

The Piarist Fathers



Pastor

Rev. David Powers Sch.P.

Parochial Vicars

Very Rev. Fernando Negro, Sch.P.

Rev. Jesús Negro, Sch.P.

Rev. Emilio Sotomayor, Sch.P.

Rev. Richard Wyzykiewicz Sch.P.

Parish Staff

Parish Secretary

Mrs. Rosemarie Ortiz

Business Manager

Anne Kathy Rice

Facilities Manager

Karime Vergara

Music Director

Mr. Daniel Ambe

Musicians

Mr. Jim Donaldson

Mr. Alex Henriquez

March 2022

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

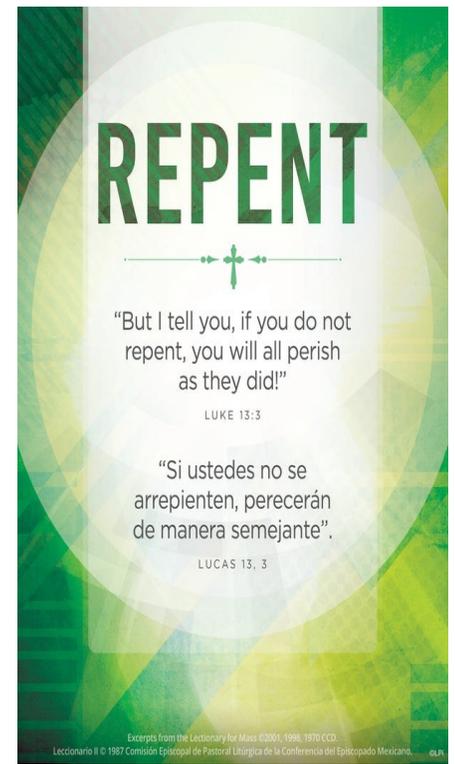
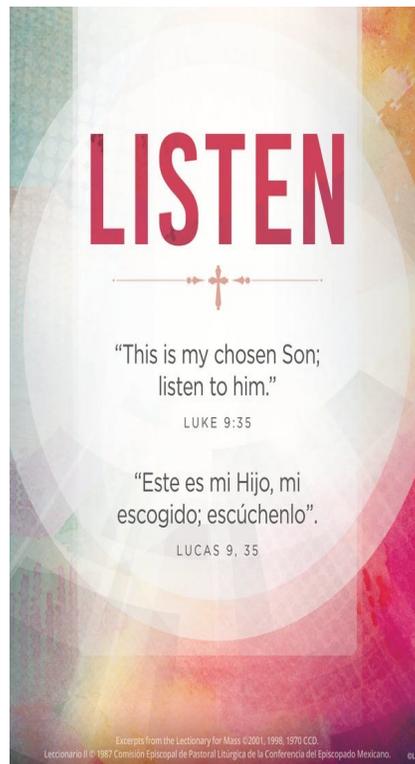
Phone: (718) 892-3232

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www.churchofsthelena.com

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saint Helena



Mass Schedule (Horario de Misas)

Holy Days: 8:30AM, 12:15 PM, 8:00PM

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

Morning Prayer: Daily 8:30AM

Spanish Mass: Sunday, 12:00 Noon

Monday Thru Friday-7:00 PM

French Mass: Sunday, 6:30 PM

Saturday: 5:30 PM

Sunday: AM

8:00

10:00 (Family)

PM

12:00 (Español)

5:00

6:30 (Français)

STATIONS OF THE CROSS-Fridays during Lent-
1PM-Eng, 6PM French & 7PM Spanish

Confessions: Saturday — 4 to 5:30

Sick Or Emergency Calls:

Call the Rectory at 718-892-3232

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
- First Friday: 1 to 6:30PM
- Sacred Heart Novena: Thursday, Noon
- English Bible Study: Tuesday, 1PM & 7:30PM
and Sunday 11:15AM
- 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.

Registro Parroquial Todos los católicos que viven dentro de los límites de la parroquia deben llegar una tarjeta de registro en la rectoría



Handicapped Accessible

Lent

Lent is a period of fasting, moderation, and self-denial, beginning on Ash Wednesday and ending at sundown on Holy Thursday. The exact length of the Lenten fast was established in the 4th century as 46 days (40 days, not counting Sundays). During Lent, people eat sparingly or give up a particular food or habit. It's not uncommon for people to give up smoking during Lent, or to swear off watching television or eating candy. It's six weeks of self-discipline.

Lent began as a way for many Catholics to remind themselves of the value of repentance. The austerity of the Lenten season was also seen as similar to how people in the Old Testament fasted and repented in sackcloth and ashes. In the first three centuries, most Christians prepared for Easter by fasting and praying for three days. In some places this was extended to the entire week before Easter, and there is evidence that in Rome, the length of preparation was three weeks. The word *Lent* derives from the Middle English word *lenten*, meaning springtime – the time of lengthening days. Lent was the period of intense spiritual and liturgical preparation for catechumens before they were to be baptized at Easter. Many members of the community imitated this time of preparation with the catechumens. By the fourth century (when Christianity was legalized in the Roman Empire) Lent had developed into its current length of forty days. Forty days is very significant because it is the length of the fast and temptation of Jesus in the desert. Recently, research has suggested that the development of Lent was also influenced by the forty-day span of fasting practiced by many in the early Church (especially monks). This fast, beginning right after Epiphany (January 6th) stressed prayer and penance. Once Christianity became widespread and most people were baptized as infants, Lent lost the connection to the preparation of catechumens. Instead, the themes of repentance and fasting became dominant. Vatican II restored the order of catechumens. Since then, most adult converts to Catholicism are baptized at the Easter Vigil, which takes place after sundown on Holy Saturday. As a result, the ancient baptismal meaning of Lent is once again becoming important.

The Catholic Church asks all Catholics to fast and abstain from meat on certain days. Fasting means to limit food to one full meal a day with the possibility of two smaller meals (not adding up to a full meal) as needed. Abstinence means not eating meat, although fish is allowed. Catholics are required to observe all days of fasting and abstinence which is one of the precepts of the Church. Those 14 yrs of age or older are to abstain from meat on Ash Wednesday and all the Fridays of Lent. Catholics between the ages of 16 and 59 are also to fast on Ash Wednesday and Good Friday. They may eat one full meal on these days, and two small meals to maintain strength. If one's work or health make it inadvisable to fast or abstain from meat, they are not obligated to do so. This includes mental health: Fasting may be harmful for someone who struggles with an eating disorder. Such a person might do an alternate penance on the days of fasting. Pregnant and nursing women are also exempt from the fast. At one time, people gave up all animal products during the whole Lenten season. The Eastern Catholic and Eastern Orthodox Churches still follow this rule. Since chickens continue to produce eggs and cows milk, the custom developed to make the milk into cheese and color the eggs so that when Easter arrived, no food would be wasted.

Many Catholics were taught as children to "give up something" for Lent. The sacrifices in Lent are really a form of penance, in the same spirit as the Ninevites that repented at the preaching of Jonah. Throughout history, Christians have found prayer, fasting, and almsgiving to be an important part of repentance and renewal. Many Catholics now add something during Lent rather than giving up something, either to address personal habits that need work or to add some outreach to others in need. The Church does not specifically require that we do something beyond the requirements of fasting and abstinence. To do nothing, however, would certainly



not be in keeping with the solemn spirit of Lent. Furthermore, the sacrifices and extra things we do for Lent help us grow closer to Christ. It is not necessary to be perfect, but we all should put forth a good effort. A good practice is to do something extra in prayer, something involving fasting (whether limiting our intake of food or giving up something non food-related), and something involving almsgiving (giving money or goods to the needy or doing extra acts of charity). By doing this, we help to mould ourselves into people who are fit for heaven.

Sts. Perpetua and Felicity - March 7

Vibia Perpetua, a well-to-do young woman and mother, and Felicitas, a slave who gave birth to a child three days before suffering a martyr's death, were catechumens. Against such prospective converts, the persecution of Septimius Severus was particularly severe. With details concerning the lives of many early martyrs unclear and often based on legend, we are fortunate to have the actual record of the courage of Perpetua and Felicity from the hand of Perpetua herself, her teacher Saturus, and others who knew them. This account, known as "The Passion of St. Perpetua, St. Felicitas, and their Companions," was so popular in the early centuries that it was read during liturgies. These two holy women suffered a painful death in AD 203 on the seventh of March in Carthage. Perpetua was arrested along with four other catechumens, including two slaves, Felicity and Revocatus, and Saturninus and Secundulus. Their instructor in the faith, Saturus, chose to share their punishment, and he was also imprisoned. Perpetua was baptized before being taken to prison. She was known for her gift of "the Lord's speech" and receiving messages from God. She tells us that at the time of her baptism she was told to pray for nothing but endurance in the face of all her trials. Now the day had arrived when they were to be thrown to the wild beasts. Felicitas began to be sorrowful because she feared she would have to wait longer than her companions. For eight months she had been pregnant and therefore, according to Roman law, could not be executed before the birth of the child because to kill a child in the womb was shedding innocent and sacred blood. This seems to be something all today's pro-abortion proponents ignore. But the prayers of her fellow sufferers hastened her time and she gave birth to a baby girl who was raised by one of the Christian women of Carthage. While she was suffering from the pains of childbirth, one of the guards called out to her, "If you are suffering so much now, what will you do when you are thrown to the wild beasts?" "Now I suffer," she answered, "but there Another will be in me, who will suffer for me because I will suffer for Him." When she was in travail she had sorrow, but when she was set before the wild beasts she rejoiced. Finally, on the seventh of March, these heroic women were led into the amphitheater and then severely scourged. Next, they were tossed about by an exceptionally wild bull, gored, and thrown to the ground, but they were still alive. Perpetua called out to her brother and other Christians, "Stand fast in the faith and love one another. Do not let our sufferings be a stumbling block to you." Perpetua and Felicity stood side by side. They survived the bull, but were finally killed by the sword.

St. John of God - March 8

In 1503, at the age of eight, John fled from his parents for some unknown reason. For a while he was a shepherd, then a book dealer. Matters spiritual were of no particular interest until he heard the preaching of Blessed John of Avila. Then his conversion was so sincere and sudden that he was considered to be out of his mind. He was incarcerated in the Royal Hospital in Granada and suffered the cruel treatment of the day. Here he discovered how to show his love for God, through caring for those who were unable to respond to this cruel treatment. He devoted the rest of his life caring for people living on the margins of society.

Following John's death on his 55th birthday, on March 8th, his helpers banded together to live in the same radical, spiritual way of Hospitality that John had exemplified, and in 1572, they were approved by Pius V as the Hospitaller Brothers of St. John of God. The members bind themselves by a fourth vow to the service of the sick. Because of his work, he has become the patron of hospitals and the dying. His name is in the Litany of the Dying. Here is an interesting story about him:

On July 3, 1549, a bad fire broke out in the kitchen of the Royal hospital at Granada that had been founded by the Spanish king and queen, Ferdinand and Isabella. It threatened to spread to the large wards where hundreds of sick were lying. The storm and fire

FIRST SUNDAY OF LENT

bells rang loudly. People rushed from all sides, John in the lead. The fire was beyond control, firemen and volunteers were unable to extinguish it. No one dared to enter the burning building from which came the pitiful cries of the sick in the agony of imminent and certain death. Fire and smoke choked the exits. Those who could still arise from their beds stood pleading at the windows. The scene was enough to drive a person insane. John could not stand idly by. Disregarding smoke and flame, he rushed in among the sick, opened doors and windows, and he gave terse orders and directions as to how they could save themselves; some he led, others he dragged or carried into the open, often two at a time. When all the bedridden were safe, he wasted no time in throwing coverlets, bed clothing, chairs, and other valuables out of the windows, thus saving the property of the poor. Then he took an ax, climbed to the roof, and he began chopping away vigorously. Suddenly the liberated flames leaped up high beside him. He fled, only to continue his heroic work in another part of the building. There too a wave of fire soon stopped him. He was standing literally between two infernos. Moments passed, he was lost in the heat of the flames and the choking smoke, and then he sprang from the fire, blackened by smoke but unscathed except for singed eyebrows. Joyously the crowd surrounded him, and they congratulated the savior of the sick. But, John's modesty, however, prevented him from accepting praise and honors.

St. Faustino Miguez, Sch.P.— March 8

He was born in Spain on March 24, 1831. He was a Piarist and a scientist and a missionary who worked in Cuba. He also founded a religious order dedicated to the education of women. He died on March 8, 1925. He said, "Let God work who knows what we need."

St. Frances of Rome - March 9

St. Frances of Rome (1384-1440) founded the institute known as the "Oblati di Tor de Specchi" in the Holy City. She was a wealthy patrician and after her husband died, she gave up all her wealth to live a life of abject poverty. Her special privilege from heaven was familiar conversation with her guardian angel. Reading the life of St. Frances, one gains the impression that she moved and lived in the spiritual world more than on earth; in fact, that which gave her life was her intimate relationship with the blessed world of holy spirits. During the three periods of her life, three angels of different ranks accompanied her, ready to protect her soul against any onslaught of hell and to lead her step by step to spiritual perfection. Day and night the saint saw her angel very busy at a mysterious task. With three little golden spindles, he ceaselessly spun golden threads, strung them around his neck, and diligently wound them into balls. A half-year before her death he changed his work. Instead of spinning more golden thread, he began to weave three carpets of varying sizes with the golden thread he had spun. These 3 carpets symbolized her lifework as a virgin, mother, and religious. Shortly before her death, she noticed how the angel was hurrying his work, and his face was unusually fresh and happy. At the very moment when the last carpet had reached its required length, her soul departed into eternal bliss.

St. John Ogilvie - March 10

On March 10, Catholics in Scotland celebrate the feast of St. John Ogilvie, who was educated as a Calvinist and was received into the Church at Louvain by Father Cornelius a Lapide. After becoming a Jesuit at the age of seventeen, he was ordained to the priesthood in 1613, and at his own request was sent on a perilous Scottish mission. He was eventually betrayed, but during a long, difficult imprisonment, no tortures could force him to name any fellow Catholics. Though his courage was admired by the judges he was condemned as a traitor and hanged at Glasgow. The customary beheading and quartering were omitted owing to an undisguised popular sympathy, and his body was then hurriedly buried in the churchyard of Glasgow cathedral.

St. Eulogius of Cordoba - March 11

The martyred priest, St. Eulogius of Cordoba, Spain, was slain by the Moors. A noted scholar of Scripture, Eulogius was arrested in 850 after writing Exhortation of Martyrdom for two young virgin martyrs, Flora and Mary, who were beheaded after refusing to abjure the faith. Released after a time Eulogius was then named archbishop of Cordoba or Toledo. Before he could be consecrated, he aided Leocritia, a young Moorish woman who had converted to Christianity. They were caught and later beheaded. Eulogius also wrote The Memorial of the Saints and an Apologia.

St. Luigi Orione - March 12

Luigi Orione was born in 1872 in Pontecurone. At thirteen years of age, he entered the Franciscan Friary, but he left after one year owing to poor health. From 1886 to 1889 he was a pupil of Saint John Bosco at his Youth Centre in Turin. In 1889, he joined the diocesan seminary of Tortona, where he devoted himself to the care of others by becoming a member of both the San Marziano Society for Mutual Help and the Society of Saint Vincent de Paul. In 1892, he opened the first Oratory in Tortona to provide for the Christian training of boys. The following year, the seminarian of twenty-one started a boarding school for poor boys in the Saint Bernardine estate. He was ordained priest in 1895, and, on that occasion, the Bishop gave the clerical habit to six pupils of the boarding school. Within a brief span of time, Don Orione opened new houses at Pavia, Sicily, and Rome. In 1899, he founded the Hermits of Divine Providence. The Bishop of Tortona, in 1903, issued the canonical approval of the Sons of Divine Providence (priests, lay brothers, and hermits) - the male congregation of the Little Work of Divine Providence. It aims to "co-operate to bring the little ones, the poor and the people to the Church and to the Pope, by means of the works of charity," and they professes a fourth vow of special "faithfulness to the Pope." He rushed to assist the victims of the earthquakes of Reggio, Messina, and Marsica. By appointment of Saint Pius X, he was made the Vicar General of the diocese of Messina for three years. In 1915, he founded the Congregation of the Little Missionary Sisters of Holy Charity who are inspired by the same founding charism. Alongside them, he placed the Blind Sisters, who are Adorers of the Blessed Sacrament. Later, the Contemplative Sisters of Jesus Crucified were also founded. For the laity, he set up the associations of the "Ladies of Divine Providence," the "Former Pupils," and later the "Friends." Following the First World War, he set up the "Little Cottolengos," for the care of the suffering and abandoned, which were usually built in the outskirts of large cities to act as "new pulpits" from which to speak of Christ and of the Church - "true beacons of faith and of civilization." Don Orione's missionary zeal manifested itself in 1913 when he sent his first religious to Brazil, later expanding to Argentina and Uruguay, Palestine, Poland, the USA, England, France, and Latin America.

He was a preacher, a confessor, and a tireless organizer of many pilgrimages, missions, processions, live cribs, and other popular manifestations and celebrations of the faith. He loved Our Lady deeply and fostered devotion to her by every means possible. He died on March 12, 1940, while he was sighing "Jesus, Jesus! I am going." His body was found to be intact at its first exhumation in 1965. He was canonized in 2004.

SECOND COLLECTION next weekend, **March 12-13**, is for our parish elementary school. Due to the poor current economic situation, it is difficult to obtain adequate funds to help move our school into the 21st century and provide scholarships to families in need. We need the help of our parish community. How the world develops depends on our actions today. Our children are our "The Promise for Our Future" and the next generation of leaders. We hope you will choose to be a part of our success with your generous contribution.

FIRST COMMUNION FAMILY SESSION takes place today, **Sunday, March 6** at **11AM** in the cafeteria.

SPANISH FAMILY SESSION will take place in the School Cafeteria on **Sunday, March 13** at **1PM**.

SESIÓN FAMILIAR EN ESPAÑOL tendrá lugar en la cafetería de la escuela el **domingo 13 de marzo** a la **1PM**.

DAYLIGHT SAVINGS TIME in 2022 occurs at **2AM** on **Sun., March, 13** when clocks will "spring forward" one hour and we lose an hour of sleep. Daylight Saving Time always begins the second Sunday in March and ends the first Sunday in November.



COMMUNION TO THE SICK AND HOMEBOUND-Contact the rectory at **718-892-3232** if you would like the Holy Eucharist brought to your home. You may bring a pyx to Mass for it.

MARCH 6, 2022

TAX LETTERS-If you donated to St. Helena in 2021, you can call the rectory to request a tax donation letter, which can be used to help reduce your income taxes. We record all your donations.

NEW MISSALETTES-Purchase your own in the rectory for \$2.

ST. HELENA INFORMATION-We are now on the web at: www.churchofsthelena.com; and we are on Facebook at: www.facebook.com/St.HelenaBronx; and also on Instagram at [st.helenabronx](https://www.instagram.com/st.helenabronx)

BIBLE STUDY takes place every **Tuesday at 1PM** and **7:30PM** and **Sunday at 11:15AM** in the Green Building. Today, we are studying the Presentation and the Finding in the Temple.

ENGLISH PRAYER GROUP will meet on **Thursdays at 7PM** and **Saturdays at 1:30PM** in the Green Bldg and will be either in-person or virtual. You can join virtually on your computer at: www.zoom.us, Meeting ID: 521 709 4814, Passcode: 333 777.

SPANISH PRAYER GROUP will resume its meetings every **Monday at 7PM** in the church beginning **March 7**.

LEGION OF MARY meets every **Sat at 1PM** in the Rectory.

CALASANZ MOVEMENT YOUTH GROUP invites all young people ages 13-30 to our meetings scheduled every Friday at **7PM**.

DIVINE MERCY CHAPLET is now prayed in English every **Saturday at 1:30PM** in the Green Building and every **Monday** in Spanish in the church at **7:30PM** beginning **March 7**.

STATIONS OF THE CROSS take place in person at the Church every **Friday** during Lent in English at **1PM**, in French at **6PM**, and in Spanish at **7PM**. You can also view the Stations on our Parish Youtube Channel at: <https://youtube.com/watch?v=InecDJXwvdE&feature=share>

THE ROSARY AND A PRAYER FOR PEACE is now being prayed virtually every evening at **7PM**. To join, either phone in at **929-205-6099** or zoom in at www.zoom.us, meeting # **521 709 4814**, password **333777**. The Rosary is prayed in person in both English and Spanish after the daily **12:15PM** Mass.

ST. HELENA BOY SCOUT TROOP AND CUB SCOUT PACK meet on **Saturdays from 9:30-11AM** for Cubs, and the Scouts from **11AM-12:30PM** at the Msgr. Scanlan HS cafeteria.

BOY SCOUT MERIT BADGE FAIR on **Saturday, March 12** from **9AM - 2PM** in the School Cafeteria.

HOLY LAND OLIVE WOOD SALE after all Masses on **Sun., March 20**. Please support the Christians of the Holy Land by purchasing beautiful hand-carved olive wood items.

ST HELENA SCHOOL has seats open for September 2022 enrollment of Pre-K 3 and Pre-K 4. Please go to [mvSchools.nyc](https://www.mvschools.nyc) for more info and to sign up. The St. Helena code is **XADQ**.

FOOD DEMONSTRATION TRAINING-Bronx Health REACH is establishing a training program for Food Pantry staff and/or volunteers to receive training from culinary experts on conducting food demonstrations for clients. The goal is to show people how to prepare meals with the nutritious ingredients they are receiving, which some of the items the clients might not be familiar with. The expectation is that they will lead food demonstrations with clients on their own after going through the training program. If you are interested, complete the interest form below which is available in both English and Spanish. We will have the capacity to make the training bilingual. We do plan to provide stipends to those who participate in the program. Food Demo Training Interest Form (English version): <https://forms.gle/eXg3zEbDnTumDJRW8>. Food Demo Training Interest Form (Spanish version): <https://forms.gle/u2mFnDxBjD7dtSoD8>

ST. HELENA HOLY LAND TOUR-Fr. David will lead an 11-day pilgrimage to Israel and Jordan from **October 21-31, 2022**.

Renew your wedding vows in Cana, the town of Jesus' first miracle. We will all renew our own Baptismal vows at the sacred Jordan River, and of course, we will have daily Mass. We will also visit Jerusalem, Bethlehem, and Nazareth, Capernaum, Petra, Mt. Tabor, Mt. Carmel, Qumran, Tiberias, the Dead Sea, the Sea of Galilee, and so



Traveling to Jerusalem

much more. We will stay at five different four-star hotels. The cost is \$4,300 per person from JFK. This is the opportunity of a lifetime. A \$500 deposit is required. Call the rectory at **718-892-3232** for a brochure and to reserve your spot. Also, invite all your friends because the trip is open to people from outside the parish.

PILGRIM ROSA MYSTICA STATUE is now available to be brought to your home for nine days for prayer. If you would like the statue to visit your home for nine days, please call Meera Job at **718-924-6657** if you would like to host the Rosa Mystica statue.

VIEW ON FORMED-Good, solid Catholic Information is so very important. Everyone here at St. Helena's has a free parish subscription at www.formed.org. Just click the icon and join as a parishioner. Today is the 1st Sunday in Lent. Study: *Into the Desert* or *A Lent to Remember*. Register to receive some Daily Lenten Reflections by Dr. Tim Gray at daily.formed.org. Watch: *Lectio: Salvation* or *Into His Likeness*. Listen to: *My Beloved Son: Meditations for Lent*. On the 7th Watch: *The Passion of Saint Perpetua* or with children, *The Story of St. Perpetua* or *Lent with Brother Francis*

LEARN CATHOLIC THEOLOGY THIS SUMMER at Saint Joseph's Seminary. Classes both in-person or online, affordable tuition, faithful to the Magisterium. For more information, visit: www.dunwoodie.edu/summercourses

WOMEN'S HERSTORY MONTH PROGRAM at the New York Botanical Garden Terrace Room, 2950 Southern Blvd. on **Thursday, March 10** from **5:30-8:30PM**.

PRESTON HS CARD PARTY-Sat., April 2 from 6-11PM.-2780 Schurz Ave, Bx. Tickets \$25 per person or \$200 for a table of 10. Contact Gabriela Del Valle at gdelvalle@prestonhs.org or **718-863-9134 ext. 143**

HEALING AFTER ABORTION-A "Day of Prayer and Healing" offers the opportunity to experience the love and mercy of God as you begin the journey of healing the wound of abortion. Upcoming dates are: **April 20 and May 21**. For more info, call **866-575-0075** or email hopeandhealing@sistersoflife.org.

NARCOTICS ANONYMOUS (NA) meet every **Saturday at 11AM** in the Calasanz Room. Peer support is so important.

VIRTUAL AL-ANON MEETINGS-meet every **Saturday at 9AM**. Call in at **712-770-5372**, and the access code is: **178602**.

AA BIG BOOK meetings at **7PM** will only be virtual for the next few weeks. Virtual meetings are on **Saturdays**. The Zoom Meeting Code is **84360210329** and the password is **dasolution**.

"LA ARQUIDIÓCESIS DE NUEVA YORK toma la administración de sus donaciones seriamente. Si usted tiene conocimiento o una razón sospechosa del mal manejo financiero, por favor reporte sus inquietudes a través de la línea gratuita de atención telefónica al **877-820-0541** o en Internet, a <http://www.reportineweb.com/ADNY>. Ambos están disponibles las 24 horas del día."

LA CUARESMA TIENE QUE VER CON LAS RECOMPENSAS ETERNAS, NO CON LAS APARIENCIAS-El Papa Francisco advirtió de la tentación de dejar que la oración, el ayuno y la limosna de la Cuaresma se dejen llevar por una "enfermedad de las apariencias" que se preocupa más por las recompensas terrenales que por las eternas. Dijo que la Cuaresma nos lleva a reflexionar sobre la fugacidad de nuestra condición humana". Añadió que la Cuaresma es a veces "como una medicina que tiene un sabor amargo y sin embargo es eficaz para curar la enfermedad de las apariencias, una enfermedad espiritual que nos esclaviza y nos hace depender de la admiración de los demás".

FIRST SUNDAY OF LENT

Añadió que la mundanidad es como el polvo que se lleva una ligera ráfaga de viento. Hermanas y hermanos, no estamos en este mundo para perseguir el viento; nuestro corazón tiene sed de eternidad".

"La Cuaresma -sustrayó- es el tiempo que nos concede el Señor para renovarnos, para alimentar nuestra vida interior y para caminar hacia la Pascua, hacia las cosas que no pasan, hacia la recompensa que hemos de recibir del Padre. Es un viaje de curación. No para cambiar de la noche a la mañana, sino para vivir cada día con un espíritu renovado, con un "estilo" diferente. La oración, el ayuno y la caridad, también llamada limosna, son ayudas para esta curación espiritual, y nos devuelven a una relación viva con Dios, con nuestros hermanos y con nosotros mismos", dijo.

Al iniciar el tiempo de Cuaresma, el Señor nos dice: "Cuidaos de practicar vuestra piedad ante los demás para ser vistos por ellos, porque entonces no tendréis recompensa de vuestro Padre que está en el cielo". La oración oculta, dijo, "se convierte en el secreto para que nuestra vida florezca en todo lo demás". En este tiempo de Cuaresma, oremos sobre todo mirando al Señor Crucificado. Abramos nuestro corazón a la conmovedora ternura de Dios, y pongamos en sus heridas nuestras propias heridas y las de nuestro mundo. No tengamos siempre prisa, sino que encontremos el tiempo para permanecer en silencio ante él. Redescubramos la fecundidad y la sencillez de un diálogo sincero con el Señor". Sobre la limosna, el Papa dijo que "si la oración es real, necesariamente da fruto en la caridad. Y la caridad nos libera de la peor forma de esclavitud, que es la esclavitud del yo. El ayuno también nos libera del interés personal desmedido, dijo el Papa Francisco. "El ayuno no es una dieta. De hecho, nos libera de la búsqueda egocéntrica y obsesiva de la forma física, para ayudarnos a mantener en forma no sólo nuestro cuerpo, sino también nuestro espíritu. El ayuno nos hace apreciar las cosas por su verdadero valor".

La oración, la caridad y el ayuno, dijo, no sólo son una medicina espiritual para nosotros mismos, sino que "pueden cambiar la historia. En primer lugar, porque quien experimenta sus efectos los transmite casi inconscientemente a los demás; pero, sobre todo, porque la oración, la caridad y el ayuno son las principales vías de intervención de Dios en nuestra vida y en el mundo. "Oh Señor, tú ves en secreto y nos recompensas más allá de toda expectativa", rezó. "Escucha las oraciones de los que confían en ti, sobre todo de los humildes, de los que están sometidos a duras pruebas y de los que sufren y huyen ante el estruendo de las armas. Devuelve la paz a nuestros corazones; una vez más, concede tu paz a nuestros días".

WEEKLY COLLECTION: February 27— \$3,734.00



Masses Live-Streamed from St. Helena take place **Mon-Sat at 8:30AM** and **Sun at 10AM in English** and **12PM in Spanish** www.facebook.com/St.HelenaBronx.

Our Parish YouTube Channel is **St. Helena Film Ministry**.

Names only said in Prayer of the Faithful are in Italics
*not a public Mass; +=deceased; S=Mass is live-streamed

Mass Intentions

March 6 – 1st Sunday of Lent

- 8:00** +Carmen A. Crescenzo, Jr.
10:00 S +Vincent Mc Donnell-Intentions;
+Daniel Cordero; Hector Falcon, Anna Arzuaga, Christian Perez and Annex Perez
12:00 (Sp) +Elida Cabrera; +America Lebron; +Jacqueline French; +Elickson Ledesma, Pedro Juan Davila Ramos and Reina Duran; +Rafael and Ramona Baez and Victor Castro; +William S. Ortiz
5:00 +Alfred Kunsch
6:30 (Fr) +Margaret Bongyii and Raphael Mbinkar

March 7 – Monday — Sts. Perpetua and Felicity

- 6:30*** Br. Christian Santiago for Divine Help Passing an Oral Exam
8:30 S Paddy Gillon-Healing Intention
10:00 Funeral Mass- +Maria Walsh
12:15 +Gladys Schneider
7:00 (Sp) +Angelica Davila

March 8 – Tues. – St. John of God, St. Faustino Miguez, Sch.P.

- 6:30*** In Thanksgiving for Favors Granted for Br. Christian
8:30 S +Guido, Bellizzi and Tamburi Families
12:15 +Ralph A. Cerbone, Jr.

March 9 – Wednesday — St. Frances of Rome

- 6:30** +Henry Gramlich, Sr. and Jr.
8:30 S +Catherine Carolan
12:15 +Julio Santiago
7:00 (Sp) +Miguel Santana

March 10 – Thursday – St. John Ogilvie

- 6:30*** Alessandra Savino-That She will Enjoy Smooth Sailing as an Adult and Become an Extraordinarily Capable, Strong and Fortunate Woman
8:30 S In Thanksgiving-Melitona Retats
12:15 Lisa Tangredi-Heaing Intention
2:00 Cremains Mass- +Ivan Diaz

March 11 – Friday — St. Eulogius of Cordoba

- 6:30*** In Thanksgiving for Favors Granted to A. Savino
8:30 S Etna Gillon-Health Intention
10:00 Funeral Mass- +Inez Jimenez
12:15 Brenda and Scott Van de Weghe's Need to be Reconciled to God and to Practice Their Faith

March 12 – Saturday — St. Luigi Orione

- 6:30** In Thanksgiving for Favors Granted to the Van de Weghes
8:30 S +Angelica Javier and Anastacia Santos
10:00 Funeral Mass- +Eloy Lara
12:15 +Ana Franco
5:30 +Mary Kelly

March 13 – Second Sunday of Lent

- 8:00** +Constance Warneke; +John and Mary Quinn
10:00 S +Mary Kelly
12:00 (Sp) +America Lebron;+Jacqueline French;+William S. Ortiz
5:00 Xavier Francis, Meera, Staven & Jair Joseph in Thanks
6:30 (Fr) +Margaret Bongyii and Raphael Mbinkar

Readings for the week of March 6, 2022

Sunday: Dt 26:4-10/Ps 91:1-2, 10-11, 12-13, 14-15 [cf. 15b]/Rom 10:8-13/Lk 4:1-13; **Monday:** Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15/Mt 25:31-46; **Tuesday:** Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19/Mt 6:7-15; **Wednesday:** Jon 3:1-10/Ps 51:3-4, 12-13, 18-19/Lk 11:29-32; **Thursday:** Est C:12, 14-16, 23-25/Ps 138:1-2ab, 2cde-3, 7c-8/Mt 7:7-12; **Friday:** Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8/Mt 5:20-26; **Saturday:** Dt 26:16-19/Ps 119:1-2, 4-5, 7-8/Mt 5:43-48; **Next Sunday:** Gn 15:5-12, 17-18/Ps 27:1, 7-8, 8-9, 13-14/Phil 3:17—4:1 or 3:20—4:1/Lk 9:28b-36