A Light Among Us

Lawyer lends musical talents to bridge multicultural parish

Timothy Helfrich is a beloved parishioner and servant leader at Blessed Sacrament, a bilingual parish in Ontario, supported in part since its original construction in 1910 by Catholic Extension. When Tim and his wife, Pam, moved to Ontario forty years ago, they made a decision together to join Blessed Sacrament and use their gifts to faithfully and tirelessly serve the parish community.

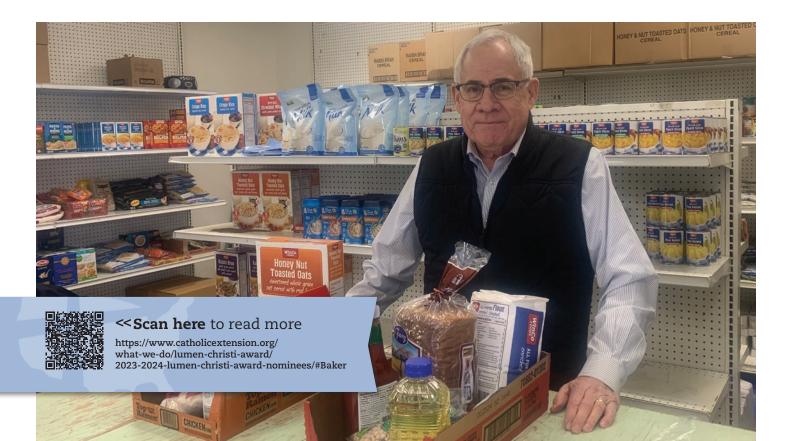
They have kept that promise despite Tim's busy schedule as a trial lawyer. He is a bridge in the multicultural community, organizing bilingual liturgical services in English and Spanish and playing music at Masses and other parish events. He has also served on the parish finance committee, the school advisory council, and the committee for remodeling the church hall, a renovation project supported by Catholic Extension. As a lawyer, Helfrich willingly assists the priests and parish when legal questions arise. He is an active member of the Knights of Columbus and also takes a hands-on approach to serving

the hungry in his community by working with the parish food pantry, providing food to families in need. Tim and Pam have sponsored many RCIA candidates and inspired those around them through the example of how they live as a married couple and as individuals.



 $2023 \cdot 2024$

In bringing Tim's contributions to the attention of Catholic Extension, Bishop Cary wrote, "Tim works tirelessly and humbly while serving others above himself to Christ's glory. . . . Because of his evangelization, discipleship, and compassion, Tim has had a profound effect on all who know him. . . . He is a true disciple of Christ." Father Joseph P. Thomas, CST, pastor of Blessed Sacrament agrees: "Tim has all of the qualities we value in those called to the priesthood. However... the Church must have needed a lay saint from this place."



Una Luz Entre Nosotros

Abogado presta talentos musicales para unir una parroquia multicultural

Timothy Helfrich es un querido feligrés y líder de servicio en el Santísimo Sacramento, una parroquia bilingüe en Ontario, apoyada en parte desde su construcción original en 1910 por Catholic Extension. Cuando Tim y su esposa, Pam, se mudaron a Ontario hace cuarenta años, juntos tomaron la decisión de unirse a Santísimo Sacramento y usar sus dones para servir fiel e incansablemente a la comunidad parroquial.

Han cumplido esa promesa a pesar de la apretada agenda de Tim como abogado litigante. Él es un puente en la comunidad multicultural, organiza servicios litúrgicos bilingües en inglés y español y toca música en Misas y otros eventos parroquiales. También ha formado parte del comité de finanzas parroquial, del consejo asesor escolar y del comité para la remodelación del salón de la iglesia, un proyecto de renovación apoyado por Catholic Extension. Como abogado, Helfrich ayuda gustosamente a los sacerdotes y a la parroquia cuando surgen cuestiones legales. Es un miembro activo de los Caballeros de Colón y también adopta un enfoque práctico para servir a los hambrientos en su comunidad trabajando con la despensa de alimentos de la parroquia,

proporcionando alimentos a las familias necesitadas. Tim y Pam han patrocinado a muchos candidatos de RICA e inspirado a quienes los rodean a través del ejemplo de cómo viven como pareja casada y como individuos.

Al llamar la atención de Catholic Extension sobre las contribuciones de Tim, el obispo Cary escribió: "Tim trabaja incansable y humildemente mientras sirve a otros por encima de él mismo para la gloria de Cristo.... Debido a su evangelización, discipulado y compasión, Tim ha tenido un profundo efecto en todos los que lo conocen... . Es un verdadero discípulo de

Lumen Christi AWARD

2023 • 2024

Cristo". El Padre Joseph P. Thomas, CST, párroco de Santísimo Sacramento está de acuerdo: "Tim tiene todas las cualidades que valoramos en aquellos llamados al sacerdocio. Sin embargo... la Iglesia debió necesitar un santo laico de este lugar".



Seeking an Abundant Harvest through the Bishop's Annual Appeal

There is so much being harvested in Eastern Oregon right now! Blueberries, apples, pumpkins, as well as a variety of vegetables are being picked this month.

There's something deep in the human heart which responds with joy and gratitude at the harvest season. Perhaps because our ancestors were tied so intimately to the soil, knowing that for them the success or failure of the harvest impacted their very survival and that of their children. Our hearts gladden as well at the approach of this time of abundant yield.

In the coming months our 2023 Bishop's Annual Appeal will be completed. The many blessings that have been shared by Catholic families all over the Diocese of Baker will be harvested and transformed into works of evangelization, faith formation, youth ministry, care for our priests, and many other programs and ministries to enhance the faith life of our Catholic community.

Over 1,700 Catholic households have made this harvest possible, and there are many more who are still prayerfully reflecting on what amount might be

appropriate to offer, given their personal circumstances.

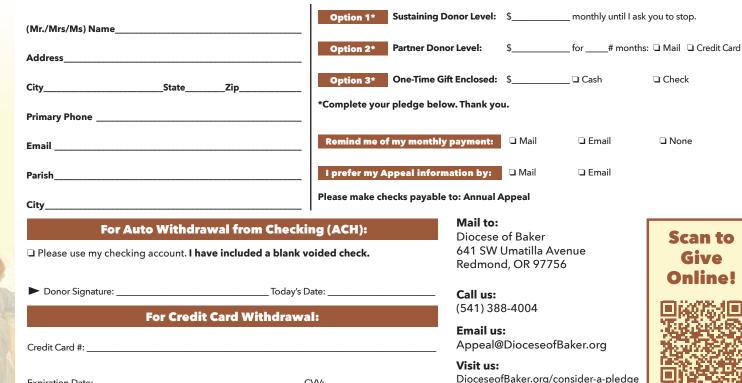
As stewards of our local Church here in

Eastern Oregon, this harvest season is an ideal time for a deepening reflection on the harvest in our own lives and in how we are sharing the bounty which God has given us.

Annual Appeal

THANK YOU for your prayerful support and generosity!

As our produce ripens and is ready to be harvested, our hearts are filled with a centuries-old cry of "thank you," and it is appropriate to ask, as we do each harvest time, how can we return the first fruits of our bounty to the Lord? If you have not yet made your gift to the Appeal, there is still time. The Bishop's Annual Appeal is a wonderful way to share our gifts with our local Church, the Diocese of Baker, to support its ministries and in doing so, put bread on the table for the Church – the Bread of Life that makes Christ's presence true and tangible to those who will come to Him in faith. That is no small return on your investment!



_Today's Date:





Mystery of faith El Misterio de la fe

Help us fully fund 2024! iHyúdanos a financiar completamente el 2024!

16 Parishes have reached their financial Target

Holy Family - Burns
Holy Family - Christmas Valley
Holy Trinity - Sunriver
Our Lady of Guadalupe - Boardman
Our Lady of the Snows - Gilchrist
Our Lady of the Valley - La Grande

Sacred Heart - Athena
Saint Anne - Monument
St. Augustine - Merrill
Saint Francis de Sales - Baker City
Saint James - Bly
Saint John - Paisley

Saint John the Baptist - Grass Valley
Saint Therese - Halfway
Saint Thomas - Redmond
Saint William - Ione

Thank you! ibracias!