith Formation*

Mr. Michael Vreeburg  
*Pastoral Associate Liturgy*

Dr. Jonathan Embry  
*Director of Music*

Mr. Louie Gloege  
*Business Manager*

**JANUARY 23<sup>RD</sup> - JANUARY 30<sup>TH</sup>  
LITURGICAL CALENDAR  
AT YOUR  
CATHEDRAL OF ST. HELENA**

**SUNDAY, JANUARY 23 - THIRD SUNDAY IN  
ORDINARY TIME**

7:30 AM - MASS  
9 AM - MASS  
11 AM - MASS (LIVESTREAM)

**MONDAY, JANUARY 24 - ORDINARY WEEKDAY**  
7 AM - MASS (LIVESTREAM); ROSARY AFTER MASS

**TUESDAY, JANUARY 25 - THE CONVERSION OF  
ST. PAUL THE APOSTLE**  
7 AM - MASS; DEVOTIONS; ROSARY AFTER MASS  
12 NOON - MASS (LIVESTREAM); DEVOTIONS

**WEDNESDAY, JANUARY 26 - ORDINARY WEEKDAY**  
7 AM - MASS; ROSARY AFTER MASS  
12 NOON - MASS (LIVESTREAM)

**THURSDAY, JANUARY 27 - ORDINARY WEEKDAY**  
7 AM - MASS; ROSARY AFTER MASS  
12 NOON - MASS (LIVESTREAM)

**FRIDAY, JANUARY 28 - ORDINARY WEEKDAY**  
7 AM - MASS (LIVESTREAM); ROSARY AFTER MASS  
ADORATION UNTIL 12 NOON

**SATURDAY, JANUARY 29 - ORDINARY WEEKDAY**  
8:30 AM - ROSARY  
9 AM - MASS  
RECONCILIATION AFTER MASS UNTIL 11 AM  
5 PM - MASS

**SUNDAY, JANUARY 30 - FOURTH SUNDAY IN  
ORDINARY TIME**

7:30 AM - MASS  
9 AM - MASS  
11 AM - MASS (LIVESTREAM)

**CATHEDRAL OF ST. HELENA PARISH OFFICE**

Location:.....530 N. Ewing St., Helena, MT 59601  
Office Hours.....Mon - Thurs.....9:00 am - 2:00 pm  
Friday 9:00 am- 12:00 noon  
Phone.....442-5825  
Fax.....449-5113  
Rectory Emergency.....449-0280  
Good Samaritan Store.....442-0780  
Website.....www.sthelenas.org  
KNEH Catholic Radio.....97.3



**A big THANK YOU to all, both near and far, who  
have contributed to the Cathedral of St. Helena  
Parish over the last year.**

**We want to remind all that we have online giving  
available at our  
website [www.sthelenas.org](http://www.sthelenas.org). To date we have 134  
registered donors with 19 reoccurring gifts and a  
total of \$66,757.78 total funds given via online  
giving. It's easy and secure. Just look for the GIVE  
button in the upper right corner of the home page!**

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DONNA WEINER



A weekly seminar and support group for people who are separated or divorced. It is a place where you can hear valuable information about ways to heal from the hurt of divorce. The next session begins **January 25, 2022** and will **continue every Tuesday from 6:30 until 8:30 pm.** For more information, contact **Kathy Surbrugg at 442-5825.**

***Sacramental Marriage Formation for Couples in Civil Unions***

It is our goal to walk with and provide formation to couples in civil unions seeking convalidation or to get their marriage blessed in the Catholic Church. This sacramental Marriage formation will be personal, inviting, timely, engaging and allow space for growth. Good marriage formation can provide the foundation for a lifelong, happy and fruitful marriage. For more information, contact Fr. Scheidecker or Kathy Surbrugg at 442-5825



**The Julius Foundation**  
3312 Dunlap Drive  
Helena, MT 59602  
thejuliusfoundation.org



***Bishop Vetter will be hosting 6 gatherings throughout the Diocese during the Season of Lent as part of the Synod. These gatherings begin in prayer with one hour of Eucharistic Adoration. A time of discussion with the Bishop will follow.***



***There will be an online survey for those who cannot meet in person.***

***More details to follow.***

**A WORD ABOUT THE WORD**

Did you ever wonder why Catholics do what they do at Mass? Do you ever think about how a Priest or Deacon or Bishop knows what to say and where to stand or what gestures are to be done? The answer to these questions is found in a term we call Liturgy. The words and gestures are laid out in the Roman Missal and in the General Instructions for the Mass. The reason for this is so that no matter where you travel in the world, by being familiar with the structure of the Mass, you will be able to follow along. The Liturgy unites us as Catholics and it is very cool. Here at the Cathedral, we are blessed to have Michael Vreeburg who is our “Master of Ceremonies” and works with servers and readers and guides us all in liturgical procedures. We are also blessed to have Dr. Jonathan Embry as our music director. This too is all part of liturgy and all designed not as entertainment, but for a much higher purpose. It is designed to work together to lift our prayers and unity up to Heaven and out of our carnal natures. The reason I write all of this is because in today’s readings we learn some ancient things about liturgy. In our first reading from Nehemiah, they have uncovered an ancient scroll of the law and he reads it to the people. This was a profound moment in Jewish history as the people began to realize how far they had strayed in their lives. St. Paul reminds the Corinthians that we are all one body by virtue of our baptism and we must all use whatever gifts we have to edify the body of Christ. Finally in the Gospel of Luke we have our blessed Lord Jesus partaking in liturgy as He reads the scroll of Isaiah and proclaims it to be fulfilled that very day. Wow! So this week, let us pay close attention to the liturgy at Mass. Listen to the words and prayers. I mean really pay attention. Partake fully with your voice and actions, and sing loudly, even if it is in the key of “off” like me. Do these things and I promise you that you will get more out of Mass than you ever did before...Something old and new to try out...and may God richly bless you always...



MUSIC FOR JANUARY 23, 2022



- THOMAS PITCH  
Gayle Shanahan  
The Maehl Family
- CORINNE JACKMAN RICE  
Dennis Dupre
- EDWARD RICE  
Dennis Dupre
- CHARLES RICE  
Dennis Dupre
- ELEANOR MACDONALD ECKER  
Dennis Dupre
- ALLEN JOSEPH AHMANN  
Dennis Dupre
- GERALD JOSEPH KUHLMANN  
Dennis Dupre
- RONALD DEAN ROGELSTAD  
Dennis Dupre
- LORRAINE DUNLAP  
Vivian Carter
- JOAN VIERECK JOHNSON  
Fran Viereck
- THÉRÈSE DOMINICA FRANCOISE BIDEGARAY  
Sara Grotbo
- DANNY ANTILA  
Luanne, Brandon, & Bo Antila

**Prelude:** Trio Sonata in C Minor composed by J.S. Bach

**Introit:** Bow down before God, all you Angels of His. Zion has heard and is glad; and the daughters of Judah have rejoiced.

**Opening Hymn:** O God Our Help In Ages Past 689

**Offertory:** The Lord's right hand has shown strength, the Lord's right hand has exalted me. I shall not die, but live; and I shall declare the works of the Lord.

**Communion:** Go, eat rich meat, and drink sweet wine, and send portions to those who have prepared nothing for themselves; this is a holy day in honor of the Lord; do not be sad; for the joy of the Lord is our strength.

**Communion 11 am:** Ave Verum Corpus composed by Josquin des Prez

**Communion Meditation:** I Sing the Mighty Power of God 572

A video of the Mass parts for Ordinary Time will be on the Cathedral Youtube Channel later this week.



DEACON BOB & KAREN FISHMAN  
Funeral Luncheon Volunteers

## Psalm 19



## VOCATIONS PRAYER

Heavenly Father, please abundantly bless these men who are in formation for the priesthood of Your Son, Jesus Christ. Grant them gifts of wisdom, knowledge and most of all, generous hearts, that they may be enflamed with love for You and Your Church. Through Christ, Our Lord, Amen.

*Deacon Matthew Christiaens  
Kyle Tannehill  
John Cooney  
Jamie Severson  
Anthony Olmes*

*Deacon Tyler Frohlich  
Kaleb Mitchell  
Riley Helgoe*

*James Semling  
Dillon Armstrong  
Brett Rotz  
Alex Ramirez  
Alex Olmes*

*The Pope's Intention for January:  
for true human fraternity*

*We pray for all those suffering from religious discrimination and persecution; may their own rights and dignity be recognized, which originate from being brothers and sisters in the human family.*



**Helena Fertility Care**

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**Seven Sisters Apostolate**

*We need more ladies to join the Seven Sisters Apostolate Group for Bishop Vetter. Help us fill 3 hours of prayer each day for our bishop.*

**Contact:**

[7sistersforbishop@gmail.com](mailto:7sistersforbishop@gmail.com)  
for more information.



In the previous monthly period, the Cathedral Parish had 1464 registered families with 676 families receiving envelopes and 702 contributing to the upkeep of the parish. The weekend of 1/16/2022, we received through Stewardship \$10,915.00 in envelopes, \$721.00 from online giving, ACH of \$2,700.00 and \$913.00 in loose currency and checks for a total of \$15,249.00. Our weekly goal is \$17,561.05.

*Thank you for your generosity!*

**Please Note....**

When you provide a check as payment, you authorize us either to use information from your check to make a one-time electronic fund transfer from your account or to process the payment as a check transaction.

**(Please make your checks payable to the Cathedral of St. Helena.)**



**Happy New Year to all!**

**Children's Liturgy of the Word will take place at the 9 AM mass on January 23rd and January 30th.**



**CHILI FEED ~ AUCTION**

Chase away the winter chill in the warmth of your parish family with a hot bowl of chili and knowing you are supporting **FRIENDSHIP CENTER ~** a great Helena community ministry!

A free-will offering will be accepted for the meal. All proceeds support the **FRIENDSHIP CENTER PROGRAM.**

**SUNDAY**

**JANUARY 23  
4-7 PM**

**EVERYONE  
IS  
WELCOME!**



DR. JONATHAN EMBRY WILL PRESENT A FREE ORGAN RECITAL IN THE CATHEDRAL ON JANUARY 31, 2022 AT 6:00 PM. THE HOUR-LONG PROGRAM WILL FEATURE WORKS BY BACH, HINDEMITH, AND EMBRY.



## *Marriage Preparation*

*Diocesan policy states that couples wait 6 months from the time they approach a priest regarding marriage to the date of their wedding. During this period, the couple must participate in preparatory classes for the Sacrament of Matrimony. The next marriage prep class will begin **January 24, 2022**. For more information, please contact Kathy Surbrugg at 442-5825*



## *Latin Mass Times*

*The Traditional Latin Mass is celebrated at SS. Cyril & Methodius Catholic Church on the **2nd Sunday of each month** at 12 Noon.*

To one who has faith, no explanation is necessary. To one without faith, no explanation is possible.

Thomas Aquinas

**The 3rd Sunday of Ordinary Time  
January 23, 2022**

Neh 8:2-10

“Ezra read plainly from the book of the law of God, interpreting it so that all could understand what was read.”

Ps 19:8-15

“Your words, Lord, are Spirit and life.”

1 Cor 12:12-30

“For in one Spirit we were all baptized into one body...”

Lk 1:1-21

“He said to them, ‘Today this Scripture passage is fulfilled in your hearing.’”

**The 4th Sunday of Ordinary Time  
January 30, 2022**

Jer 1:4-19

“The Word of the LORD came to me, saying: Before I formed you in the womb I knew you...”

Ps 71:1-17

“I will sing of your salvation.”

1 Cor 13:4-13

“So faith, hope, love remain, these three; but the greatest of these is love.”

Lk 4:21-30

“And he said, ‘Amen I say to you, no prophet is accepted in his own native place.’”



**Monday:** 2 Sm 5:1-10 / Ps 89:20-26 / Mk 3:22-30

**Tuesday:** Acts 22:3-16 / Ps 117: 1-2 / Mk 16:15-18

**Wednesday:** 2 Tm 1:1-8 / Ps 89:4-30 / Mk 4:1-20

**Thursday:** 2 Sm 7:18-29 / Ps 132:1-14 / Mk 4:21-25

**Friday:** 2 Sm 11:1-17 / Ps 51:3-11 / Mk 4:26-34

**Saturday:** 2 Sm 12:1-17 / Ps 51:12-17 / Mk 4:35-41

*Treasures from our Tradition: January 28th is the feast of St. Thomas Aquinas. A Dominican friar in the 13th century, he is a Doctor of the Church and known as the Doctor Angelicus. At the end of his life, Aquinas saw a vision of Heaven to which he remarked, “All that I have written appears to be so much as straw after the things that have been revealed to me.” Upon his death, he uttered “Non nisi te Domini”*

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May the Lord bless both you and your pets!  
 prov 12:10 psalm 36:6  
  
 David de Gil - Parishioner

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