

**February 18, 2024**  
**1<sup>st</sup> Sunday of Lent**

*First Sunday of Lent* 

Each year the Gospel for the First Sunday of Lent is one of 3 Gospel accounts of Jesus in the beginning of His public ministry going into the desert. The desert is a harsh place - it forces human beings to the essentials of life. It puts us to the test. This year the first reading gives us an account of God promising Noah in the story of the great flood that He will establish a Covenant with His people.

St. Paul in the second reading speaks of the flood as a sign prefiguring Baptism.

Indeed the Lord our God is renewing His Covenant with us in the whole Lenten and Easter celebrations. Lent is a time to prepare converts for Baptism and that is the time for all of us to renew our Commitment of Baptism. We will be asked to renew our vows of Baptism at Easter.

In the Gospel we hear Jesus at the beginning of His ministry: "This is the time of fulfillment. The kingdom of God is at hand. Repent and believe in the Gospel." As ashes were placed on our heads on Ash Wednesday we heard the words- "Repent and believe in the Gospel."

**Daily Lenten Schedule**

Masses Monday through Saturday:  
**9:00 am**

**NOTE:** Unfortunately, due to the shortage of priests, we will not be able to have a 7 am daily Mass after Ash Wednesday.

**Stations of the Cross**

Lenten Friday evenings at **7:30 pm**

**Lenten Guidelines**

**Prayer:** We urge you to make the effort to participate in the daily Masses of Lent.

**Penance:** We are encouraged to do something difficult to strengthen our will-power to resist sin and temptation.

**Abstinence:** All Catholics **from age 14 on** are expected to abstain from meat on Ash Wednesday and the Fridays of Lent.

**Fasting:** All Catholics **from age 18 to 59** are expected to fast on Ash Wednesday and Good Friday. This means **ONE** full meal a day: two other light meals, no snacks between meals. **These are minimum expectations.** The Church as our Mother encourages us to do something so we can share the dying of Christ in order to rise with Him at Easter to New Life.

**Works of Charity:** We are challenged by the Church not only to open our hearts to God but to one another. Reach out to help the needy.

**The Rice Bowl:** This campaign of the American Catholic Church is an effort to help our hungry brothers and sisters. We are asked to have one simple meatless meal each week and give what we save to help the hungry.

**Lent began** as a time for the Church to prepare those who wished to join the body of Christ through the Easter Sacraments of Baptism, Confirmation, and Eucharist. Please pray for people throughout the world preparing to receive these sacraments in the Easter Season.

*Lenten books*



The **devotional books for Lent** are available until the beginning of Lent (February 14<sup>th</sup>). A free will offering of \$2.00 is requested to cover the cost.

## WEEKLY INTENTION

### Saturday, February 17<sup>th</sup>

5:00 pm (SR) Jack & Helen Lauer

### Sunday, February 18<sup>th</sup> - 1<sup>st</sup> SUNDAY/LENT

7:00 am (DV) Anthony (Tony) Deldeo

9:00 am (SR) People of the Parish

11:00 am (RB) Frances Robinson

### Monday, February 19<sup>th</sup>

9:00 am (SR) William McLaughlin

### Tuesday, February 20<sup>th</sup>

9:00 am (SR) Jennie Brake

### Wednesday, February 21<sup>st</sup>

9:00 am (SR) Fr. William Keech, OSFS

### Thursday, February 22<sup>nd</sup>

9:00 am (SR) Severina Rodrigues

### Friday, February 23<sup>rd</sup>

9:00 am (SR) Paul O. Knight

7:30 pm Stations (SR)

### Saturday, February 24<sup>th</sup>

9:00 am (SR) Joseph McDonough

5:00 pm (SR) Dorothy Rich

### Sunday, February 25<sup>th</sup> - 2<sup>nd</sup> SUNDAY/LENT

7:00 am (SR) People of the Parish

9:00 am (SR) Doris Dehart

11:00 am (SP) Kelly Crawford

## WEEKLY CALENDAR

### Sunday, February 18<sup>th</sup>

11:00 am Children's Liturgy (Church)

### Monday, February 19<sup>th</sup> - PRESIDENT'S DAY

**RECTORY CLOSED**

**NO Religious Ed Classes**

**NO Scripture Study**

7:00 pm Young-at-Heart Meeting (Masci Hall)

### Tuesday, February 20<sup>th</sup>

10:00 am Staff Meeting (Rectory)

6:30-7:30 pm Open Prayer (Church)

7:00 pm Parish Council Meeting (Masci Hall)

### Wednesday, February 21<sup>st</sup>

After 9:00 am Mass - Stay to Pray the Rosary

### Thursday, February 22<sup>nd</sup>

9:00 am EDR Casserole Drop-off

5:30 pm Bingo (Masci Hall)

6:30-7:30 pm Open Prayer (Church)

7:30 pm Adult Choir (Church)

### Friday, February 23<sup>rd</sup>

5:00-7:00 pm Fish Fry (Masci Hall)

### Saturday, February 24<sup>th</sup>

After 9:00 am Mass - Pray the Miraculous  
Medal Novena

### Sunday, February 25<sup>th</sup>

11:00 am Children's Liturgy (Church)

12:15 pm Confirmation Meeting (Masci Hall)

3:00 pm Festival of Spirituals (Church)

### Please Pray for Our Sick Parishioners

Dolly Albanese, Ruth Bower, Geri Crockett, Julia Davis, Toni Di Lezio, Sr., Susan Denis, Carly Fedena, Jim Fedena Sr., Paul Farren, Sr., Mary Gabel, Regina Gemignani, Michael Giberson, Patti Grimes, Felicia Hallahan, Sarah Hess, Ella Kirksey, Charlie Lafferty, James Lafferty, Leila Lahan, Thomas Leo, Joseph Lichota, Aliyah Miller, Sara Murphy, Alex Newton, Dave Pacitti, Jane Parsons, Fr. Roy Pollard, Bridget Robinson, Helen Rupnicki, Kathleen Schauber, Irma & Wally Schock, Eva Smith, Frank Sullivan, Janet Szubieolski, Mary Tabler, Catherine Thomson, Rose Marie Turcol, Catalina Weddle, Vaughn Whisker, Ann Wilson, Cindy Zych, Kathy Hope, Denise Lopes, Donna Dougherty, Gerri Fedena, Joseph Coen, Mary Smith, Peter Lauer, Robert Pagenkemper, Evelyn Deeney, Chuck Williams, Eve Archangelo, Kay Volk, Gay Meriggi, Pamela Grow & our friends at the Kutz Home.

## RELIGIOUS EDUCATION



*Ms. Hummy Pennell:*

[hpennell@sainthelenas.org](mailto:hpennell@sainthelenas.org)

**Youth Group** meets tonight (Sunday) at 7:00 pm in the Religious Education Office.

**NO Religious Education Classes** tomorrow night in observance of President's Day. Please enjoy this time with your family.

**Confirmation Meeting** NEXT Sunday at 12:15 pm in Masci Hall. Candidates and sponsors need to attend.

## OFFERTORY COLLECTION

The Offertory Collection for the weekend of January 28, 2024 was \$4,807.00 and the online collection was \$1,852.00 for a total of \$6,659.00.

**Thank you!**

## LIFE'S HARD - WANT TO PRAY?

**St. Helena's Church will be open for prayer on:**

**TUESDAYS and THURSDAYS**

6:30 pm - 7:30 pm

from February 6<sup>th</sup> through March 21<sup>st</sup>

Options - rosary, quiet prayer, music ministry, and more.

Uncomfortable about coming? - come anyway - ask for Laura when you arrive.

Enter through church door marked with a yard sign.

## YOUNG-AT-HEART FEBRUARY MEETING

The February meeting for the Young-At-Heart Social Group will be tomorrow, February 19<sup>th</sup> in Masci Hall. The doors will open at 6:30 pm and the meeting will start promptly at 7:00 pm. The program for the evening will be Msgr. Stanley Russell who will be speaking about Lent. There will be light refreshments immediately following the meeting. We welcome you to join in.

### 2023 FAITH AND CHARITY CATHOLIC APPEAL: **SHINING THE LIGHT OF CHRIST**

To date, **\$62,308.64** has been received representing 97.32% of our Parish's **\$66,276.00** goal. **THANK YOU!** If you would like more information about the Annual Catholic Appeal: [www.cdow.org/annualcatholicappeal](http://www.cdow.org/annualcatholicappeal). Your generosity is deeply appreciated.

## PARISH JOB OPPORTUNITY

Saint Helena's seeks a **Maintenance Helper** to support the ministries of the Church and the needs of tenants. Major responsibilities include maintaining Parish facilities, grounds, and custodial duties. Some experience with building systems helpful. Part-time (10-20 hrs./wk). For details, contact Business Manager at [rrebmman@sainthelenas.org](mailto:rrebmman@sainthelenas.org) or 302-764-0325 x-102.

Get your  
green on!



Knights of  
Columbus

Enjoy a St. Patrick's Celebration with entertainment by 'Jump The Line', Irish Dancers, Traditional Irish Fare (Buffet, Beer and Wine included) all for the low price of \$40. This epic event will be held on March 16<sup>th</sup> at St. Helena's Masci Hall from 6:00 to 11:00 pm (doors open at 5:30). In addition to the loads of FUN, the proceeds benefit the charitable works of the K of C - Christopher Council Knights in Claymont. Programs that we support are Coats for Kids, Local Food Closets, Ministry of Caring, Catholic Charities, Special Olympics, Door of Hope Pregnancy Center, Mary Campbell Center, our Churches, and many more. For additional information or tickets, online purchases: <https://christopher-council-s-2024-st-patrick-s-party-pot-90849.cheddarup.com> or SCAN QR CODE with Phone.

Questions contact: Dom DiChristopher Jr  
[ddichristopher@verizon.net](mailto:ddichristopher@verizon.net) or 302-562-4492





# FISH FRY FRIDAYS DURING LENT 2024

FEBRUARY 16, 23                      5:00 p.m. to  
MARCH 1, 8, 15, 22                      7:00 p.m.

Hosted by the Knights of Columbus,  
Christopher Council (#3182), in  
St. Helena's Masci Hall

## THE "FOUR STAR\*" FISH FRY RETURNS!!!

On the six Fridays during Lent, the Christopher Council of the Knights of Columbus will host a Fish Fry in St. Helena's Masci Hall. (Please note that there is no Fish Fry on Good Friday). Dinner service is from 5:00 p.m. to 7:00 p.m. Takeout is available. The menu includes platters of fried fish, baked fish, fried shrimp, crab cakes or a seafood entrée special accompanied by a variety of side dishes. In addition, we'll be serving up hot soup, salads and desserts. Children's platters are available for those under 12 and Beer and Wine are available for those over 21. The proceeds from these dinners will go to support the charitable programs of Christopher Council, including the Outreach Program at St. Helena's and Holy Rosary. For questions or to volunteer, please contact Raymond at 302-547-6931 (phone or text) or [RaymondCobb3182@gmail.com](mailto:RaymondCobb3182@gmail.com) or Nancy at 302-598-8685 (phone or text) or [Natiesmom@me.com](mailto:Natiesmom@me.com)

\*The Dialog's Dashing Diner, March 11, 2022

## FISH FRY FRIDAYS MENU 2024

### Appetizers\*

- **Fried Calamari** \$6
- **Mozzarella Sticks** \$6

### Platters (served with choice of two sides and a roll)\*

- **Fried Fish** \$12
- **Baked Fish** \$12
- **Fried Shrimp(5)** \$14
- **Crab Cakes (2)** \$17

- **Dinner Special:** **Priced Weekly**

- **February 16:** Salmon; **February 23:** Lobster Ravioli
- **March 1:** Salmon; **March 8:** TBD
- **March 15:** Salmon; **March 22:** TBD

- **Add a piece of fried or baked fish (\$5), shrimp (\$7) or a crab cake (\$8) to any platter.**

### Sides\*:

Mac 'n Cheese	Green Beans	Stewed Tomatoes	Beets	
Scalloped Apples	French Fries	Tater Tots	Applesauce	Beans 'n Rice
Sw. Pot. Cass.	Garden Salad	Coleslaw		

**Extra Side** \$3.00

**Soup: 2 selections each night.** \$4.00

**Kids' Menu (12 and under)** \$6.00

- Fish sticks with applesauce and fries (no substitution)

**Desserts (Varied Selection)** \$3.00/\$4.00

**Can of Soda** \$1.50

**Bottle of Water** \$1.00

**Bottomless Cup of Coffee** \$2.00

**Beer** \$3.00/\$4.00

**Wine** \$4.00/glass

\*Prices and selection subject to change