

# The Piarist Fathers



## Pastor

Rev. David Powers Sch.P.

## Parochial Vicars

Rev. Andrew Berinyuy, Sch.P.

Rev. Luis Alberto Cruz, Sch.P.

Very Rev. Fernando Negro, Sch.P.

Rev. Richard Wyzykiewicz Sch.P.

## Parish Staff

### Deacon

Valentin Acabeo

## Parish Secretary

Mrs. Rosemarie Ortiz

## Business Manager

Anne Kathy Rice

## Facilities Manager

Lillian Nazario

## Music Director

Mr. Daniel Ambe

## Musicians

Mr. Jim Donaldson

Mr. Alex Henriquez

## August-September 2019

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

<http://www.sthelenaelementary.org>

Early Childhood (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. Kris Keelin

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

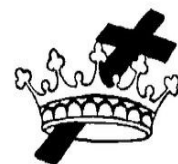
[www.churchofsthelena.com](http://www.churchofsthelena.com)

Email: [sthelenarc@yahoo.com](mailto:sthelenarc@yahoo.com)

Alumni: [sthelenasalumni@yahoo.com](mailto: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 (Español)

1:30

5:00

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

Weekdays & Sat.: 6:50AM, 8:30AM, 12:15 PM

Morning Prayer: Daily 8:30AM

Spanish Mass: Sunday, 12:00 Noon

Holy Days—Evenings Before—7:00PM

Wednesday —7:00PM (Español)

Monday 7:00PM (every first Monday of the month in Español) Primeros lunes

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 Santísimo 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, 1PM & 7:30PM  
and Sunday 11:30AM
- 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

## September Honors Our Lady of Sorrows

*Since the 16th century, Catholic piety has assigned entire months to special devotions. Due to her feast day on September 15, the month of September has traditionally been set aside to honor Our Lady of Sorrows. All the sorrows of Mary (the prophecy of Simeon, the three days' loss, etc.) are merged in the supreme suffering at the Passion. In the Passion, Mary suffered a martyrdom of the heart because of Our Lord's torments and the greatness of her love for Him. "She it was," says Pope Pius XII, "who immune from all sin, personal or inherited, and ever more closely united with her Son, offered Him on Golgotha to the Eternal Father together with the holocaust of her maternal rights and motherly love. As a new Eve, she made this offering for all the children of Adam who were contaminated through his unhappy fall. Thus she, who was the mother of our Head according to the flesh, became by a new title of sorrow and glory the spiritual mother of all His members.*

## Labor Day 125th Anniversary

On September 2, the U.S. Department of Labor celebrates and honors the greatest worker in the world – the American worker. Labor Day 2019 is the 125th anniversary of Labor Day being celebrated as a national holiday. Labor Day is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.



The first state bill was introduced into the New York legislature in 1886, but the first to become law was passed by Oregon on February 21, 1887. Later in 1887, four more states – Colorado, Massachusetts, New Jersey, and New York – created the Labor Day holiday by legislative enactment, and on June 28, 1894, President Grover Cleveland encouraged Congress to pass an act making the first Monday in September of each year the Labor Day legal holiday. Machinist Matthew Maguire first proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The form that the observance and celebration of Labor Day should take was outlined in the first proposal of the holiday — a street parade to exhibit to the public "the strength and esprit de corps of the trade and labor organizations" of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the pattern for all future celebrations of Labor Day. Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday.

## Pope Gregory the Great - September 3

Gregory was born around 540 in Rome. We believe his great-great-grandfather was Pope Felix III who reigned from 483 to 492. (Astute readers may suspect this to be a scandal, but this was at a time before the clergy took vows of celibacy.) His father was named Gordianus, and he was a senator and a Prefect of Rome. Gordianus also held a position in the Church with the title of Regionarius. Gregory's mother was Silvia, who was also from a noble family. She and her sister, Pateria, are both recognized as saints. Gregory also had a brother, but nothing is recorded, neither his name or his fate.

Gregory's family was very wealthy and owned estates on the island of Sicily which provided income. When Gregory was just two years old, the Plague of Justinian swept through the region. The plague was the most severe outbreak of deadly disease the world had ever known and remained the worst such incident until the Black Death in the 14th century. About a third of the entire population in Italy was wiped out by the disease. In addition to disease, the barbarian Ostrogoths sacked Rome in 546. Gregory was well educated and excelled in all his studies. He also became an expert in law. He excelled so much he became the Prefect of Rome, just as his father had been. Gregory was then only 33

years old.

After Gregory's father had died, Gregory had the family villa in Rome converted into a monastery. Today the monastery still stands as the San Gregorio Magno al Celio. As a monk, Gregory was hard and strict. When a monk on his deathbed confessed to stealing three pieces of gold, Gregory ordered he be left to die alone. After the poor monk had died, Gregory ordered his body thrown on a dung heap along with the three coins. Then, in a turn of heart, Gregory offered 30 Masses for the deceased monk. Pope Pelagius II chose Gregory to serve as an ambassador to the imperial court in Constantinople.

The Pope had a problem with the Lombards invading from the west. Gregory was ordered to request military aid from the emperor. But the emperor felt there were greater threats to the east, and he refused Gregory's request. In 590, Pope Pelagius II died, and Gregory was proclaimed pope by acclamation. Gregory made clear he preferred the monastic life in a series of writings praising it. He also referred to himself as a servant of God. The habit remains in practice to this day and many clergy still refer to themselves as servants.

Pope Gregory was famous for the emphasis he put on missionary work. Anglo-Saxon Britain was, at that time, still on the frontier of Christendom. It was Pope Gregory who dispatched St. Augustine (of Canterbury) to Kent in 597. Pope Gregory made many changes to the Mass, some of which remain today. The position of the Our Father in the Mass remains where Pope Gregory placed it. He emphasized the aspect of service to the poor for deacons. Pope Gregory also established "cantus planus," known in English as plainchant. Most people today know this style of singing as Gregorian Chant. The melodious, monophonic music is known throughout the Church and closely associated with medieval monasteries. Gregorian chant gives us the oldest music we still have in its original form, some dating to the centuries just after the death of Gregory. Pope Gregory was well known for his alms to the poor, and he gave quite generously of the riches donated to the Church by the wealthy people of Rome. Everything from money to land was given to the poor in some fashion. He made clear to his subordinates that their duty was to relieve the distress faced by the poor. He ordered his clergy to go out into the streets to find and care for the poor in person. Any clergy who were unwilling to go into the streets and help the poor were replaced. Assets of the Church were liquidated to provide income for alms. Clergy doing this work were paid four times a year and given a gold coin as a sort of bonus.

When a famine struck Rome in the 590s, Pope Gregory ordered the Church to use its assets to feed the poor. At that time, the Church controlled nearly two thousand square miles of land, overseen by the clergy and used to generate income. Now, instead of selling the produce of the land, Pope Gregory ordered it shipped to Rome and given away for free. In this way, he saved thousands of people from certain death. Pope Gregory himself refused to eat until his monks returned from their work of handing out food. He also made certain to dine with a dozen poor people at each meal. Gregory is widely considered the first medieval pope, and he was a prolific writer. Because of his great respect for the poor, it was Pope Gregory and the Church that became the most respected --and obeyed force in Rome and across Italy. From the time of Gregory onwards, the people looked to the Church for government rather than the distant and indifferent emperors in Constantinople.

Pope Gregory suffered from arthritis in his last years. He died on March 12, 604 AD. He was immediately proclaimed a saint by means of popular acclaim, and his relics remain in St. Peter's Basilica to this day. In 1969, the Second Vatican Council moved Saint Gregory's feast day from March 12 to September 3 so it would not fall during Lent.

## St. Rosalia - September 4

St. Rosalia, daughter of Sinibald, was a descendant of the great Charlemagne. She was born at Palermo in Sicily. In her youth, her heart turned from earthly vanities to God. She left her home and took up her abode in a cave, on the walls of which she wrote these words: "I, Rosalia, daughter of Sinibald, Lord of Roses and Quisquina, have taken the resolution to live in this cave for the love of my Lord, Jesus Christ." She remained there entirely hidden from the world. She practiced great mortifications and lived in constant communion with God. Afterward, she transferred her abode to Mount Pellegrino, about three miles from Palermo, in

order to triumph entirely over the instincts of flesh and blood, in sight of her paternal home. She is said to have appeared after death and to have revealed that she spent several years in a little excavation near the grotto. She died alone, in 1160, ending her strange and wonderful life unknown to the world. Her body was discovered several centuries later during the pontificate of Pope Urban VIII. In 1625, during the outbreak of the Black Plague, a hermit had a vision of Saint Rosalia, who instructed him to search for her remains. A group of monks, led by the hermit, did as she requested and found the cave on Mount Pellegrino where she had died. Discovered, sheathed in rock crystal, the relics of Saint Rosalia are treasured, and numerous miracles have been attributed to their presence. Her remains were paraded through the streets, and the plague ended shortly thereafter. Saint Rosalia was credited with ending the suffering of the plague, and her feast day was raised to the rank of a holy day of obligation by Pope Pius XI in 1927, for local observance. The Sicilians hold the saint in great reverence and celebrate two annual festivals in her memory, the first from July 11-15 consists of horse-races and regattas, and the second in September consists of a solemn procession to her chapel. Today, on the summit of Mount Pellegrino, stands a colossal statue of St. Rosalia. Like the Statue of Liberty, St. Rosalia serves as a beacon of faith to mariners.

### **Bl. Mary Stella and Companions - September 4**

The Martyrs of Nowogrodek were nuns of the Holy Family of Nazareth who arrived in Nowogrodek in September 1929. Nowogrodek was a small town in the eastern lands of the Republic of Poland (now Belarus). Its population was very diversified because it included Poles, Jews, Muslims, Belarusians, Russians and others.

From the beginning, the nuns tried to discern the needs of the community. The nuns planned to run a school for girls – one of their first students was a Muslim girl. The nuns were not only examples of deep faith, hope and love for the locals, but at the same time, they were hard workers.

Their help and overall assistance to Nowogrodek's community gradually gained them the respect of the locals. But in September 1939, the Germans attacked Poland from the West. Soviet Russia did the same from the East, which marked the beginning of the Second World War. During the Soviet occupation, the nuns could not run the school, but instead became much closer to the local people. They were expelled from their house and forbidden to wear their uniforms. They saw thousands of innocent people arrested and transported to the steppes of Kazakhstan and to Siberia. A few years later, the Russians withdrew and then came the German occupation. The Germans started their terror by gathering dozens of local Jewish people in the market square and killing them, while their orchestra played a waltz. Daily, the church was filled with believers, but the executions continued nonetheless. In July 1942, a mass execution took place in the forest near Nowogrodek, 60 people, including two priests—Fr. Jozef Kuczynski and Fr. Michal Dalecki—were shot. The citizens of Nowogrodek, tormented by the regime, looked for comfort in the church where Fr. Aleksander Zienkiewicz, the only priest in the area, celebrated daily Mass.

Meanwhile, the Gestapo was still arresting and killing people. The next year, on the night of July 17 and 18, 120 people were arrested and sentenced to be executed. Sister Superior Maria Stella was meeting with Fr. Zienkiewicz and said: "My God, if the sacrifice of life is needed, let them kill us and not those who have families. We are even praying for that." And suddenly, for an unknown reason, the execution of those 120 people was stopped. Those who were supposed to be killed were transported to compulsory work in Germany. Some were even released. All those who were transported survived the war! However, the Gestapo did not forget about murdering. On July 31, 1943, Sister Maria Stella and her nuns were ordered to report to the Gestapo headquarters at 7:30 p.m. After the rosary, 11 nuns of the Family of Nazareth went into the building. The sisters' names were: Stella, Imelda, Rajmunda, Daniela, Kanuta, Sergia, Gwidona, Felicita, Heliodora, Kanizja and Boromea. But there was one more nun. The 12th, Malgorzata, was wearing civilian clothes because she was helping out every day in the hospital, and the Mother Superior had told her to stay at home. That evening, the nuns thought that the worst thing that could happen to them was transportation to Germany for slave work.

Then things happened very quickly. The nuns did not hear any accusations, there was no investigation. On Sunday, Aug. 1, 1943, at dawn, the nuns were transported and executed in a birch-pine tree wooded area, not far from the town. Love was killed by hate. In 1945, the Second World War ended. Fr. Zienkiewicz, Sister Malgorzata and all those 120 for whom 11 nuns had sacrificed their lives, survived the war. "No one has greater love than this—that one lays down his life for his friends," said the late John Paul II on the day of nuns beatification in March 2000, which reflects these women's greatest deeds.

### **St. Teresa of Calcutta - Sept. 5**

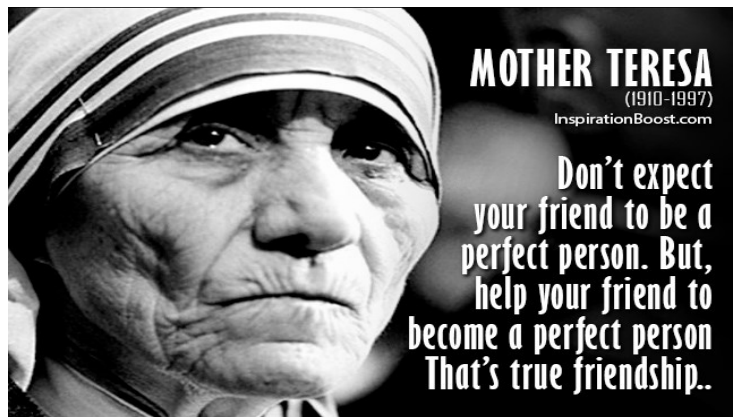
Mother Teresa of Calcutta, the tiny woman recognized throughout the world for her work among the poorest of the poor, was beatified October 19, 2003. Among those present were hundreds of Missionaries of Charity, the order she founded in 1950, as a diocesan religious community. Today the congregation also includes contemplative sisters and brothers and an order of priests.



Born in 1910 to Albanian parents in what is now Skopje, Macedonia, Gonxha (Agnes) Bojaxhiu was the youngest of the three children who survived. For a time, the family lived rather comfortably, and her father's construction business thrived. But life changed overnight following his unexpected death. During her years in public school, Agnes participated in a Catholic sodality and showed a strong interest in the foreign missions. At age 18, she entered the Loreto Sisters of Dublin. It was 1928 when she said goodbye to her mother for the final time and made her way to a new land and a new life. The following year she was sent to the Loreto novitiate in Darjeeling, India. There she chose the name Teresa and prepared for a life of service. She was assigned to a high school for girls in Calcutta, where she taught history and geography to the daughters of the wealthy. But she could not escape the realities around her—the poverty, the suffering, the overwhelming numbers of destitute people.

In 1946, while riding a train to Darjeeling to make a retreat, Sister Teresa heard what she later explained as "a call within a call. The message was clear. I was to leave the convent and help the poor while living among them." She also heard a call to give up her life with the Sisters of Loreto and instead, to "follow Christ into the slums to serve him among the poorest of the poor." After receiving permission to leave Loreto, establish a new religious community, and undertake her new work, Sister Teresa took a nursing course for several months. She returned to Calcutta, where she lived in the slums and opened a school for poor children. Dressed in a white sari and sandals—the ordinary dress of an Indian woman—she soon began getting to know her new neighbors—especially the poor and sick—and getting to know their needs through visits.

The work was exhausting, but she was not alone for long. Volunteers who came to join her in the work, some of them former students, became the core of the Missionaries of Charity. Others helped by donating food, clothing, supplies, and the use of buildings. In 1952, the city of Calcutta gave Mother Teresa a former hostel, which became a home for the dying and the destitute. As the order expanded, services were also offered to





orphans, abandoned children, alcoholics, the aging, and street people. For the next four decades, Mother Teresa worked tirelessly on behalf of the poor. Her love knew no bounds. Nor did her energy, as she crisscrossed the globe pleading for support and inviting others to see the face of Jesus in the poorest of the poor. In 1979, she was awarded the Nobel Peace Prize. On September 5, 1997, God called her home. Blessed Teresa was canonized by Pope Francis three years ago on September 4, 2016.

### **HUMILITE : UNE VERTU A RECHERCHER**

Dans la vie nous aspirons tous à la grandeur. On dirait qu'il y a deux mouvements qu'on ne peut pas éviter dans la vie : le mouvement vers le haut (promotion) ou le mouvement vers le bas (demotion). Toutefois, la position où tu te places détermine ton mouvement soit vers le haut ou vers le bas. Il faut donc savoir se positionner. La liturgie de ce dimanche nous permet de méditer sur la vertu de l'humilité. Dans la première lecture, Ben Sirac nous parle ainsi : « *Mon fils, accomplis toute chose dans l'humilité, et tu seras aimé plus qu'un bienfaiteur. Plus tu es grand, plus il faut t'abaisser : tu trouveras grâce devant le Seigneur.* » Dans l'évangile de ce dimanche, Jésus nous parle de l'humilité comme moyen et le chemin vers la grandeur. « *En effet, quiconque s'élève sera abaissé ; et qui s'abaisse sera élevé.* » Il est donc important pour nous de pencher sur le vrai sens de l'humilité.

Le mot **humilité** vient du mot latin *humilitas* dérivé de *humus*, qui signifie « terre ». L'humilité peut donc être définie comme un trait de caractère d'un individu qui se voit de façon réaliste. L'humilité s'oppose à toutes les visions déformées qui peuvent être perçues de soi-même (orgueil, égocentrisme, narcissisme, dégoût de soi).

T.G. Aumônier a fait une réflexion très riche sur cette vertu de l'humilité et je voudrais le citer intégralement :

*L'humilité est la qualité qui s'oppose à l'orgueil, la suffisance, l'arrogance. ...La personne humble est grande intérieurement, au contraire. Elle reconnaît ses limites et ses fragilités, mais ne se déprécie pas, ne se dévalorise pas. Elle sait qui elle est, simplement, sans illusions, ayant fait le tour de ses qualités et de ses défauts. Cela lui permet de mieux vivre, d'être en paix à l'intérieur. Elle se place au même niveau que les autres. Les autres le sentent et lui en sont reconnaissants, même s'ils ne lui disent pas. L'humilité est une qualité noble vantée par la Bible.*

*L'homme humble reconnaît ses erreurs et sait demander pardon. Il accepte aussi la réalité, si dure soit-elle ; il ne vit pas dans les illusions. Il se réjouit du succès des autres et les félicite, même si ce sont des concurrents, car il ne cherche pas à les écraser pour exister. Il connaît sa place et s'il cherche un poste qui lui corresponde, il ne vise pas plus haut que ce qu'il est et sait faire. Il ne court pas après le prestige, la promotion, l'argent.* » (www.atoi2voir.com) Père Andrew Berinyuy

**Il y aura une messe en Français ici à l'église Saint Helen dimanche le 1er Septembre à 18h. Aidez à transmettre l'information à ceux qui pourront être intéressés.**

**French Mass**—We have a new ministry to the French-speaking parishioners. There will be a Mass in French here at St. Helena's today, **Sunday, September 1** at **6pm**. Those who understand French or who would like to learn are most welcomed. Please pass the information on to those who might be interested.

**Exaltation of the Cross:** This year, we will celebrate the Patronal Feast of the Parish, the Exaltation of the Cross, on **Sunday, September 15** at all Masses. The relic of the True Cross will be venerated after each Mass. We will have a reception to welcome the new priests and seminarians following the **NOON Mass**.

### **2019 Cardinal's Appeal Needs Your Support**

Our registered parishioners have already received letters from Cardinal Dolan concerning the Appeal which begins every January. This year, our parish goal has been set at \$46,000. So

far, 107 parishioners have responded to the Appeal and have donated \$19,170. Thank you so very much.

We encourage everyone to give SOMETHING to the Appeal. The number of participants in the Appeal is very important. We love our parish and want to support our community first and foremost. That's why we have the Appeal each year - to support evangelical endeavors outside our parish by helping to fund parishes that are in financial trouble. If you have not yet given to the Appeal, seriously consider making a donation to this year's Appeal. Cardinal Dolan has promised that ALL donations will go only to needy causes and no donations will be used for any legal settlements. For those of you who receive our monthly parish giving envelopes, there is a special Cardinal's Appeal Envelope included. For those who do not receive envelopes, there are special white Cardinal's Appeal envelopes available in the pews. Please take an envelope and place it in the collection basket any weekend or you may pledge online at

**www.cardinalsappeal.org**.

*"Hope, Peace, Reconciliation": is the motto of the visit that Pope Francis is preparing to carry out from September 4-10, in the Countries of Southern Africa: Mozambique, Madagascar, and Mauritius.*

### **BANNIS OF MARRIAGE**

**3—Fidel Lema & Maria Loja**

**3—Manuel Tenesaca & Gertrudis Cela**

### **PARISH ANNOUNCEMENTS**

- **September 50/50.** Special pink envelopes are available at the two Church entrances or in your packet. This is a good way to support the church and its many ministries. It only costs \$5.00 to participate. The winner will be picked on Rosh Hashanah, **Monday, September 30**.
- **REGISTRATION FOR RELIGIOUS INSTRUCTION AND RCIA** for the Fall of 2019 will continue this weekend in the back of the church. You must register your child each year, even if they were registered last year. Classes begin on **Wednesday, September 11** at **3:45PM** with a bilingual opening Mass.
- **CONFIRMATION PHOTOS** are in the back of the church and in the Rectory for you to pick up.
- **SPANISH CHARISMATIC MASS** will take place on **Monday, September 9** at **7PM**. It will not take place on September 2 because of the Labor Day Weekend.
- **ENGLISH CHARISMATIC PRAYER GROUP** meets every **Saturday** from **1PM** to **3PM**, in the Green Building
- **ADORATION OF THE BLESSED SACRAMENT** takes place at St. Helena every **Thursday** from **9AM-12PM** and on every **First Friday**, from **1-7PM**. This **Friday, Sept. 6** is the next First Friday.
- **FIRST FRIDAY DEVOTIONS**—This Friday is First Friday, and we will recite our First Friday prayers after each Mass and will have Eucharistic Adoration from **1-7PM** in the church. The devotion of the nine First Fridays was requested by Our Lord Himself in the revelations He made regarding

### **WEEKLY OFFERING ENVELOPES**

<b>Sunday, August 25</b>	<b>\$4,593.95</b>
<b>Piarist Seminarians</b>	<b>\$2,425.00</b>

Our new weekly budget, (Nuestro presupuesto semanal es) \$5,192.31. Thank you all for your generosity and support and for all that you do.

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 apoyar estas mejoras.

His Sacred Heart to St. Margaret Mary Alacoque, a nun of the Visitation Order who lived in France in the 17th century. These revelations precipitated a great increase of devotion to the Sacred Heart, including the establishment of the feast day that takes place on the third Friday after Pentecost. Our Lord made twelve promises to those devoted to His Heart. The particular intention of the First Friday devotions is to offer reparation for the innumerable offenses committed against the Sacred Heart of Jesus. The requirements for fulfilling the devotion and obtaining the promise are to receive Holy Communion on the first Friday of nine consecutive months, as Our Lord instructed, and to have the intention of making reparation to the Sacred Heart.

- **BIBLE STUDY** resumes on **Tuesday, Sept. 10** at either **1PM** or **7:30PM** with a brand new study of St. Paul's letter to the Romans that is just being released to the public in September by Ascension Press. It should be a fascinating study. Tell all your friends about it.
- **THE RELIGIOUS GOODS ROOM** is now closed for the Summer. It will re-open in September.
- **NEXT BAPTISM PREP CLASSES** will be held at **7PM** on **Thursday, September 5** in English and **September 12** in Spanish. Prior arrangements must be made at the Rectory to take the Baptismal Class.
- **CATHOLIC UNDERGROUND** will start this year on **September 7** at **7:30PM**. Catholic Underground is a direct response to a call that began with Pope John Paul II and is continued by Popes Benedict XVI and Francis. The first part of the evening is Eucharistic adoration. The second part showcases Catholic artists. It is a FREE event and takes place at Our Lady of Good Counsel, 230 East 90th St (btw 2nd & 3rd), New York, NY 10128. We invite everyone who is interested to come and join us. Cassandra Henry will be waiting at the front of the church on **September 7** at **6PM** for anyone who is interested in attending. We will leave at **6:20PM** as a group.
- **MOTHER TERESA CELEBRATION**-The feast day of Mother Teresa is on September 5, but the Mother Teresa Group will celebrate it on **Sunday, September 8** following the **NOON** Spanish Mass. A movie on the life of Mother Teresa will be shown followed by a light lunch. The cost will be \$5, and the proceeds will go to benefit the Christmas Toys for Tots campaign the Mother Teresa group sponsors each year.
- **NATIONAL GRANDPARENT'S DAY** will be next **Sunday, September 8**. We will pray for all grandparents at the end of Mass.
- **TEEN PRISON MINISTRY MEETING** today, **Sunday, September 1** at **11:30AM** in the Calasanz Room, located between the two church restrooms, to discuss the date for the one-hour training and to select the day on which we will conduct our prison ministry.
- **FREE RESOURCES ON FORMED**-Not on FORMED? Go to [churchofsthehena.formed.org](http://churchofsthehena.formed.org). **September 5th** we celebrate the Canonization of St. Teresa of Calcutta three years ago. Study: *33 Days to Morning Glory*, Week 3: *St. Teresa of Calcutta*. You can also watch *Mother Teresa*, or *Mother Teresa: Seeing the Face of Jesus*. Read: *The Kiss of Jesus* or *Love: A Fruit Always in Season*. Listen to: *Mother Teresa of Calcutta* or *Face of God*. Once you have reached the FORMED website, go to the top tabs and click on Community. This will reveal a page specific to St. Helena. Look for *September Interests*, and most of the recommended FORMED items for this week can be found there.
- **STAPLES CLASSROOM REWARDS**-From now until **September 15**, when parents shop, St. Helena teachers can receive 5% back in rewards on every purchase. St. Helena

School and several teachers are participating in this program. Learn more at [staples.com/classroomrewards](http://staples.com/classroomrewards).

- **AA BIG BOOK STUDY** meets every **Saturday, 7-8:30PM** in the green building. New members are always welcome.
- **CO-DEPENDENTS ANONYMOUS (CODA)** meets every **Monday** from **7-8:30PM** in the rectory meeting room.
- **NEW WOODEN KITCHEN CABINETS**, never used, are available for anyone who can use them. For more information, contact Emma at **347-301-1541**.

## **SCHOOL ANNOUNCEMENTS**

- **St. Helena School** opens on **Thursday, September 5**, and the Back to School Night for students and parents will take place in the church at **6:00PM** on **Thursday, September 12**.

### **School Begins September 5, But Why Then?**

This year, sometime in August or September, 50.7 million students and 3.7 million teachers will begin their new academic year. St. Helena will begin its academic year on **Thursday, September 5**. But why at this time and not in January? The Education Act of 1899 made school compulsory for all children, and by that time, the popular 180-day, 9-month school calendar had been firmly established. This caused an uproar, especially for working-class families who needed their children to work on the farm. A long holiday in the summer months meant that children could work on the fields and return back to school in September. But kids in rural, agricultural areas were most needed in the spring, when most crops had to be planted and in the fall when crops were harvested and sold. Historically, many attended school in the summer when there was comparatively less need for them on the farm. Thus, it made sense for the school year to begin after the long harvest break. This model was followed as urbanity expanded. However, many are calling for this model to be challenged and some school districts have introduced progressive change. Year-round school has been championed as one way to fight the income gap between students. According to *Business Insider*, summer vacation is "widely cited as one of the most corrosive factors in the achievement gap between low- and high-income students. While low-income kids play games and watch cartoons in the summer, high-income kids go to camp, visit museums, and continue learning." According to a 2016 study by Niche.com, there are 3,181 year-round schools in 46 states, which makes up about 10% of public school students nationwide. The other question people ask is just how many days should students be in school? The nation's first grammar school, founded in Massachusetts in 1684, required 12 months of education. In 1841, Boston schools operated for 244 days while Philadelphia implemented a 251-day calendar. At the beginning of the nineteenth century, large cities commonly had long school years, lasting 11 months and ranging from 251 to 260 days. During this time, many of the rural schools were only open about 6 months out of the year. There needed to be a balance, and by 1899, the national standard of 180 days was established, although it does vary slightly from district to district.

## **COMMUNITY ANNOUNCEMENTS**

- **ELDERLY COUPLE** is looking for someone to visit and take care of their cat either daily or several times a week. They live on Virginia Ave., near Castle Hill. You will be compensated. For more info, please call Ed or Dolores at **347-636-3426**.
- **MAGNIFICAT DINNER** on **Thursday, September 12** at **6PM** at Pompei Restaurant located at 401 Hempstead Avenue, West Hempstead. The Guest Speaker will be Elizabeth Nabet, who is a woman of great faith and joy. She is the author of the book *"Blessed by Autism and Other Trials"*. When God Blessed her and her husband with their last two of four children, both on the autism spectrum, she

didn't shake her fist at God but instead saw these children and their disabilities as gifts. That's not to say there weren't very difficult times because there were, but her unwavering faith and trust in the Lord brought her through these trials with increased faith and deep joy. Mail your check (\$50 per person) to Judy Murphy **917-453-5750**, 42 Pinehurst Street, Lido Beach, NY 11561, as soon as possible to secure a seat for the dinner. Please note that registration for the dinner will close on **September 9**.

- **MASS OF THE PRECIOUS BLOOD FOR THE HEALING OF YOUR FAMILY TREE** in Honor of Our Lady of Sorrow on **Friday, September 13** at the Jeanne Jugan Residence, 2999 Schurz Ave. Rosary begins at **6:30PM**, followed by Mass.
- **COLUMBUS DAY MASS**-If you would like to reserve free tickets to the 42nd Annual Columbus Day Mass on **Monday, October 14** at **9:30AM** at St. Patrick's Cathedral, please visit [adnycolumbusday.eventbrite.com](http://adnycolumbusday.eventbrite.com). The last day to request tickets is **Monday, September 23**.
- **BILINGUAL NEW YORK CATHOLIC BIBLE SUMMIT** on **Saturday, September 28** from **8AM-5:30PM**. Register at [adnybiblesummit.eventbrite.com](http://adnybiblesummit.eventbrite.com).
- **REGIS HIGH SCHOOL OPEN HOUSE** on **Thursday, October 10** from **5:30-8:30PM**. Regis is an all-scholarship, Jesuit secondary school for Catholic boys. The Open House is for prospective students and their parents. The school is located at 55 East 84th St., NY, NY. For more info, call admissions at **212-288-1100 X 2057**.
- **CREIGHTON FERTILITY CARE PRACTITIONER TRAINING**-Join an Allied Health movement. Learn to instruct women and couples to avoid or achieve pregnancy naturally and resolve infertility. Track cycles for health management and Innovative APP are available. The course runs **Oct. 27-Nov 3**, at the Vikingsborg Guesthouse of the Sisters of St. Birgitta in Darien, CT. For more info, contact Dorothy Dugandzic **917-306-1441**.
- **FEDERAL APPEALS COURT RULES INDIANA ABORTION CLINIC CAN OPERATE WITHOUT A LICENSE**-“Indiana is entitled to protect patient safety and fetal life through its licensing scheme, but if it is doing little more than throwing up one hurdle after another in an effort to keep the [facility's] doors closed, it has gone beyond constitutional boundaries,” the 7th Circuit Court of Appeals ruled.

## **NOVENTA DIAS DE VIAJE HACIA ADENTRO.** **PROCESO DE INTEGRACIÓN PSICO-ESPIRITUAL**

**DÍA CUARTO:** Voces negativas han ido haciendo su efecto en nuestro ser, a punto de hacernos creer que somos menos de lo que realmente somos. Hemos escuchado esas voces y las hemos aceptado como si fueran verdad. Pero la verdad es que tú y yo somos mucho más que un estereotipo. Por eso el ejercicio de hoy consiste en recordar esas frases que has recibido como verdaderas y que son totalmente falsas. Por cada una de ellas, escribe al lado (si es posible en color diferente) lo que realmente eres según el sueño de Dios en tu vida. Cuando alguna frase negativa quiera quedarse, resístete a ella con una frase exageradamente diferente y positiva. Y créetela. No lo dudes; tu yo auténtico está en la positividad. ¡Dios no se ha equivocado contigo!

El problema es que hemos dado, con el correr del tiempo, demasiado poder a los demás sobre nosotros. Es hora de despertar y decir “ya basta”, para vivir desde la autonomía de la persona que se sabe imperfecta simplemente porque es “humana”, pero con el gen añadido de la perfección del amor en nuestro ADN, que es nuestra vocación.

**DÍA QUINTO:** Ahora que ya hemos puesto el ambiente

positivo para hacer el trabajo hacia adentro, vamos a dar un paso más. Hoy vamos a usar un método inventado por un monje del desierto hace ahora más de 1500 años. El monje se llamaba Evagrio Pónico<sup>[1]</sup>(345-399), a quien también se le llamaba “El Monje Solitario”. A este método se le llama también “método de la contra-palabra”, pues se inspira en las tentaciones de Jesús en el desierto donde fue tentado por el Diablo. A sus intrigas de negatividad y engaño, Jesús se opone con palabras positivas de la Escritura.

Evagrio coleccionó hasta 600 pensamientos negativos que frecuentemente nos asaltan y se oponen a nuestro crecimiento espiritual, tales como: “*nadie me quiere*”, “*no valgo para nada*”, “*nada tiene sentido en la vida*”, “*se me apoderan los miedos*”, “*jamás podré superarme*”, “*¿qué pensarán los demás de mí?*”, etc. Evagrio nos enseña a contrarrestar esos pensamientos mortales con el pensamiento de Dios en la Escritura. Somos lo que pensamos. Los pensamientos remiten a nuestros sentimientos y actitudes, y éstas a nuestras acciones que, paulatinamente se convierten, por medio de los hábitos, en lo que somos. Por eso, puedo exorcizar mi miedo, por ejemplo, con palabras del salmo 118: “*El Señor está de mi lado, por eso nada temo*”. El siguiente ejercicio, basado en la sabiduría de Evagrio, te ayudará en este día. Guarda siempre tu mente conectada con la mente del Dios Bueno que SIEMPRE te mira con amor infinito. Disfrútalo:

### **“Nadie me quiere”**

Is 43:4 *Porque te aprecio y eres valioso, y yo te quiero. No temas, yo estoy contigo, dice el Señor.*

### **“Soy un fracaso”**

2 Co 5:17 *Si uno es cristiano es una criatura nueva. Lo antiguo pasó, ha llegado lo Nuevo.*

### **“Tengo miedo”**

Is 41:10 *No temas, que yo estoy contigo; no te angusties, que yo soy tu Dios; te fortaleceré y te auxilio y te sostengo con mi diestra victoriosa.*

### **“Todos están en mi contra”**

Rm 8:31 *Teniendo en cuenta todo esto, ¿qué podemos decir? Si Dios está de nuestra parte, ¿quién estará en contra?*

### **“Jamás lo conseguiré”**

Hch 14:10 *Pablo le dijo en voz alta: Ponte derecho sobre los pies. Entonces él dio un salto y se puso a caminar.*

### **“Soy un miserable”**

Lc 7:50 *Pero Jesús dijo a la mujer: tu fe te ha salvado. Vete en paz.*

### **“No tengo solución”**

Is 35:4 *Decid a los cobardes de corazón: sed fuertes y no temáis. Ahí está vuestro Dios que trae el desquite. Él viene en persona.*

### **“Perdono, pero no olvido”**

Mt 26:28 *Porque ésta es mi sangre que se derrama por todos para el perdón de los pecados.*

### **“Me siento cansado y desesperado”**

Sal 46:2 *Dios es nuestro refugio y fortaleza, nuestro socorro a punto siempre en la angustia.*

### **“Siento vergüenza de mí mismo-a”**

Gen 1:27 *Y creó Dios al hombre a su imagen; a imagen de Dios lo creó; hombre y mujer los creó.*

### **“Me siento deprimido-a”**

Ecl 51:29 *Alégrense en mi escuela; no se avergüencen de mis enseñanzas.*

### **“Nadie me entiende”**

Sal 145:8 *El Señor es clemente y compasivo, lento a la ira y rico en amor.*

### **“No puedo más”**

1 Co 1:18 *Porque el mensaje de la cruz es locura para los que se pierden, pero para los que nos salvaremos es la fuerza de Dios.*

### “Quiero tirar la toalla”

Sant 5:7 *Hermanos, tened paciencia hasta que llegue el Señor. Fijaos en el labrador: cómo aguarda con paciencia hasta recibir la lluvia temprana y tardía, con la esperanza del fruto valioso de la tierra*

### “No puedo más”

Is 41:10 *No temas, que yo estoy contigo; no te angusties, que yo soy tu Dios: te fortalezo y te auxilio y te sostengo con mi diestra victoriosa.* Padre Fernando

## ACTIVIDADES EN ESPAÑOL

<b>LUNES</b>	<b>7 - 9 pm</b>	<b>Grupo Carismático de Oración.</b> Misa cada primer lunes
<b>MIERC.</b>	<b>10 am</b>	<b>Grupo Santa Madre Teresa de Calcuta:</b> Visita a pacientes de Rebeke <i>Misa en Rebeke: segundos lunes de mes las 10.30 am</i>
<b>a</b>	<b>7 - 9 pm</b>	<b>Coronilla de la Divina Misericordia,</b> Adoración, <i>Eucaristía</i>
<b>VIERNES</b>	<b>7 - 8 pm</b>	<b>Legión de María.</b> Rosario y reunión.
	<b>7 - 8.30 pm</b>	<b>Grupo Juvenil.</b> Edades 12-18. 7-8.30 pm

## SANTA HELENA

### “TU LUGAR DE ENCUENTRO”

**Agos 31- Sept 1** **Catequesis-RICA.** Se iniciará la inscripción para los cursos tanto de adultos como catequesis de niños.

**Sept 12** **Clase de Bautismo. 7 pm en la Iglesia.** Traer los documentos requeridos. Traer el Certificado de Nacimiento del niño/a. Si los padrinos son casados deben traer el *Certificado de Matrimonio de la Iglesia.* Si el padrino o madrina son solteros deben traer su Certificado de confirmación.

**Inscripciones para Bautismo: Martes de 1 a 4 pm.**  
**Jueves de 1 a 8 pm.**

## INFORMACION Y EVENTOS

**FOTOS DE LA CONFIRMACION:** Están disponibles en la rectoría.

**TIENDA DE ARTICULOS RELIGIOSOS:** Estará cerrada durante el verano. Se abrirá de nuevo en Septiembre.

**CAMPAÑA RENOVAR Y RECONSTRUIR:** Muchos de ustedes han recibido un sobre de la apelación de Cardinal en el correo de su sobre. Por favor, deposítelo en la colección en cualquier momento este mes o puede hacer una promesa en línea en

[www.cardinalsappeal.org](http://www.cardinalsappeal.org).

### Please Pray for the Sick of Our Parish

Joanne Frances Bernadette Sanabria, Carmelle and Nicole Antoine, Indrowdi Sadu, Rosa Pena, Luzvina Vega, Augustine Ayala, Joyce Hoyt, Leena Shaji, Florence Churchill, Heyllie Cardona, Genil Alcantara, Maria Barro, Erica Vargas, Vayron Orellana, Teresa Orellana, Khether Raby, Caroline Caper, Chaya Jonathan, Leah Rodriguez, Alen George, Phillip Williams, Marie Lopez, Jose Vargas, Pat Callahan, Sabina Acosta, Margarita Torres, Thomas Darrigo, Ralphie Lugo, Ofelia Torres, Lydia Sffreda, Roseanne and Joseph Pane, Rosa Maria Santos, Mary Brennan, David Sheehan, Jr., Mary Charlotte, Jenny Mauro, Ana Espinosa, Stella Caballero, Montseratte Rivera, Pylar Pagan, Peggy Ward, Myrna Perez, Gina Fay, Maria Teresa Roque, Nicole Cancel, James Leung, Gabrielle Tingué, Millie Morales, Josefina Gonzalez and Maritza Gonzalez, Sandra Miller, Paul Harper, Nancy Calderon, Michael Signorini, Linu kutty and Leena, Gwen Morgan

### Please Pray for the Deceased and their Grieving Families:

Richard Fontanez, Gloria Romero, Hilda Roman, Armando Paredes Carrera, Virginia Santiago, Dn. John Seymour, Deacon Robert J. DiTargiani, Ana Rosario, Edward Sanchez, Mirian Vicente, Marie Rose Anca Mercier, Vicente Valle, David Santiago, Dinaly Feliciano, Elias Viera, Richard Flores,

# Mass Intentions

## SUN., Sept. 1, 2019-Twenty-Second Sunday in Ordinary Time

**7:30** Raymond and Nicoletta Dimichino & Jeffrey Scott Ortiz

**9:00** Melchora Bernardo, Camilo Abordo & Reginald Culpepper

**10:30** Christian Francisco Santiago  
*Daniel Ambe Birthday Intention*

**12:00** Antonio Nicolas Santana

**1:30** Daisy Gomez

**5:00** Adriano B. Ramirez, Jr.

**6:00** French Mass

## MONDAY, September 2, 2019-St. William

**6:50** Joanne Savino's Intentions

**8:30** Intentions for Brenda Van de Weghe's Successful Surgery

**12:15** Richard Harty

## TUESDAY, September 3, 2019-St. Gregory the Great

**6:50** Marie Merkle

**8:30** David Sheehan, Sr.

Msgr. Owen J. McEnaney

**12:15** Vincenzo and Domenica D'Agostino & Pino Lucente

## WEDNESDAY, September 4, 2019-St. Rosalia

**6:50** In Thanksgiving for Favors

**8:30** Mani Anthikkat

**12:15** Souls in Purgatory

**7:00** Lorenzo Otero

## THURS., September 5, 2019-St. Teresa of Calcutta

**6:50** In Thanksgiving for Favors

**8:30** Ruben Mercado

**12:15** Eduardo Bruno and Fr. Charles Szivos

## FRIDAY, September 6, 2019-St. Bega

**6:50** Joanne Savino's Intentions

**8:30** Ursulina Flores-21st Anniversry

**12:15** Augusta Hutchinson and Ann Hutchinson

## SATURDAY, September 7, 2019-St. Clodoald

**6:50** In Thanksgiving for Favors

*Elija Cimi, Fr. Antony, Mariam Thomas, Anna Thomas, A.E. Job and A.E. Joseph*

**8:30** In Thanksgiving for Favors

**12:15** Jose Cartagena

**5:30** Alina Hernandez

## SUN., Sept. 8, 2019-Twenty-Third Sunday in Ordinary Time

**7:30** Adriano B. Ramirez, Jr.

**9:00** Mr. and Mrs. McLaughlin

**10:30** Fr. Thomas B. Derivan for Blessings and Intentions and for Father's Parents and Aunt Catherine

**12:00** Bertha Mero

**1:30** Ralph A. Cerbone, Jr.

**5:00** Katherine Callaghan

## Names only said in Prayer of the Faithful are in Italics

### Readings for the week of September 1, 2019

**Sunday:** Sir 3:17-18, 20, 28-29/Ps 68:4-5, 6-7, 10-11 [cf. 11b]/Heb 12:18-19, 22-24a/Lk 14:1, 7-14; **Monday:** 1 Thes 4:13-18/Ps 96:1 and 3, 4-5, 11-12, 13 [13b]/Lk 4:16-30; **Tuesday:** 1 Thes 5:1-6, 9-11/Ps 27:1, 4, 13-14 [13]/Lk 4:31-37; **Wednesday:** Col 1:1-8/Ps 52:10, 11 [10]/Lk 4:38-44; **Thursday:** Col 1:9-14/Ps 98:2-3ab, 3cd-4, 5-6 [2]/Lk 5:1-11; **Friday:** Col 1:15-20/Ps 100:1b-2, 3, 4, 5 [2b]/Lk 5:33-39; **Saturday:** Col 1:21-23/Ps 54:3-4, 6 and 8 [6]/Lk 6:1-5; **Next Sunday:** Wis 9:13-18b/Ps 90:3-4, 5-6, 12-13, 14-17 [1]/Phlm 9-10, 12-17/Lk 14:25-33

