

The Herald Angel!



February 2010

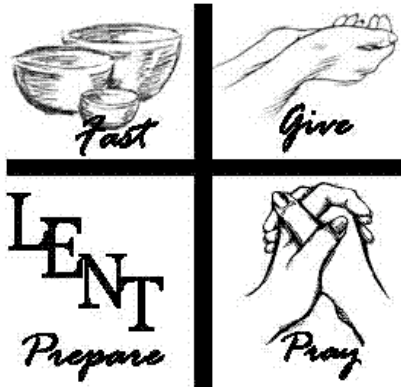
Lent...

A time of conversion!

At the beginning of Lent, on Ash Wednesday, ashes are blessed during Mass, after the homily. The blessed ashes are then "imposed" on the faithful as a sign of conversion, penance, fasting and human mortality. The ashes are blessed at least during the first Mass of the day, but they may also be imposed during all the Masses of the day, after the homily, and even outside the time of Mass to meet the needs of the faithful. Priests or deacons normally impart this sacramental, but instituted acolytes, other extraordinary ministers or designated lay people may be delegated to impart ashes, if the bishop judges that this is necessary. The ashes are made from the palms used at the previous Passion Sunday ceremonies. — *Ceremonies of the Liturgical Year*, Msgr. Peter J. Elliott

The act of putting on ashes symbolizes fragility and mortality, and the need to be redeemed by the mercy of God. Far from being a merely external act, the Church has retained the use of ashes to symbolize that attitude of internal penance to which all the baptized are called during Lent. — *Directory on Popular Piety and the Liturgy*

Taken from: http://www.catholicculture.org/culture/liturgicalyear/overviews/seasons/ordinary_time/ordinary1.cfm



The three traditional pillars of Lenten observance are prayer, fasting and almsgiving. More time given to prayer during Lent should draw us closer to the Lord.

Fasting is more than a means of developing self-control. It is often an aid to prayer, as the pangs of hunger remind us of our hunger for God. Fasting should be linked to our concern for those who are forced to fast by their poverty, those who suffer from the injustices of our economic and political structures, those who are in need for any reason.

Almsgiving is a sign of our care for those in need and an expression of our gratitude for all that God has given to us. Works of charity and the promotion of justice are integral elements of the Christian way of life.

*Catholic Update, "Lenten Customs, Rev. Lawrence E. Mick
<http://www.americancatholic.org/newsletters/CU/ac0302.asp>*

What is Lent?

Lent is the forty-day liturgical season of fasting, special prayer and almsgiving in preparation for Easter. The name "Lent" is from the Middle English *Lenten* and Anglo-Saxon *Lenten*, meaning spring; its more primitive ecclesiastical name was the "forty days," *tessarakoste* in Greek. The number "forty" is first noted in the *Canons of Nicaea* (A.D. 325), likely in imitation of Jesus' fast in the desert before His public ministry (with Old Testament precedent in Moses and Elijah). By the fourth century, in most of the West, it referred to six days' fast per week of six weeks (Sundays were excluded); in the seventh century the days from Ash Wednesday through the First Sunday were added to make the number forty.

<http://www.osv.com/OSV4MeNav/SeasonsoftheChurch/LentTheRoadtoEaster/tabid/2214/Default.aspx>

IN THE LITURGY...

February 17, Ash Wednesday February 21, 1st Sunday of Lent "Temptation in the Desert" Luke 4:1-13

February 22, Monday, Chair of St. Peter, Feast day (ex cathedra)

February 28, 2nd Sunday of Lent "Transfiguration" Luke 9:28-36

March 7, 3rd Sunday of Lent "Parable of the fig tree" Luke 13:1-9

March 14, 4th Sunday of Lent "Parable of the Prodigal Son" Luke 15:1-32

Lenten Journeys Here and There...

St Helena's is offering weekly Lenten gatherings for discussions every Tuesday during Lent beginning Feb 23. Two sessions are available, noon and 7pm

The following sites offer daily Lenten prayers and/or reflections:

www.loyolapress.com/3-minute-retreats-daily-online-prayer.htm

www.loyolapress.com/the-seven-last-words.htm

Stations of the Cross Reflections:

<http://www.catholic.org/prayers/station.php>

Soup & Stations at St. Helena's, beginning 5:30pm March 12

Live Stations of the Cross at Holy Family, March 26

COLLEGE CARE PACKAGES

We are still very short in supplies to send to our college students. The care packages will be boxed up during our February break, so if you can donate any of the items listed below, please drop them off in any of the church entrances during next weekend's mass schedule or on Ash Wednesday. Our students love to receive the packages, but without your support we can't do this. You can also leave items on the rectory front porch next to the church, 210 Primo Ave.

Hot cocoa (box of individual servings)

Microwave popcorn

fruit snacks

gum

candy

Cup-of-soups

Ramen noodles

mac&cheese

granola bars

instant oatmeal (packets)

energy drink mixes (propel comes in individual "to go" sizes to mix into water bottles).

chapsticks (always requested)

cookies in individual servings

chips/crackers (snack sized)

anything else you can think of!



Welcome Angels

As our parish continues to reach out and evangelize to others and build up various ministry teams within our parish, we are looking for volunteers (angels) who would like to be part of a welcoming team for new families. We are planning a welcome brunch in April and need some help organizing and working on this. If you would like to be an "angel" in this way, please call the rectory at 363-3882 or talk to Andrea Slaven at

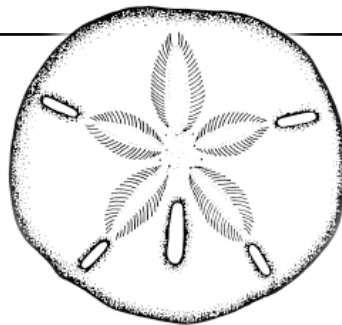
Pasta Dinner Update

RESERVE YOUR TICKETS NOW!!!! Our annual Pasta Dinner is scheduled for 6:00pm, Saturday, February 27. Enjoy your dinner with a show put on by comedian and parishioner, Dan McIntyre, as he shares the humor of being Catholic! Other comedy acts are also in the works. Seating is limited, so reserve your ticket by calling the rectory at 363-3882.

Because we need a secure number, we are charging a minimal cost for the tickets; \$5 per person and \$2 for children under 10 years of age. It is still a bargain price and you don't have to cook!

A whole new Pasta Team is also being formed to cook, serve and clean-up. There are many ways you can help and be a part of a very fun team! Again, just call the rectory for more information!

Make sure you reserve your ticket before your leave for winter break vacation!



"Sand Dollars" for Haiti

Students can bring loose change to drop in the sand bucket in the religious education office. Every dollar in change collected will be sent to our diocese for the relief effort in Haiti. This area will be in need for a long time, so our collection will go through the end of the school year. Students are also encouraged to bring in articles, prayers, progress being made in Haiti, etc to place around our Haiti display. This can be a great family Lenten Project!

Religious Education and other important Dates

No classes during winter break!!!!

- Feb 17 - Ash Wednesday
- Feb 21 - High school On-line course, part 2 will be posted
- Feb 23 & 24 - Elementary classes resume to regular schedule
- Feb 27 - Pasta Dinner
- High School Lock-in
- Feb 28 - High school morning Lenten block begins at 9:30am.
- Youth Group Meets 11:30am
- Grade 7 & 8 meets at 6:30pm
- Mar 1 - Confirmation Interviews begin. Must make appointments.
- Mar 6 - High school Youth Rally at Bishop Grimes
- Grade 10 Retreat
- Mar 7 - First Communion meeting for parents and students, 9:00am.
- Grades 7 & 8; 6:30pm
- Mar 9 - Public Policy Day, leaving for Albany at 6am for ALL voters!
- Mar 12 - Soup and Stations: Soup served from 5:30 - 6:45pm, Bring a soup to share! Stations of the Cross led by grade 8 begins at 7pm.
- Mar 14 - Lenten Block meets 9:30am
- High school Online Course meets from 6:30-8pm
- Mar 21 - First Communion Family Banquet, 11:30am -2pm.
- Grades 7 & 8; 6:30pm

Parish News Letter

We are still trying to put together a parish newsletter, but first we need a team of angels who like to write! Our parish newsletter is just another way of reaching out to let everyone know the good things we do here at St. Helena's. We are hoping to have a newsletter 3 or 4 times a year. If you have a talent for gathering info, writing, or editing please call the rectory, 363-3882 or Tricia Pennise at 363-8248.

Don't forget to visit www.st-helenas.org (parish site) and www.st-helenas-re.org (religious education site)