

**March 3, 2024**  
**3<sup>rd</sup> Sunday of Lent**

*Third Sunday of Lent* 

Each year on this Third Sunday of Lent the person of Moses appears in our Liturgy. Moses, living about 1,200 years before Christ, is the giant of the Old Testament. He is used by God to bring His People out of their slavery in Egypt and lead them to the Promise Land. This year we hear Moses telling Israel (and all of us) the Ten Commandments. On Mount Sinai the Lord established His Covenant with His People. The Lord would bless them and protect them. For their part in this 'marriage' the people would obey God's commands. Jesus in the New Covenant is the new 'Moses'. As the Son of God made man, He is intimately united with His Father in heaven. He is shown to us driving the money collectors out of the holy temple of Jerusalem. In the holy season of Lent, Jesus continues to cleanse His new Temple, the church, of all that defiles it. We are called to let Jesus cleanse us of our sins.

**Reconciliation Monday**



This year, **Reconciliation Monday** will be held on **March 25th**. All parish churches in Delaware and Maryland's Eastern Shore will be open for confession from **3:00 until 8:00 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.

**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**

## WEEKLY INTENTION

### Saturday, March 2<sup>nd</sup>

5:00 pm (SR) People of the Parish

### Sunday, March 3<sup>rd</sup> - 3<sup>rd</sup> SUNDAY/LENT

7:00 am (SP) Alice F. Hill

& Horace "Babe" Conway

9:00 am (SR) Claire Laprade

11:00 am (RB) Mary Stipo

### Monday, March 4<sup>th</sup>

9:00 am (SR) Susan Delfino

### Tuesday, March 5<sup>th</sup>

9:00 am (SR) Brian Hopkins

### Wednesday, March 6<sup>th</sup>

9:00 am (SR) Frances & John Danchak

### Thursday, March 7<sup>th</sup>

9:00 am (SR) Paul O. Knight

### Friday, March 8<sup>th</sup>

9:00 am (SR) Vern Scott

7:30 pm Stations (SR)

### Saturday, March 9<sup>th</sup>

9:00 am (SR) Margaret Schmidt

5:00 pm (SR) Isabelle M. Krupa  
28 Year Anniversary

### Sunday, March 10<sup>th</sup> - 4<sup>th</sup> SUNDAY/LENT

7:00 am (SR) Richard Meredith Cain

9:00 am (SR) People of the Parish

11:00 am (SR) Bernard Patrick Cunniffe

## WEEKLY CALENDAR

### Sunday, March 3<sup>rd</sup>

11:00 am Children's Liturgy (Church)

Food Collection - All Masses

### Monday, March 4<sup>th</sup>

6:00 pm Youth Choir (Church)

6:30 pm Religious Ed Classes (School)

6:30 pm Scripture Study (Religious Ed Office)

7:30 pm Liturgy Committee (Rectory)

### Tuesday, March 5<sup>th</sup>

2:00 pm Parish Social Ministry (Rectory)

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

7:00 pm Christian Formation Committee  
(Religious Ed Office)

### Wednesday, March 6<sup>th</sup>

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

### Thursday, March 7<sup>th</sup>

5:30 pm Bingo (Masci Hall)

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

7:30 pm Adult Choir (Church)

### Friday, March 8<sup>th</sup>

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

7:30 pm Stations of the Cross (Church)

### Saturday, March 9<sup>th</sup>

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

### Sunday, March 10<sup>th</sup>

8:00 am-12:45 pm Breakfast Buffet (Masci Hall)

11:00 am Children's Liturgy (Church)

12:15 pm Baptism (Church)

## RELIGIOUS EDUCATION

**First Eucharist** letters were given out to all candidates on Monday night. If you have a child in second grade or older who has not received his/her Sacrament, please email Ms. Hummy at [hpennell@sainthelenas.org](mailto:hpennell@sainthelenas.org).

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



Here comes Peter Cottontail  
hopping to St. Helena's

**Saturday, March 23<sup>rd</sup> at 11:00 am**

(Raindate March 30<sup>th</sup>)

For children 1 thru 12

(Please bring a basket)

Please email Ms. Hummy if you plan to attend.

### 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 Schaubert, 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, Danielle Glasow, Walter Thomas & our friends at the Kutz Home.

## OFFERTORY COLLECTION

The Offertory Collection for the weekend of February 11, 2024 was \$3,218.00 and the online collection was \$2,932.00 for a total of \$6,150.00.

**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.

## SYNOD DISCERNMENT LISTENING SESSION

**Monday, March 4<sup>th</sup> at 6:30 pm**

Join Bishop Koenig in reflecting upon those things that encourage or hinder the Church's mission and ways that we as a Church can be helped in our ability to live and proclaim the Gospel. A listening session will be held in the diocese as part of the universal Church's Synod of Synodality. St. Margaret of Scotland, Glasgow, DE. RSVP today at [cdow.org/synod](http://cdow.org/synod).

## 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.

## FEBRUARY SOCIAL MINISTRY UPDATE

Parish Social Ministry Update - the tally is in!

Total phone calls in 2022 - 1,731

Total phone calls in 2023 - 2,563

There was an increase of 832 more phone calls for assistance from 2022 to 2023 which is an increase of 48 percent! Thank you to our dedicated group of volunteers for fielding all those calls! We could not do any of it without the support of our parishioners and we thank you! We are always in need of volunteers in our social ministry office. Could you spare one or two mornings a month? If so, please contact me on **ext 104**. Thank you! *Carol Ann*

## SECOND SUNDAY BREAKFAST



**Sunday, March 10<sup>th</sup> from 8:00 am - 12:45 pm**

Join us a St. Patrick's Day-themed breakfast featuring a large assortment of hot foods, baked goods, fresh waffles, omelets, beverages and more. \$12 for adults and kids 12+/\$4 for kids under 12. For more information or to make a reservation: contact Nancy, **302-598-8685** or [Natiesmom@me.com](mailto:Natiesmom@me.com).

## WEDDING ANNIVERSARY MASS 2024 PICTURES

Thank you to all who attended the annual Wedding Anniversary Mass with Bishop Koenig at St. Margaret of Scotland Church. The pictures have been placed on the Catholic Diocese of Wilmington website under the Office for Marriage and Family Life. Please visit [cdow.org/religious-edu](http://cdow.org/religious-edu) and click on the red link to access the pictures. Any questions can be directed to the Office for Marriage and Family Life - **302-295-0657**.



# FISH FRY FRIDAYS DURING LENT 2024

FEBRUARY 16, 23  
MARCH 1, 8, 15, 22

5:00 p.m. to  
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