

The Piarist Fathers



Pastor

Rev. David Powers Sch.P.

Parochial Vicars

Rev. Nelson Henao Sch.P.

Rev. Richard Wyzykiewicz Sch.P.

Parish Staff

Parish Secretary

Mrs. Rosemarie Ortiz

Business Manager

Anne Kathy Rice

Facilities Manager

Alina Hernandez

Music Director

Mr. Daniel Ambe

Musicians

Mr. Jim Donaldson

Mr. Alex Henriquez

July 2018

St. Helena's School (718) 892-3234

<http://www.sthelenaelementary.org>

Early Childhood (3Yr Olds & Pre-K for All)

Elementary School (Grades K-8)

Principal: Mr. Richard Meller

2050 Benedict Avenue

Bronx, New York 10462

High School:

Monsignor Scanlan H.S. (718) 430-0100

<http://www.scanlanhs.edu/>

Principal: Mr. Peter Doran

915 Hutchinson River Parkway

Bronx, New York 10465

St. Helena Rectory:

1315 Olmstead Avenue

Bronx, N.Y. 10462

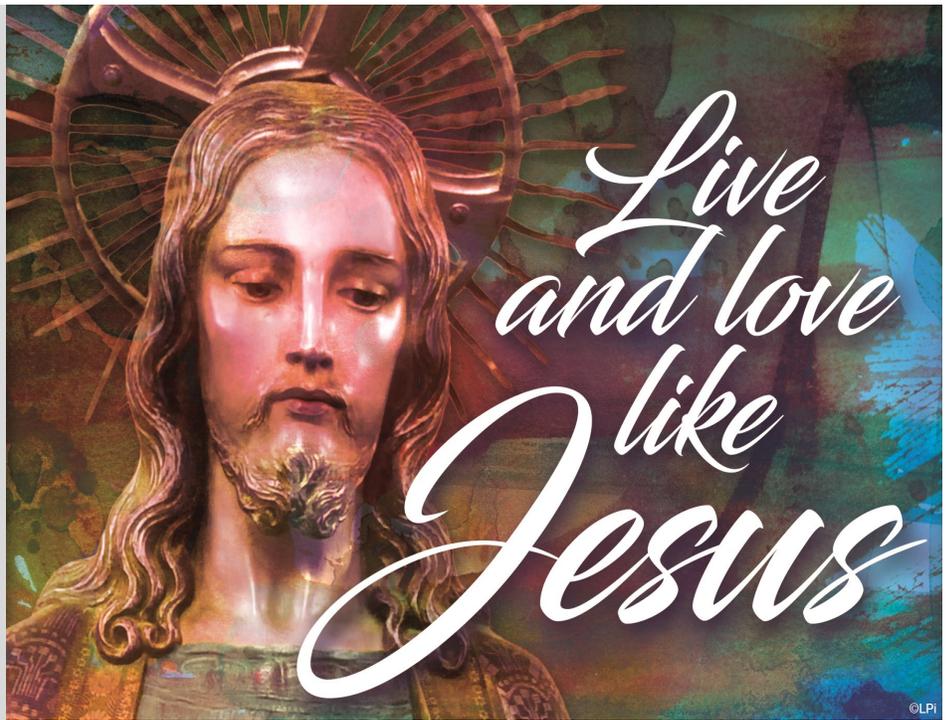
Phone: (718) 892-3232

Fax: (718) 892-7713

www.churchofsthelena.com

Email: sthelenarc@yahoo.com

Alumni: sthelenasalumni@yahoo.com



saint Helena parish



Bronx, NY

Mass Schedule (Horario de Misas)

Saturday: 5:30 PM

Sunday: AM

7:30

9:00

10:30 (Family)

PM

12:00 (Spanish)

1:30

5:00

Holy Days: 6:50AM, 8:30 AM, 12:15PM and 7:30 PM

Weekdays: 6:50AM, 8:30 AM and 12:15 PM

Morning Prayer—Daily 8:30AM

Spanish Mass: Sunday, 12:00 Noon

Holy Days—Evenings Before—7:00PM

Wednesday—7:00 PM (Spanish)

Monday 7:00PM (every first Monday of the month in

Spanish) Primeros lunes de mes

Confessions: Saturday — 4 to 5:30

Sick Or Emergency Calls:

Call the Rectory at 892-3232

Devotions:

- Circulo De Oracion: lunes, 7 a 9:00PM
- Miraculous Medal Novena
Monday after 12:15 PM Mass
- Exposición del Santisimo y Coronilla de la Divina Misericordia: miércoles, 7PM
- Eucharistic Adoration
Thursday between the 8:30 & 12:15 Masses
- Sacred Heart Novena: Thursday, Noon
- English Bible Study: Tuesday, 7:30PM
- Spanish Bible Study: Tuesday, 7:00PM
- Rosary: Wednesday, 1:00PM

Baptisms: Arrangements must be made at the Rectory for Baptismal Class. Bring a copy of the child's Birth Certificate and Godparent documents.

Marriages: Arrangements for weddings should be made as soon as possible at the Rectory.

Parish Registration: All Catholics who live within the parish boundaries should fill out a registration card at the Rectory.



Handicapped Accessible

The Scapular is Not Magic

Last week, many people took out their brown scapulars for the feast of Our Lady of Mt. Carmel. During the week, people asked me about this devotion, saying that to some of their friends it seemed almost like Catholic magic, especially when they heard promises such as: "Whosoever dies wearing this scapular shall not suffer eternal fire." So, what is the story behind the wearing of the scapular?

The scapular originated in the habits worn by the monastic orders, beginning with the Benedictines, and later adapted by many other religious communities. It was a piece of cloth, about chest-wide from shoulder to shoulder and draped down the front and the back of the person, with an opening for the head. At first, the scapular served as an apron worn during work, especially farm work. After the ninth century, a monk received the scapular after the profession of religious vows, and it became known as "the yoke of Christ" (*iugum Christi*) and "the shield of Christ" (*scutum Christi*). While certain modifications were made by the various communities, the scapular was a distinctive part of the monastic religious habit.

Over time, pious lay people who worked closely with the monastic communities adopted a smaller version of the scapular. This smaller scapular consisted of two small pieces of cloth joined by two strings, which was worn around the neck and underneath a person's clothing. Eventually, these smaller scapulars became marks of membership in confraternities, groups of laity who joined together, attaching themselves to the apostolate of a religious community and accepting certain rules and regulations. Over time, these smaller versions of the scapular became even more popular among the laity. To date, the Church has approved 18 different scapulars, distinguished by color, symbolism, and devotion. Most scapulars still signify a person's affiliation with a particular confraternity, at least loosely.

The six most popular ones are the **brown scapular** of Our Lady of Mount Carmel, the red scapular of Christ's passion which was given to a Daughter of Charity of St. Vincent de Paul in 1845, the **black scapular** of the Seven Sorrows of Mary given by Pope Alexander IV in 1255 to the founders of the Servite Order, the **blue scapular** of the Immaculate Conception given in 1581 to Venerable Ursula Benicasa who was the foundress of the Order of Theatine Nuns, the **white scapular** of the Holy Trinity which was given by Pope Innocent III who approved of the order of the Trinitarians on Jan. 28, 1198, and the **green scapular** which was given in 1840 by our Blessed Mother to Sister Justine Bisqueyburu who was a Daughter of Charity of St. Vincent de Paul and which can simply be blessed by a priest and then worn or placed in one's clothing or on the bed or in the bedroom.

The key to this devotion is not simply the wearing of a piece of cloth, but the spiritual conversion it signifies. In order to understand the scapular promise, we need to go back to the fourth century. St. Pachomius was the first Father of the Church to establish a stable rule and habit and cycle of prayer for monasteries. Tradition says that an angel appeared to him and promised him that anyone who wore his habit *and followed his way of monastic life* would attain eternal salvation. Various founders of religious orders over time had similar experiences.

This is not magic since it assumes an attachment to and perseverance in prayer and some form of penance, not just the wearing of a physical object. In fact, the promises attached to the wearing of the scapular, or to the recitation of the rosary or of the chaplet of Divine Mercy, are all simply the same promises that characterize the promises of the Lord in the Gospels. All these devotional practices do is make our works concrete and relate them to the mystery of the Word Made Flesh. They do not give us a pass on living an upright life in accordance with the commandments. We are not dealing with simply material objects



or charms but with outward signs of God's will that we live in union with him and persevere in his love until death. This is the sense of the various promises attached to objects of religious profession and devotion: God's saving will and his grace. Therefore, let us continue with confidence to make grateful and good use of these means of salvation, small as they are, even as small as a cup of cold water or a good deed done to the least of his brethren.

Humanae Vitae turns 50 on Wednesday

Humanae Vitae, the controversial letter on men and women and ethics, was issued by Blessed Pope Paul VI a half-century ago on July 25, 1968, and it has much to offer our "MeToo" culture, which is inundated with so much confusion about relationships and identity and power.

We are still living in the moment of *Humanae Vitae* and of the challenge it presents to the world. *Humanae Vitae* identifies the key problem of our day, which is the myth that we can be God. Pope Paul writes at the beginning of the document, "But the most remarkable development of all is to be seen in man's stupendous progress in the domination and rational organization of the forces of nature to the point that he is endeavoring to extend this control over every aspect of his own life -- over his body, over his mind and emotions, over his social life, and even over the laws that regulate the transmission of life" (n.2).

In this document, the Pope paints a wider vision of the problem. We think everything belongs to us, but the reality is that we belong to God. "*Humanae Vitae*" means "*Of human life*." Human life came from God, belongs to God, and goes back to God. Sex and having children are aspects of a whole cluster of realities that make up our lives and activities. We suffer from the illusion that all of these activities belong to us.

After 50 years, one can so easily see what not being honest about science and sociology in the wake of the sexual revolution has wreaked on lives and about the dangers it continues to invite. It is clear that having a contraceptive technology, as Paul VI foresaw, opens a Pandora's box in which the stronger have the advantage. Imagine living in a world where the powerful believe it would be a better place without more people like you in it. One doesn't have to imagine if you live in Iceland, where the government has recently bragged about its near-elimination of people with Down syndrome. It is no secret that Planned Parenthood has had its roots in eugenics and that abortion rates in poorer black and Hispanic communities should be a cause for alarm and reflection, especially when questioning whether women are feeling supported in the choices they want to make about their health and their children's lives.

Concerning the significance of the *Humanae Vitae* message today, consider the prophetic nature of *Humanae*. While it may well be one of the most reviled documents of modern times, it is also the most explanatory, which is a fantastic, ongoing irony not only in the United States but around the world. Everybody knows that the Church's teaching on sex is flouted, mocked, and ignored — including by many Catholics. So what does that tell us, then, if not that *Humanae Vitae*, the most famous reiteration of that teaching, explains the depredations of today's post-revolutionary order better than any other single source? For starters, it means that the faithful can take solace in knowing that the Catholic Church, with all its human faults, has nevertheless gotten one very big thing right. It also suggests that dissenters within the Church, and detractors outside it, should themselves abjure ideology and instead grapple with that same record of reality.

The fact that abortion and contraception are joined at the root is one of the under-stated realities of the post-revolutionary world. For all its predictive power, *Humanae Vitae* did not assert that mass contraception would increase abortion. Fifty years later, though, it's become impossible to ignore the fact that these social phenomena are twinned. Widespread contraception leads to more abortion, for reasons that scholars far removed from St. Peter's Square have been analyzing for decades now. As economists and others have shown, contraception acts as a game-changer in the

SIXTEENTH SUNDAY IN ORDINARY TIME

sexual marketplace. The facts of history also confirm that the practices are connected. The liberalization of abortion laws around the world didn't begin until contraceptive devices entered wider circulation in the 20th century. *Roe v. Wade* came after the approval of the Pill, not before, for a reason.

What do those facts tell us? In part, that yesterday's well-intentioned efforts to draw a clear line between the two have failed. Remember that we are talking here not of individual intentions but of historical fact. The desire to have sex without babies calls for a demand for a backstop, and that backstop is abortion. Again, it isn't theologians who've produced proofs to that effect, but economists and other social scientists.

Humanae Vitae is not just counter-cultural. It's profoundly so — perhaps the most counter-cultural document of modern times. It subverts every standard that a consumerist, secular culture holds dearest: convenience, personal license, instant gratification, me-first. For that reason alone, the encyclical would seem to be of interest to anyone seeking an account of life outside those parameters. There's hunger, notably though not only among the Millennial generation, for an authenticity that many find lacking today. The teachings embodied in the document are a radical challenge — an invitation to consider what a *real* alternative to the dominant culture looks like. On the wider plane, *Humanae Vitae* also makes a point to everyone. A lot of the revolution's workings are inimical to our very well-being, including our flourishing as humanity. Many people know in their hearts that there's something unnatural and industrial about life after the sexual revolution. The teaching of *Humanae Vitae* and related documents is in part a call to be truer to ourselves and to live in harmony with our nature as human beings.

Fifty years later, the world sees a dramatic rise in disrespect for women, in coercive population control, and there are too many people in romantic trouble and in communal and family breakup — all of which the document predicted. But, there is one reality the document did not address - the elderly end. Who knew that by 2018 one of the hottest subjects in sociology would be "loneliness studies?" And this is true not only in the United States but in Japan, Portugal, Germany, France, and other advanced nations: in short, everywhere that the Pill has been emptying cradles for five-plus decades now. That's an affecting reality, and it's traceable directly to the sexual revolution, which has privileged short-term pleasure over long-term happiness and companionship. The stories now emerging about what life without family looks like in old age are in a haunting class all their own, something which would probably not have become reality had the principles of the document been followed.

Saint Bridget of Sweden - July 23

Born in 1303, from age 7 on, Bridget had visions of Christ crucified. Her visions formed the basis for her activity—always with an emphasis on charity rather than spiritual favors. She lived her married life in the court of the Swedish king Magnus II. She was the mother of eight children, and her second eldest became Saint Catherine of Sweden. Bridget lived the strict life of a penitent after her husband's death. Bridget constantly strove to exert her good influence over Magnus; while never fully reforming, he did give her land and buildings to found a monastery for men and women. This group eventually expanded into an Order known as the Bridgetines.

In 1350, a year of jubilee, Bridget braved a plague-stricken Europe to make a pilgrimage to Rome. Although she never returned to Sweden, her years in Rome were far from happy, being hounded by debts and by opposition to her work against Church abuses. A final pilgrimage to the Holy Land, marred by shipwreck and the death of her son, Charles, eventually led to her death in 1373. In 1999, Bridget along with Saints Catherine of Siena and Teresa Benedicta of the Cross were named co-patronesses of Europe.

Saint Sharbel Makhluf - July 24

Although this saint never traveled far from the Lebanese village of Beka-Kafra where he was born, his influence has spread widely.

Joseph Zaroun Makluf was raised by an uncle because his father, a mule driver, died when Joseph was only three. At the age of 23, Joseph joined the Monastery of St. Maron at Annaya, Lebanon, and took the name Sharbel in honor of a second-century martyr. He professed his final vows in 1853 and was ordained six years later.

Following the example of the fifth-century Saint Maron, Sharbel lived as a hermit from 1875, until his death. His reputation for holiness prompted people to seek him to receive a blessing and to be remembered in his prayers. He followed a strict fast and was very devoted to the Blessed Sacrament. When his superiors occasionally asked him to administer the sacraments to nearby villages, Sharbel did so gladly. He died in the late afternoon on Christmas Eve. Christians and non-Christians soon made his tomb a place of pilgrimage and of cures. Pope Paul VI beatified Sharbel in 1965 and canonized him 12 years later.

St. James the Greater - July 25

Nothing is known of St. James the Greater's early life, though it has been established that he is the son of Zebedee and Salome and the brother of John the disciple. The title "the Greater" was added to St. James' name to help distinguish him from the Apostle James "the Less," who is believed to have been shorter in stature than James "the Greater."

Saint James the Greater was one of Jesus' first disciples. James was fishing with his father and John the Apostle when Jesus came to the shores of the Sea of Galilee and called for the fishermen, who were unable to catch any fish that day, to dip their nets into the water once again. When the fishermen followed Jesus' instructions, they found their nets full, and after emptying the fish on board, the boats nearly sank from their weight.

Later, James was one of only three called by Jesus to witness his Transfiguration, and when he and his brother wanted to call fire upon a Samaritan town, both were rebuked by Jesus. Following Christ's Ascension, James spread the Gospel across Israel and the Roman kingdom as well. He traveled and spread the Word for nearly forty years in Spain. It is said that one day, as he prayed, The Blessed Virgin Mary appeared to him and asked him to build her a church, which he did.

Later, James returned to Jerusalem but was martyred for his faith in AD 44 by King Herod, who decapitated him. Saint James the Greater is known as the first apostle to be martyred. As he was not allowed to be buried following his martyrdom, his remains were taken to Compostela, Spain, by some of his followers, who buried him. In the ninth century, his remains were discovered and moved to a tomb in Santiago de Compostela. Today, his remains can still be found in the Cathedral of Santiago.

Because Santiago de Compostela is the most frequently visited place pilgrims visit after Rome and Jerusalem, Pope Leo XIII declared it a shrine.

St. Christopher - Patron Saint of Motorists

Saint Christopher is one of the most popular Catholic Christian heroes of the Faith. He is still a saint and is listed as a martyr. He may have also been named Reprobus. He apparently died under the Roman Emperor Decius, in 251 AD. Most Catholics refer to him as Saint Christopher anyway, and his medals and the popular devotions to him are among the most common in Catholic piety. Other than his listing in the Roman Martyrology, there are no primary sources referring to St. Christopher, only stories and traditions which have been passed down.

The name "Christopher" means Christ-bearer, and may allude to the legend of the man carrying the Christ Child across the river. Saint Christopher also did not become popularized in the Church until the 7th century, about three centuries after his supposed death. We know of his popularity because around the 7th century, churches and monasteries began to be named after him. This adds credibility to the supposition that St. Christopher was merely a legendary figure and not a real person. There is also speculation that St. Christopher could have also been confused with St. Menas, an Egyptian saint. Both Christopher and Menas are referred to as "Christ bearers" and are patrons of travelers. Christopher is also a patron saint of children. His feast day is July 25.

Saints Joachim and Anne - July 26

By tradition, Joachim and Anne are considered to be the names of the parents of Mary, the Mother of God. We have no historical evidence, however, of any elements of their lives, including their names. Any stories about Mary's father and mother come to us through legend and tradition. We get the oldest story from a document written around AD 170 called the Gospel of James, though in no way should this document be trusted to be factual, historical, or the Word of God. The legend told in this document says that after years of childlessness, an angel appeared to tell Anne and Joachim that they would have a child. Anne promised to dedicate this child to God in much the same way that Samuel was dedicated by his mother Hannah-Anne-in 1 Kings.



For those who wonder what we can learn from people we know nothing about and how we can honor them, we must focus on why they are honored by the church. Whatever their names or the facts of their lives, the truth is that it was the parents of Mary who nurtured Mary, taught her, brought her up to be a worthy Mother of God. It was their teaching that led her to respond to God's request with faith, "Let it be done to me as you will." Anne is often shown in paintings with Jesus and Mary and is considered a subject that attracts attention since Anne is the grandmother of Jesus. Her two great shrines — that of Ste. Anne d'Auray in Brittany, France, and that of Ste. Anne de Beaupre near Quebec in Canada — are very popular. There is a church of St. Anne in Jerusalem and it is believed to be built on the site of the home of SS. Joachim and Anne when they lived in Jerusalem. We know little else about the lives of Mary's parents, but considering the person of Mary, they must have been two very remarkable people to have been given such a daughter and to have played so important a part in the work of the Redemption. It was their example of parenting that Mary must have followed as she brought up her own son, Jesus. It was their faith that laid the foundation of courage and strength that allowed her to stand by the cross as her son was crucified and still believe.

UN APPEL A SE REVEILLER DE NOS EGOISMES...

Un comedien commence sa prestation lors d'une soiree culturelle avec cette question pour son auditoire: "Imaginez que vous etes a bord d'un car de transport urbain de 30 places. Il y a un accident qui prend la vie de 29 passagers. Vous etes le seul survivant, qu'allez vous faire a l'instant?" Un monsieur repond, "Je vais d'abord fouiller les poches des morts avant d'appeler les sapeurs pompiers". C'etait biensur une reponse amusante qui a naturellement permis a la foule de rigoler. Bien que cette reponse soit amusante, elle reflete la mentalite de la societe dans laquelle nous vivons. C'est une societe ou on ne pense qu'a soi et a ses interets. Un predicateur a bien decrit que notre societe est pleine des "...ismes" a savoir: "egoisme", "individualisme", "minimalisme". L'individualisme prime le bien communautaire. La quete excessive des interets personnels semble caracteriser notre societe. Beaucoup recherchent leurs interets personnels en ecrasant les autres. Cette attitude a tue l'esprit de la gratuite, et de sacrifice. On ne fait plus rien pour rien.

Face a cette mentalite d'individualisme et d'egoisme, l'evangile de ce dimanche nous interpelle. Nous voyons Jesus et ses apotres en plein ministere pastoral. Ils se donnent a fond pour enseigner et recevoir les malades au point ou ils n'ont plus le temps meme pour manger et de se reposer. Quand Jesus constate la fatigue, il les invite a l'ecart pour se reposer. Malheureusement la foule les poursuit meme a pieds. Et voyant leur soif pour la parole de vie, le Seigneur se met a les enseigner longuement. Ils etaient comme des brebis sans berger. Jesus dans cet evangile nous donne un bon exemple d'altruisme – vivre pour les autres. Jesus sacrifie ses interets personnels pour s'occuper des autres.

Chacun de nous doit se poser la question: dans ma relation avec les autres, suis-je capable de sacrifier mes interets pour eux? Suis-je capable de servir les autres gratuitement sans rien

attendre au retour? Saint Augustin a bien dit que Dieu nous a cree pour l'aimer d'abord en premier lieu, aimer les autres en deuxieme lieu, aimer soi-meme en troisieme lieu et aimer les choses de la terre en dernier lieu. Quand cet ordre de l'amour n'est pas respecte, notre vie manquera la paix interieure. Pour avoir la paix interieure, il faut respecter l'ordre de l'amour voulu par Dieu. Cet evangile nous invite dont a laisser mourir nos interets personnels pour que les autres puissent vivre. Que le Seigneur nous aide. Amen.

Fr. Andrew

July 22-28 is NFP Awareness Week

The USCCB says that this is a great time to renew a commitment to plan our families God's way. For a free Introductory session of the Creighton FertilityCare System call Dorothy Dugandzic at **718-842-2598**. The session will teach couples how to achieve or avoid pregnancy naturally and will address issues concerning infertility and gynecology. Fr Matthew Habiger, OSB, from Natural Family Planning outreach is here this weekend to preach about these issues. He celebrates the blessing of 50 years of Priesthood along with the 50th anniversary of Humanae Vitae, which addresses the Church's teaching on Love and Life.

POPE FRANCIS SAYS ALL BAPTIZED ARE CALLED TO BE MISSIONARY DISCIPLES-

While reflecting on Mark 6:7-13 this week, the Pope emphasized that the person of Jesus is at the center of all missionary proclamation and that poverty is the "face" of authentic missionary activity.

FR. NELSON is away until **August 17**. We will have several guest priests who will cover his Masses. He will not be available for appointments or conferences.

DEACON VINOD will be ordained as a Piarist Priest on **August 4** in his home parish in Kerala, India. Fr. David and Br. Orlando will leave July 31 to attend the event.

ST. ANNE NOVENA continues everyday until **July 25**. A Healing Mass will be held on **Thursday, July 26**, the Feast of Sts. Anne and Joachim. Adoration at **9AM**, Rosary at **11:30AM**, followed by the Sacred Heart Novena and Mass. After Mass will be the anointing with St. Anne Blessed Oil. We have a little shrine to St. Anne on the corner of Olmstead and Westchester Avenue. So stop by and say a little prayer to St. Anne.

MEMORIAL MASS AT SANTA MARIA FOR FR. ANTIMO FIORILLO-

On **Sunday, September 9** at **12 Noon**, Santa Maria Parish will celebrate a Memorial Mass in thanksgiving to our Heavenly Father for the life and ministry of the former pastor, Rev. Antimo Fiorillo ("Father Tim"). The Mass will include readings and songs in Italian, Spanish, and English. Father Fiorillo went to sleep in the Lord on March 14, 2018, and His Eminence Cardinal Dolan celebrated a Mass of the Resurrection shortly afterwards, and Father Fiorillo's body was laid to rest in Italy, his native home. He was born on March 3, 1921, and was ordained very young in 1943. About six years later, he came to Santa Maria where he ministered as parochial vicar and as pastor for most of his priesthood. He learned Spanish in the United States and established the Mass in Spanish at Santa Maria.

OFFERING ENVELOPES

Sunday, July 15	\$4,144.83
Elementary School	\$1,412.33

Our weekly budget, (Nuestro presupuesto semanal es) \$4,423.00 We continue repairs on our cooling systems, and we are doing some electrical upgrades. Thank you all for your generosity and support and for all that you do for St. Helena's.

Gracias a todos por su generosidad y por todo lo que hacen por esta Iglesia de St. Helena. Nosotros estamos haciendo reparaciones en la escuela y la iglesia; por favor, considere aumentar su oferta para ayudar y apoya estas mejoras.

Refreshments will follow in the Saint Joseph's Parish Hall below the Church. Ample parking is available in the "School Parking Lot" at the corner of Zerega and Glebe.

BANNS OF MARRIAGE

I—Terrill Hughes & LaShanda Davis

PARISH ANNOUNCEMENTS

- **50/50**-Remember, it only costs \$5.00 to enter. The July winner will be picked on **Monday, July 30**. You cannot win unless you enter. Special pink envelopes are available at the two Church entrances or in your packet.
- **ENGLISH CHARISMATIC PRAYER GROUP** meets every **Saturday** from **1PM to 3PM**, in the Green Building.
- **THE BOOK OF PSALMS** continues today, **Sun., July 22** at **11:30AM** in the Green Building. The course also takes place every **Tuesday** at both **1PM** and **7:30PM**. Psalms is the only Bible Book that is read from at every single Catholic Mass. Today we will study the Psalms of Lament..
- **ROSARY** every **Wednesday** in the church after the **12:15PM** Mass and every **Friday** in Spanish at **7PM** in the rectory meeting room. May is the month of Mary.
- **YOUTH GROUP** every **Friday** from **7-8:30PM** in the gym.
- **2019 MASS BOOK**-Come in now if you want very specific Mass dates and times. Some 2018 dates are still available.
- **RELIGIOUS ARTICLES ROOM** is closed for the summer. It will reopen in the middle of September.
- **PARISH RAFFLE TICKETS** are now available at the rectory. **First Prize** is the newest 10.5 inch iPad pro; **Second Prize** is a 50 inch LED TV; and **Third Prize** is a 26 inch mountain bike. There are also many other prizes. Ticket prices are \$3 each or 2 for \$5.
- **CANDY SALE**-The English Prayer Group will be selling candy after some Masses on **Sunday, July 22**.
- **BLESSING OF CARS**-The Feast of St. Christopher, the patron saint of motorists, is **Wednesday, July 25**. We will bless cars at **1PM** and **6:30PM** in the parish parking lot.
- **NEXT BAPTISM PREP CLASS** will be held on **Thursday, July 26** at **7PM**. **Arrangements must be made at the Rectory for the Baptismal Class**. Please bring a copy of the child's birth certificate as well as either a letter of suitability for the godparents from their local pastor or a copy of the godparent's Confirmation Certificate, and if a godparent is married, bring a copy of their Catholic Marriage Certificate. These must all be brought to the class.
- **INFORMATION SESSION ON WHOLE FOODS, PLANT-BASED NUTRITION** will take place on **Saturday, July 28** from **1-2:30PM** in the cafeteria. There is a growing national movement to dramatically improve one's health by changing one's eating lifestyle. This free session will provide lots of information and an introduction, as well as a Question and Answer session about the Whole Foods, Plant-Based way of eating.
- **BACKPACK GIVEAWAY**-Hope for Us is again hosting a backpack giveaway on **August 25**, at the West Bronx Recreation Center located at 1527 Jesup Avenue, Bx. You can donate unused backpacks, unused school supplies, money or gift cards. All donations are tax deductible. Hope for Us will be collecting donations through **August 24**. For more info, please contact Vera Acquah at **646-229-4256** or at vera.acquah@trushope.org. To make a monetary donation, please go through Hope for Us' website: www.trushope.org. You can also drop your monetary or material donations off at the rectory. Thank you.

- **PARENTING TRAINING**-In the fall, St. Helena will be partnering with the Archdiocesan Family Life Office to offer parenting classes for the parents of children ages 0-5. Parents come with their children to learn community and parenting skills. We are NOW looking for people who would be interested in receiving the training necessary to assist both as instructors and play-teachers. The training will take place here at St. Helena during the summer. If you are interested in receiving more information about this training, call the rectory at **718-892-3232**.
- **BABY FURNITURE NEEDED**-Do you have a crib, mats, or other baby furniture you no longer need. We are looking for furniture and baby and infant play items for our new parenting class, which will begin in the fall. While the parents are taking the class, we need to outfit a play area for the children, ages 0-4. We will be meeting on **Sat., July 28** at **10AM** in the Green Building to begin preparing the parenting and children's areas. We need volunteers to help. Also, we would like to know if you are interested in attending the initial eight-week session, which will be available in both English and Spanish. The sessions will begin in late September, but we are now collecting a list of people who might be interested in attending the parenting sessions. Call the rectory if you are interested.
- **FOOD PANTRY**-We are running low on canned food for our food pantry. Every month, there are a few people who come to us looking for a little food to help tide them over. When you go shopping, perhaps you can buy an extra can or non-perishable food item that can be used to help a hungry person or family. Donations can be brought either to the sacristy or to the rectory.
- **MUSICIANS NEEDED**-We are still in need of a volunteer musician to play at the **5PM Sunday** night Mass. If you can help us, please contact the rectory at **718-892-3233**.
- **PARISH DIRECTORY**-Information sheets are at the church entrances. We are now compiling an official St. Helena School and Parish Directory. The directory will be available either on line or in print format. You will have the option of uploading your own family photo or submitting one to us, and we will upload it. You will also have the ability to update your photo as your family changes.
- **AA BIG BOOK STUDY** meets every **Sat., 7-8:30PM** in the green building. New members are always welcome.
- **CO-DEPENDENTS ANNONYMOUS (CODA)** meets every **Monday** from **7-8:30PM** in the rectory meeting room.
- **RAIN** Home Attendant Services-**718-829-2131**.
- **DOMESTIC VIOLENCE?** Call **1-800-621-HOPE**
- **The first day of the new school year will be Sept. 5.**

COMMUNITY ANNOUNCEMENTS

- **CHINESE AUTHORITIES RAZE CATHOLIC CHURCH**-Government officials in Liangwang, China, have demolished a Catholic church, saying that the building was in violation of local zoning regulations. The church—administered by the government-approved "official" Catholic Church—had been formally approved by the government in 2006. Officials said that zoning rules had subsequently changed. Parishioners were given no notice of the alleged violations.
- **JUDGE RULES CATHOLIC AGENCY MUST INCLUDE SAME-SEX COUPLES IN FOSTER CARE**-A federal judge in Pennsylvania has ruled that the foster-care program operated by Catholic Social Services in Philadelphia must provide services for same-sex couples. The court rejected an argument by the archdiocese that such a policy would put the agency in violation of Church teaching.

- **SCOTT HAHN IN NEW YORK CITY**-Don't miss Scott Hahn and the St. Paul Center at the Church of the Holy Family, 315 East 47th Street, NYC, on **Friday, September 7**, for a powerful morning presentation on the riches of our Catholic faith. Best-selling author and renowned biblical scholar Scott Hahn will go deeper into the meaning of Scripture in the Church and our lives today. You will also have the opportunity to learn more about the St. Paul Center and our mission to promote biblical literacy from the heart of the Church. Go deeper in your faith—register for this powerful event today! **Event Schedule: 8:00 a.m.-Mass; 8:30 a.m.-Talk by Scott Hahn; 9:30 a.m.-St. Paul Center Presentation; 9:45 a.m.-Closing announcements & drawing**
- **NEW ARCHDIOCESAN PUBLICATION**-Recently the Archdiocese of New York launched an online quarterly magazine called **Archways** to keep you informed about the programs and services offered by the Archdiocese. You may view the magazine by going to: www.archny.org/archways. If you contribute to the Cardinal's Appeal, you will get a print version twice a year.
- **HIGH SCHOOL MUSICAL THEATRE**-Stepinac High School presents the Tony Award-winning musical comedy *The 25th Annual Putnam County Spelling Bee* at **7PM, August 2, 3, & 4** in the air-conditioned Major Bowes Auditorium, 950 Mamaroneck Ave., White Plains. Tickets are \$20 for adults and \$15 for seniors and children under 12. Call **914-946-4800, X 385** for more info.
- **HOLY LAND PILGRIMAGE** with St. Thomas the Apostle Church, Bronx from **November 9-20**. Prices begin at \$2,500 double occupancy. For more info, call **201-681-6021**.
- **NOURISHMENT FOR SENIORS**-Are you a SNAP-eligible senior citizen living in NYC? You may qualify for a **free monthly food package**. For more information, call **917-982-2564** or visit: www.nycommonpantry.org
- **WIC** is now being offered near St. Helena's at the Morris Heights Health Center, 2019 Westchester Ave., Bx. **WIC** services will be available **Mon.-Fri. from 8:30AM-5PM**.

ANUNCIOS EN ESPAÑOL

- **MOCHILA REGALO-ESPERANZA PARA NOSOTROS** es de nuevo anfitrión de un sorteo de mochila el **25 de agosto**, en el centro de recreación West Bronx, ubicado en 1527 Jesup Avenue, BX. Usted puede donar mochilas no usadas, útiles escolares no usados, dinero o tarjetas de regalo. Todas las donaciones son deducibles de impuestos. La esperanza para nosotros será recolectar donaciones hasta el **24 de agosto**. Para más información, póngase en contacto con Vera Acquah al **646-229-4256** o en

Please Pray for the Sick of Our Parish

Joanne Frances Bernadette Sanabria, Carmelle and Nicole Antoine, Indrowdi Sadu, Rosa Pena, Luzvina Vega, Michelle Vega, Jose Rosario, Augustine Ayala, Florence Churchill, Joyce Hoyt, Heyllie Cardona, Genil Alcantara, Maria Barro, Erica Vargas, Vayron Orellana, Teresa Orellana, Kether Raby, Caroline Caper, Chaya Jonathan, Leah Rodriguez, Alen George, Phillip Williams, Bertha Mero, Marie Lopez, Pat Callahan, Sabina Acosta, Isham, Ruben Mercado, Iris Garcia, Margarita Torres, Thomas Darrigo, Ralphie Lugo, Ofelia Torres, Roseanne and Joseph Pane, Rosa Maria Santos, Alina Hernandez

Please Pray for the Deceased and their Grieving Families:

Anthony Costantine, Carole Cinnante, Christopher Alleyne, Lydia Otero, Eva Santiago, Fr. Arthur Leone, Emma Dalila Torres, Juanita Ferrer, Benjamin Cruz, William Del Toro, Glen Macaluso '72, Suhail Alvarez, Pedro Carattini, Christopher Rodriguez, Michael Manzo, Daisy Martinez, Kim Martinez, Joseph Brennan

Vera.Acquah@trusthope.org. Para hacer una donación monetaria, por favor vaya a la Página Web de Hope for US': www.trusthope.org. También puede retirar sus donaciones monetarias o materiales en la rectoría. Gracias.

- **ESTE FIN DE SEMANA** la segunda colecta será para nuestra escuela primaria. Estamos mejorando nuestra tecnología y estamos en necesidad de su generosidad y asistencia
- **SESIÓN INFORMATIVA** sobre alimentos enteros, nutrición basada en plantas-se llevará a cabo el **sábado, 28 de julio de 1 a 2:30pm** en la cafetería. Hay un creciente movimiento nacional para mejorar dramáticamente la salud de uno cambiando su estilo de vida alimenticio. Esta sesión gratuita proporcionará mucha información y una introducción, así como una sesión de preguntas y respuestas sobre los alimentos enteros, la forma de comer basada en plantas.
- **ENTRENAMIENTO PARA PADRES**-en el otoño, Santa Elena se asociará con la oficina de vida familiar de la Arquidiócesis para ofrecer clases de crianza de los hijos para padres de niños de 0-5. Los padres asistirán con sus hijos para adquirir destrezas sobre la convivencia y las habilidades de crianza. Estamos buscando personas que estén interesadas en recibir la capacitación necesaria para ayudar a los instructores y a los maestros de juegos. El entrenamiento se llevará a cabo aquí en Santa Helena durante el verano. Si usted está interesado en recibir más información sobre este entrenamiento, llame a la Rectoría al **718-892-3232**.
- **NOVENA A ST. ANA** Debido a que la parroquia cuenta con un pequeño santuario a Santa Ana en la esquina de Olmstead y la Avenida Westchester, el **martes 25 de julio** se comenzará la novena de Santa Ana. Misa de sanación el último día de la novena, **jueves 26 de julio**. Adoración a las **9am**, Rosario a las **11:30am**, seguida de la novena y Misa del sagrado corazón. Después de la Misa será la unción de los enfermos con el aceite bendito de Santa Ana.

BAUTISMO

- **CLASE DE PREPARACION PARA EL BAUTISMO:** **Jueves 26 de julio** a las **7 pm**. **NOTA IMPORTANTE:** Se debe traer *copia del certificado de nacimiento* del niño. **Si los padrinos son pareja, deben estar casados por la Iglesia y traer el certificado de matrimonio de la iglesia donde se casaron.** Si el padrino o madrina es **soltero/a**, debe traer su *certificado de confirmación*.

FORMACION ESPIRITUAL CONTINUA

- **"LA SEMILLA DEL DIA":** Deseas recibir *cada día* la reflexión sobre la **Palabra de Dios** por el P. Nelson? **Inscríbete** al grupo de **WhatsApp "La Semilla del Día"**. Sólo tienes que **enviar un e-mail** a: jnelsonh55@yahoo.com, o dejar tu **nombre** y **número de teléfono** en la rectoría, o puedes llamar a la rectoría (718-892-3233) y dejar tu información, diciendo que quieres ser parte de "La Semilla del Día". **Conocer la Palabra de Dios es conocer a Dios.**

ACTIVIDADES EN ESPAÑOL

- LUNES 7 - 9 pm** *Grupo Carismático de Oración.*
Misa cada primer lunes
- MIERCOLES 7 - 9 pm** *Coronilla de la Divina Misericordia, Adoración, Eucaristía*
- VIERNES 7 - 8 pm** *Legión de María.* Rosario y reunión.
7 - 8.30 pm *Grupo Juvenil.* Edades 12-18. 7-8.30pm
7.30 - 9 pm *JECafa.* Jesús, Calasanz y la Familia. Grupo de reflexión. Segundos y cuartos viernes. Edificio verde.
- LUCHA LIBRE EN VIVO:** Julio 13 en el gimnasio a las 7 pm. Tickets en la entrada o llamando al **347-446-5142**.

- **“LA SEMILLA DE LA SEMANA”:** El P. Nelson te invita a leer cada semana su artículo *“La semilla de la semana”* en el boletín de la parroquia. Allí reflexiona sobre algún punto importante de la Palabra de Dios durante la semana.

LA SEMILLA DE LA SEMANA

VENGAN A MI—*En aquel tiempo, Jesús dijo: “Vengan a mí, todos los que están fatigados y agobiados por la carga, y yo les daré alivio. Tomen mi yugo sobre ustedes y aprendan de mí, que soy manso y humilde de corazón, y encontrarán descanso, porque mi yugo es suave y mi carga, ligera”.* El Evangelio del jueves pasado es muy breve, pero -como todas las Escrituras- rico en contenido y consolador por demás. Jesús nos invita, a los que podemos sentirnos «cansados y agobiados» por la vida, a acercarnos a él: «**vengan a mí**».

Es Jesús invitándonos a una relación personal con Él. Cuando la vida parece no tener sentido, bien sea por la salud, por la economía, por el dolor de una relación rota.... Jesús quiere aliviarnos, darnos la paz que tanto anhelamos, devolverle el sentido a la vida. Esa paz, que NO es la que busca el mundo (aparentemente vivir con ausencia de problemas), sino la paz de saber que, aún en medio de las tormentas más violentas, el Señor jamás nos abandona, es una paz que sólo viene de la relación con el Dios que nos ha abierto las puertas de su vida, es una paz que, además, se extiende hasta la eternidad.

El sufrimiento y la prueba siempre existirán, pero con la ayuda del Señor serán siempre más suaves, llevaderos y, sobre todo, el discípulo utilizará esos momentos de crisis para, iluminado con el Espíritu del Señor, salir de allí renovado, transformado, fortalecido. En otras palabras, las crisis pueden hacer del discípulo una persona nueva, porque Jesús es experto en hacer todo nuevo.

Jesús también nos invita a aceptar su yugo, que es llevadero y suave. Los *doctores de la ley* ponían en los hombros de los creyentes pesadas cargas. Jesús, el Maestro verdadero, no. El nos asegura lo contrario, que su «carga es ligera», y que en Él «encontraremos descanso». No significa esto que el estilo de vida de Jesús no sea exigente. Lo hemos leído muchas veces en el evangelio y el discípulo sabe y acepta que la propuesta de Jesús incluye una progresiva transformación que envuelve cada área de nuestras vidas. Su programa incluye renunciaciones de cuerpo y mente que, en no pocas veces, son verdaderas cruces para quien hace el camino. Renunciaciones que en ocasiones nos hacen objetos de burla y rechazo.

Pero Él nos pide cargar con la cruz, no de cualquier manera, nos pide cargarla sabiendo que Él siempre nos ayuda a llevarla. Jesús nos promete que, abrazar la cruz como Él mismo hizo, es parte del camino que nos lleva a la nueva vida que Él cada día nos da y que un día apreciaremos en plenitud. «Yo os aliviaré».

Recuerdan al Cireneo? Aquel que le ayudó a Él, al mismo Hijo de Dios a llevar la cruz camino del Calvario? Qué hizo Jesús, rechazarlo? No. Pudo hacerlo, pero Jesús prefirió dejarse ayudar y con ese acto de humildad nos dejó una gran lección: todos necesitamos de todos. Los hermanos nos necesitamos unos a otros, y todos juntos necesitamos de Jesús, quien nos muestra el camino al Padre. **Hoy** Él nos asegura que, si confiamos en su amor, nos ayuda a superar y llevar a otro nivel nuestras luchas y dificultades.

Cuando nos sentimos «*cansados y agobiados*», cosa que nos pasa a todos alguna vez, recordemos la promesa y la palabra alentadora del Señor, quien conoce muy bien lo difícil que es nuestro camino. El camino del ser humano no es fácil y Jesús lo sabe. Por eso está siempre dispuesto a darnos la mano... con amor y por amor.

Ahora bien, si Él está siempre dispuesto a levantarnos, no deberíamos hacer lo mismo nosotros con los demás? De lo anterior surgen dos reflexiones que pueden ayudarnos a

afianzarnos en la Palabra y promesa de Jesús. **Primero**, confío en esta promesa que Jesús me hace hoy? La recuerdo en los momentos de paz y regreso a ella en los momentos difíciles? Acepto en los momentos de crisis que Él jamás me dejará hundir por el dolor, la desesperanza, la falta de sentido?

Segundo, intento ayudar de la misma manera al hermano que está en dificultades? Estoy dispuesto en esos momentos a hacer con el otro lo que Jesús hace conmigo en los momentos en que más lo necesito? Muestro con los demás la misma comprensión que el Señor me demuestra día a día? **Cuando es el amor el que mueve nuestra vida y nuestras relaciones, toda carga es ligera.** Bendiciones querida familia.

P. Nelson

MASS INTENTIONS

SUNDAY, July 22, 2018-Sixteenth Sunday in Ordinary Time

7:30 Msgr. John J. Voight
 9:00 Benito Lappay
 10:30 Maureen and Richard Condon Intentions on Their 60th Wedding Anniversary-July 19, 1958
 12:00 Mercedes Rosa and Luis Pons; Fr. Jose Garavito
 1:30 Pablo Santiago
Florence and Christopher Houssou Intentions
 5:00 Mariano Gonzalez

MONDAY, July 23, 2018-St. Bridget

6:50 In Thanksgiving for Favors
 8:30 Ralph A. Cerbone, Jr.
 12:15 Clementina Peña de Castro and Adolfo Guimil-Torres

TUESDAY, July 24, 2018-St. Sharbel Makhlüf

6:50 Alina Hernandez Healing Intention
 8:30 Deacon Vinod Angadathu George Priestly Ordination
 12:15 For the Improvement of Eyesight for Tricia Briska and Fr. David

WEDNESDAY, July 25, 2018-St. James

6:50 *For the Pervasive Sense of Eternal Condemnation for the Lack of Fidelity to God in this Country*
 8:30 Special Intention for Valida Antonia
 12:15 Jose Sanabria
 7:00 San Gregoria Hernandez en acción de gracias

THURSDAY, July 26, 2018-St. Joachim and St. Anne

6:50 In Thanksgiving for Favors
 8:30 Daisy George (Deacon Vinod's Mom)
 12:15 Anna Jimenez

FRIDAY, July 27, 2018-St. Theobald of Marly

6:50 Deceased Members of the Cordies & Azcuidiaz Families
 8:30 Mary Falkowska
 12:15 Carlos A. Blanco and Enriqueta Maxima Blanco

SATURDAY, July 28, 2018-St. Samson

6:50 In Thanksgiving for Favors
 8:30 Rosemarie Ortiz Intentions
 12:15 Marie-Denise Antoine; Milagros Morales (Birthday)
 5:30 Elizabeth Roche

SUN., July 29, 2018-Seventeenth Sunday in Ordinary Time

7:30 Deceased Members of St. Helena's Parish
 9:00 Jesus M. Peña (First Year Anniversary)
 10:30 Carmen Gladys Hernandez
 12:00 En acción de gracias por a San Charbel y Intercesion para Ian Lucerno; Andres Susaña Matos, Jose Manuel Susaña and Hector Susaña; Ana Luisa Perez; Pablo Mojica
 1:30 Terence Lorino
 5:00 Mariano Gonzalez

Readings for the Week of July 22, 2018

Sunday: Jer 23:1-6/Ps 23:1-3, 3-4, 5, 6 [1]/Eph 2:13-18/Mk 6:30-34;
Monday: Mi 6:1-4, 6-8/Ps 50:5-6, 8-9, 16bc-17, 21 and 23 [23b]/Mt 12:38-42; **Tuesday:** Mi 7:14-15, 18-20/Ps 85:2-4, 5-6, 7-8 [8a]/Mt 12:46-50; **Wednesday:** 2 Cor 4:7-15/Ps 126:1bc-2ab, 2cd-3, 4-5, 6 [5]/Mt 20:20-28; **Thursday:** Jer 2:1-3, 7-8, 12-13/Ps 36:6-7ab, 8-9, 10-11 [10a]/Mt 13:10-17; **Friday:** Jer 3:14-17/Jer 31:10, 11-12abcd, 13 [cf. 10d]/Mt 13:18-23; **Saturday:** Jer 7:1-11/Ps 84:3, 4, 5-6a and 8a, 11 [2]/Mt 13:24-30; **Next Sunday:** 2 Kgs 4:42-44/Ps 145:10-11, 15-16, 17-18 [cf. 16]/Eph 4:1-6/Jn 6:1-15