



**Saturday, February 20**

5:00pm Lawrence O'Brien 8<sup>th</sup> Anniversary

**Sunday, February 21**

8:00am Andrew Walsh 5<sup>th</sup> Anniversary

11:30am Jacqueline Leon For her well-being

**Saturday, February 27**

5:00pm Donald McLeod 5<sup>th</sup> Anniversary

**Sunday, February 28**

10:00am Elizabeth Flaherty 1<sup>st</sup> Anniversary

11:30am John Whittaker 14<sup>th</sup> Anniversary

**IN OUR PRAYERS...** Trisha McDonald Joseph Sullivan, Pam Phillips, Joseph Passagio, Corrine Kennedy, Christopher Grimes, Betty Kelliher, Joanne and John Tarantino, Sheila Stanton, Nancy Clifford, Denice Guanci, Francis Nelson, Rita Boyd, Thomas Donnelly, Ellsworth Rice and Gustavo Leon who are ill; also for Elsie Williams who died this past week.



*The devil said to him, "All this will be yours, if you worship me." Jesus said to him in reply, "It is written: You shall worship the Lord, your God, and him alone shall you serve." - Lk 4:6a, 7-8*

**Readings for the Week of February 21, 2010**

Sunday: Dt 26:4-10/Rom 10:8-13/Lk 4:1-13  
 Monday: 1 Pt 5:1-4/Mt 16:13-19  
 Tuesday: Is 55:10-11/Mt 6:7-15  
 Wednesday: Jon 3:1-10/Lk 11:29-32  
 Thursday: Est C:12, 14-16, 23-25/Mt 7:7-12  
 Friday: Ez 18:21-28/Mt 5:20-26  
 Saturday: Dt 26:16-19/Mt 5:43-48  
 Next Sunday: Gn 15:5-12, 17-18/Phil 3:17---4:1 or 3:20-4:1/Lk 9:28b-36

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**WEEKLY COLLECTIONS**

<b>Offertory: February 14, 2010</b>	<b>\$5,113.00</b>
<b>Weekly Electronic Transfer:</b>	<b>\$516.92</b>
<b>Total:</b>	<b>\$5,629.92</b>
<b>Utility &amp; Energy Collection:</b>	<b>\$2,640.00</b>

**THANK YOU FOR YOUR SUPPORT**

NEXT WEEK'S SECOND COLLECTION:  
MONTHLY MAINTENANCE AND REPAIR

**THE MONTHLY MAINTENANCE AND REPAIR COLLECTION**

will be taken up at all of the Masses next weekend and is a very important ingredient for the financial well-being of our parish. All of the monies collected remain right here, in the parish, and those monies allow us to meet our ever increasing bills and financial obligations. Your generosity to these monthly collections is truly appreciated.

**ParishPay:** Many thanks to the parishioners who have enrolled in the ParishPay offertory! If you wish to place a donation card in the offertory basket on Sunday, you may print these cards by logging into your account and scrolling down to "print slips". St Helen Parish has joined the many other Boston Archdiocesan Parishes in offering ParishPay. ParishPay offers a convenient, safe and secure method of contributing your weekly offertory and other donations to the parish. The enrollment and automated giving process is simple and quick. You may sign-up and begin donating all at once, either by accessing our website @ [www.sthelenchurchnorwell.org](http://www.sthelenchurchnorwell.org), and clicking on the donation tab on the homepage through the [www.parishpay.com](http://www.parishpay.com) site, or if you don't have access to a computer, by contacting St. Helen Rectory at 781-659-2993. This system allows you to continue your weekly offering when away, and those times when you can't find the envelope or don't have time to write a check. ParishPay also allows you to easily manage your account from home, and offers the parish a consistent offertory which helps with planning, budgeting and expenses. Once you have signed up, both the parishioner and parish will be sent an email notification. Thank you.

**BIBLE STUDY: THE BOOK OF REVELATION:**

Starting this Monday night, February 22, Celia Sirois will be teaching some of the key elements of the Book of Revelation. This book, attributed to St. John the Evangelist, is the last of the New Testament writings and is also perhaps the least well understood. Sessions will be held every Monday night from February 22 to March 22 from 7-9pm in the parish hall. These evenings will be a wonderful way to spend some time with the scriptures during this season of lent. Everyone is invited.



## From the Pastor's Desk



Last Wednesday, we began our annual pilgrimage into the season of Lent. Lent is a sort of pilgrimage within a pilgrimage. As a baptized Christian, our entire life is a pilgrimage to the Father, a pilgrimage to heaven. Sometimes that pilgrimage goes well, and sometimes it does not. Over the course of time, we can head off on to detours that lead us away from our final destination. From time to time we can get bogged down in things that are simply not helpful to our progress. If we didn't take the time every so often to re-focus ourselves on our destination, and to examine the current state of the pilgrimage, then we could very easily end up so lost that it would be very difficult to find our way back on track. Knowing how easy it can be to "get lost" on our pilgrim way to heaven, the Church gives us this annual season of Lent. These forty days afford us the graced opportunity to re-capture our enthusiasm for the journey, work on removing those things which can distract us from our goal, and to focus much more intensely on our relationship with the One who is the goal of our life's pilgrimage, God himself. As Christians, we know that we should love both God and neighbor. We know that we should have an intimate relationship with God, and do whatever is possible to assist our neighbor, especially in times of need. We know that self discipline is important if we are to control our sinful desires and inclinations. But we also know that sometimes we just get weary or weighed down with so many other demands on our time and attention. At such times our pilgrimage begins to get side tracked. We know we want to do better, to get on to the pilgrim road, and Lent is the perfect moment to do just that. Lent reminds us of the things we already know about maintaining our relationship with God and neighbor, and it affords us the chance to re-focus and re-commit ourselves. We do this by living out the three virtues/disciplines of Lent: almsgiving, fasting and prayer. Over the next several weeks I'll write a little something about each of these, but for the most part, they're nothing new to any of us adults, so let's all try, at the very outset of Lent to practice our own personal and communal works of almsgiving, fasting and prayer.

Father Maguire

# Q

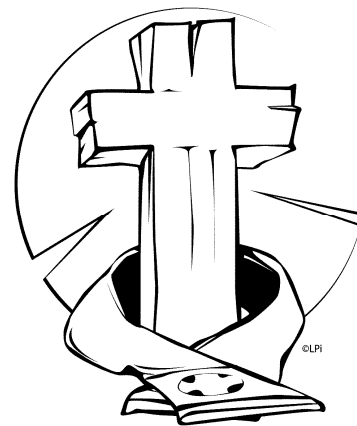
*Lent always seems to help me renew my relationship with God and strengthen my religious practice. Do you have any suggestions as to what I could do to achieve that the rest of the year?*

# A

The obvious answer may seem to be to do whatever you do during Lent all year round. But part of the power of Lent is that we focus as a community on renewing our faith and preparing for Easter. Our Lenten practices have a purpose and a goal. Therein lies the secret. When we focus our efforts on one virtue, or try to change one bad habit, or seek to deepen our understanding of one aspect of faith, we focus our efforts and give our full attention to what we are trying to accomplish. We tend to be more successful achieving our goals. More importantly, it has a ripple effect in our lives: one thing changes or is added to the spiritual mix of our lives and many aspects are changed.

All too often we leave our spiritual growth to chance and the practice of faith to habit, and then wonder why we have no sense of growth or progress. Think of it in terms of exercise. We walk, lift weights, bend and stretch to attain the maximum benefit from what we do. In addition, to keep those benefits, we eat healthful food and get enough vitamins and rest. Spirituality requires the same kind of attention: we pray, fast, read the Bible, receive sacraments, and do charitable work to maximize the benefits of practicing faith. Keeping Lent year round keeps us in spiritual shape!

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# LENTEN NEWS

## LENTEN REGULATIONS 2010

**ABSTINENCE:** Catholics over the age of 14 are bound to the obligations of abstinence on Ash Wednesday and on all the Fridays of Lent. On days of abstinence, meat may not be used at all.

**FASTING:** Catholics over 18 and up are bound to the obligation of fasting on Ash Wednesday and Good Friday. On these days only one full meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and fruit juices, are allowed.



## BIBLE STUDY

**TASTE OF BIBLE STUDY:** By popular demand, Celia Sirois will be guiding us through another book of the Bible during the upcoming Lenten season. This time, Celia will lead us through the Book of Revelation. Sessions will be held on Monday nights, from February 22 through and including, March 22 from 7-9pm in the parish hall. The Book of Revelation is perhaps the least well understood book of the bible, and these evenings will be a wonderful way to learn the book's message and meaning for us today. All are invited.



## "THE LIGHT IS ON FOR YOU" INITIATIVE:

Following the lead of several other dioceses around the country, the Archdiocese of Boston is conducting a Lenten penance initiative called "The Light is On for You." In an effort to encourage Catholics throughout the Archdiocese to celebrate the Sacrament of Penance, every parish church and every public chapel of the Archdiocese will be hearing confessions on the Wednesday nights of Lent (beginning the Wednesday **after** Ash Wednesday) from 6:30-8:00pm. As always, we encourage all our parishioners to celebrate this great sacrament of God's love, and hopefully this will make it easier. Basically, you can plan to celebrate the sacrament here or at any other church any Wednesday night of Lent from 6:30-8:00pm.

**LENTEN MITE BOXES:** Again this year, we will be offering Lenten "offerings" canisters to the children and young families of the parish through the CCD program. Canisters will also be available at the doors of the church for anyone else who might be interested. As always, we use these modern day "mite boxes" to encourage our children to sacrifice for the benefit of other children who are far less fortunate. In light of the tragic earthquake that hit Haiti, and the very great difficulties which will affect the people of that nation for years to come, we will be donating all of the money collected during Lent to the children of Haiti. We have parishioners with contacts there, and we will be sure that the money goes directly to the needs of the children.

Please tear along perforated line.



**IMPORTANT UPCOMING DATES:**



**February 15-February 21:** NO Religious Ed classes due to February vacation.

**February 21:** NO Sunday AM Religious Ed classes. Catholic Heart Workcamp meeting at 6pm in the Hall.

**February 28:** GRADE 7 and GRADE 8 will have CCD class together (this week only) from 6-7:45pm.

**March 7:** GRADE 4 will host the Family Mass at 10am. GRADE 9 has class from 6-7:45pm.

**March 9:** NO GRADE 2 Religious Ed class. GRADE 1 will have class from 4-5pm in the Hall. Up to and including Units 3 and 4 are due.

**March 14:** \*Daylight Savings Time! GRADES 7 and 8 (Sunday evening classes) will have class per the schedule. GRADE 7 from 4-5:45pm and GRADE 8 from 6-7:45pm.

**March 21:** GRADES 2 and 6 will host the 10am Mass. There will be a **Catholic Heart Workcamp meeting** at 6pm in the Hall for all campers and parents. Paperwork will be passed in.

**March 28:** GRADES 7 and 8 (Sunday evening) will have class per the schedule. GRADE 7 from 4-5:45pm and GRADE 8 from 6-7:45pm. Last class for GRADES 7 and 8 (both AM and PM.).

**April 1:** Holy Thursday Mass at 7pm. All **second graders** are asked to attend.

**April 4:** Happy Easter! NO Sunday classes – morning *or* evening.

**April 11:** Last Sunday AM class for GRADES 3-6. GRADE 9 AM classes are invited to attend this evening's GRADE 9 evening presentation from 6-7:45pm. Please note this is not the first Sunday of the month, but GRADE 9 has class.

**COMMUNITY SERVICE OPPORTUNITIES:**

- Looking for students willing to be Offertory Collectors (passing the basket), Eucharistic Ministers and student lectors at the Family Masses. Please call to be put on the list.
- Volunteers for Father Bill's: [d.palzkill@comcast.net](mailto:d.palzkill@comcast.net). We are in need of cooks. Recipe provided and simple.
- Parents who run the Children's Liturgy (the 2<sup>nd</sup> and 4<sup>th</sup> Sundays of each month) need volunteers to assist with the children. Please call Julie Ingargiola at 781-659-1810.
- Vacation Bible School volunteers (Grades 7-12) needed.

**CATHOLIC HEART WORKCAMP:** St. Helen's High School students will be heading to Kearney, NJ from August 1-7, 2010! If you did not receive a registration form, but are interested, please call the Religious Ed Office at 781-659-7344. There are only 5 slots left.



**\*ATTENTION**  
Coming Soon –  
July 12-16 from  
9am-12noon.

Vacation Bible School. Watch bulletin for further information!! High school students will be needed as camp counselors and parents as staff members. Scheduling is flexible.

**PROJECT LINUS:** GRADE 4 and GRADE 5 have made their quilts for Project Linus and they now need some sewers to help sew them together. If you can help, please call the Religious Ed Office at 781-659-7344.

**CATHOLIC HEART WORKCAMP** will be starting fundraising soon. There will be some fun ways that all members of the community will have fun and benefit. Watch the bulletin – and thank you in advance.

**END OF BULLETIN  
ANY TEXT OR GRAPHICS ENTERED ON THIS PAGE  
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CHURCH CITY: **Norwell**

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**Comments:**

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