Parish Staff

Pastor
Rev. Richard Villano 729-7344

Director of Pastoral Care
Virginia Tschida 729-7344

Director of Religious Education
John Sondag 729-7321

Religious Education Secretary
Nancy Stauner 729-7321

Director of Music
David Bartlett 651-239-6914

School Principal
Ellen Rian 729-9301

Parish Secretary
Elaine Bruce 729-7344

Business Manager
Joel Swanson 729-7322

Sunday Mass

Saturday 4:00 P.M.
Sunday 8:30 and 10:00 A.M.

Daily Mass

Monday through Saturday 8:00 A.M.

Holy Day Mass

Evening Before 5:30 P.M.
Holy Day 8:00 and 10:00 A.M.

Sacrament of Penance

Saturday 3:00–3:30 P.M.

Sacrament of Baptism

A Baptism Preparation Program is required for all registered first-time parents. Please call the Director of Pastoral Care.

Sacrament of Marriage

The bride or groom must be an active registered parishioner for at least six months prior to scheduling a wedding at St. Helena.

Nursery

Services available during the 10:00 A.M. Sunday Mass.

Parish Registration

To register in the parish, please fill out a registration form and return to the Parish Office. Registration forms are available at the entrances of the Church. Return completed form to the Parish Office.

Email: church@sainthelena.us
Website: www.sainthelena.us

The Church of St. Helena

Second Sunday of Easter
April 11, 2021

Jesus came, although the doors were locked, and stood in their midst and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe."

-Jn 20:26b-27

3204 E 43rd St • Minneapolis, MN 55406-3858 • (612) 729-7344

THE WORD

Have you ever self-diagnosed a rash or sore, gone to the medicine cabinet to choose an over-the-counter salve, applied the ointment, and waited for several days only to find the rash continued to worsen? The same phenomenon can take place in the moral life.

We have sin or a vice (habit of a particular sin) that's bothering us. In fact, we're spiritually sick, and our lives are possibly miserable, but we try to self-diagnose the malady or let the spiritual sore heal itself, or try our own spiritual ointment or medicine. And what happens? Nothing. Or very little spiritual healing takes place. Or, worse yet, the spiritual sickness worsens.

We would do well to make a visit to the Divine Physician (our Lord) in the Sacrament of Confession. The Gospel for this Divine Mercy Sunday reminds us of the institution by Jesus of this Sacrament of Penance (Confession) as it recounts Jesus saying to the Apostles, "Whose sins you forgive are forgiven them, and whose sins you retain are retained." Not only are our sins forgiven in this sacrament, but our Lord gives us grace to help us avoid sinning in the future.

St. Thomas Aquinas wrote about this sacrament: "In the life of the body a man is sometimes sick, and unless he takes medicine, he will die. Even so in the spiritual life a man is sick on account of sin. For that reason he needs medicine so that he may be restored to health; and this grace is bestowed in the Sacrament of Penance."

That in itself is a great psychological relief. Carl Jung, a psychological theorist, once said, "If everyone went to Confession, I'd loose 99% of my clients." When we live in harmony with the order of creation, there is bound to be an inner peace and happiness.

The penance which the priest assigns to the penitent also helps as remedy for the sickness of the sin. Confessors at times will tell penitents to do some action for their penance (such as giving money to the poor for sins of selfishness), which serves as antidote for an attachment to a particular sin. However, even if the penance is three "Our Fathers" and three "Hail Mary's," the praying of these prayers allows the penitent to open his heart to the Lord which can be medicinal.

If the Catholics who do not regularly commit mortal sins would focus more on Confession as a sacrament of healing, they would most probably grow in the life of virtue which should be the focus of our lives. That's because the virtuous life leads to loving God with all of mind, heart and soul and our neighbor as our self. And that brings peace and serenity.

John Sondag, Director of Religious Education

PASTOR'S REMARKS

1) Thank you for your generosity to the parish in celebration of Easter. There were so many involved in all of the services and your time and dedication is appreciated. A special thank you to Laurie and Anthony Petruconis and Rachel Scott for decorating the Church and to Laurie and Cecelia Petruconis for the beautiful violin music. We celebrate Easter for at least six weeks! We conclude our observance of Easter with the celebration of Pentecost on May 23. Happy Easter.

2) *Christ died for our sins in accordance with the Scriptures; he was buried and, in accordance with the Scriptures, rose on the third day; he was seen by Cephas, then by the twelve.*
1 Cor. 15:3-5

ACADEMY OF HOLY ANGELS SUMMER CAMPS—AHA is excited to be hosting our annual Summer Experience Camps again this June for students entering grades 3-9. The camps cost $90 and each student will receive their own Summer Experience t-shirt. Space is limited so register today. Visit *www.ahastars.org* to register and view camp descriptions. We can't wait to see you this summer!

DISCERNING PRIESTHOOD? SEMINARY APPLICATION LAUNCH WINDOW IS NOW FOR FALL 2021— Those discerning priesthood who would like to discuss next steps are invited to contact Vocations Director Father David Blume. Father Blume is currently meeting with men applying to be considered for acceptance as archdiocesan seminarians for fall 2021. Father Blume can be reached at *frblume@stthomas.edu* or 651-962-6890.

EASTER FLOWERS—Those who offered a memorial gift for the Easter flowers may pick up a plant any time beginning the week of April 18th. The flowers will be at the East and West exits on tables. Thanks to those of you who contributed to the Easter flowers in memory of your loved ones. It was your generosity that made our church look so beautiful during this Easter Season. DO NOT TAKE THEM FROM THE ALTAR

FOOD SHELF—Thank you all for your care and generosity for those in need. It's heart warming to see all the donations coming in weekly. Please continue to bring rice, pasta, oatmeal, canned goods, cereal, peanut butter and jelly. Cake mixes and cans of frosting can be fun items for families wanting to celebrate their loved ones, along with muffin and cookie mixes. " *Each of you should give what you have decided in your heart to give, for God loves a cheerful giver."2 Cor. 9:7.*

SAFE ENVIRONMENT UPDATE—All volunteers who have regular interaction with youth and vulnerable adults need to be certified under the Archdiocesan Safe Environment standards. Together we can work to protect God's children and the most vulnerable among us. Thank you for your shared commitment to the achievement of this goal. In addition, the Archdiocesan Victim Assistance line is 651-291-4475.

IF YOU CANNOT RECEIVE HOLY COMMUNION DURING THIS TIME OF THE CORONAVIRUS, YOU CAN MAKE A SPIRITUAL COMMUNION:
My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

SPIRITUALLY ADOPT A PERSON WHO'S DYING ALONE OR WITHOUT THE SACRAMENTS—Some people are dying alone from the Coronavirus. Through your prayer, spiritually adopt a person somewhere in the world who may have no family or friends to be with them at the moment of death or perhaps who is unable to have the sacraments of the Church.

ARE YOU INTERESTED IN BECOMING A CATHOLIC?—The Church of St. Helena offers a program that prepares people to become Catholic. It's held on Tuesday evenings at 7:30 P.M. in the Parish Offices. If Tuesdays are impossible for any individual, another time can be negotiated. For more information, call John Sondag at 612-275-0431.

PLAN AHEAD: "AUTUMN DAZE" FESTIVAL—SEPTEMBER 17, 18, & 19—Mark your calendar for the Autumn Daze Festival on September 17, 18, and 19. We're planning a full-scale festival with rides, entertainment, food, games, parade, auction, quilt bingo,—the whole grand "shebang." We figure it's easier to scale back at the last minute because of restrictions than to ramp up in a week. So, volunteer, sign-up, and plan to have one of the greatest festivals ever. Can't you just taste those malted milks—we have the milk wagon ordered.

BUTTON LOGO CONTEST—You can win prizes in the Button Logo Contest for the 2021 "Autumn Daze." See the contest entrance blank in the bulletin or call 612-275-0431 for a set of rules. Adults and children can enter.

IF YOU ARE A PARISHIONER WHO NEEDS HELP—Parishioners who might be out of work, sick and unable to work, or struggling because of financial difficulties or problems can receive help from the St. Vincent de Paul Conference in the parish which reaches out to individuals and families in the parish who are having difficulties. (Your name will be kept confidential.) If you need more information or help, please call John Sondag at 612-275-0431.

IF YOU HAVE QUESTIONS ABOUT THE CATHOLIC FAITH—The Church of St. Helena offers a program that helps people to know more about the Catholic Faith and have their questions answered. For more information, call John Sondag at 612-275-0431.

BE PART OF THE ST. VINCENT DE PAUL CONFERENCE—The St. Vincent de Paul Conference in the parish reaches out to individuals or families who need assistance. Conference members visit their homes to assess how they can be of service and in a very personalized and confidential way give them help. The next meeting is Thursday, April 22, at 6:30 P.M. in the Parish Offices. For more information, call John Sondag at 612-275-0431.

ENRICH YOUR CATHOLIC FAITH—You can bolster and enliven your faith by purchasing and listening to some CDs displayed at the handicap entrance to the church. As we continue to have limited in-person events, this may be a good time to deepen our reflection on Christ, His teachings, and the teachings of the Church.

RELIGIOUS EDUCATION CLASSES FOR PUBLIC SCHOOL CHILDREN ON WEDNESDAY EVENINGS—In-person religious education classes for elementary and junior high students continue on Wednesday evenings, at 6:45 P.M. in the downstairs of the church and Parish Office Building. Students wear masks and socially distance themselves. If you would like to enroll your child, please call John Sondag at 612-275-0431.

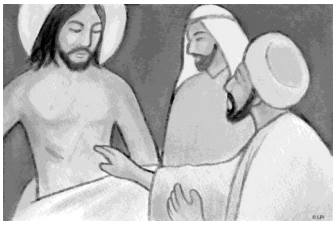
BETHANY HOUSE SUMMER PROGRAM—Summer Program: June 12—August 7, 2021—accepting applications! Bethany House Discernment Program: August 29, 2021—May 28, 2022—accepting applications!—Bethany House is a place, set apart, with an environment of support and encouragement for Catholic women as they intentionally discern consecrated life. The women live in community, pray together, have meals together, host Religious Sisters and participate in a discernment book study during the program. For more information and to request an application, see *10000vocations.org*

COR JESU—Friday, May 7, 8:00 P.M., virtual event—Join us to adore the Lord and be together in prayer, praise and worship at *facebook.com/ASPMVocations*. Father Matthew Alexander, Spiritual Director and Formator at Saint John Vianney College Seminary, will preside on May 7. Send prayer requests: *stpaulvoctions@10000vocations.org* or call the Office of Vocations at 651-962-6890. The Cor Team will pray for your intentions.

WOMEN OF ST. HELENA—Every Friday morning a group of women meet at Church after the 8:00 Mass for quiet time, and prayer. We pray in silence for a half hour, then voice our prayer requests for family, friends and special intentions, followed with the rosary. If you would like to join us, please call Barb Kaluza at 612-721-2504 or Shirley Balster at 612-722-8847, as we sometimes cancel due to weather. All are welcome and encouraged to come and share the blessings of praying with women of varied ages.

QUILTERS NEEDED—Many hands are needed to complete 50 quilts for quilt bingo for the "Autumn Daze" festival! No experience is needed to help us. If you can tie knots, you can help. Please join us on Monday at 9:00 A.M. or Wednesday evenings at 6:15 P.M. All are welcome. Call Lucy Koller at 612-729-9445, if you have questions.

"AUTUMN DAZE" FESTIVAL
SEPTEMBER 17, 18 & 19, 2021



SCRIPTURE # 1081

Acts 4:32-35
Jn 5:1-6
Jn 20:19-31

MASS INTENTIONS
8:00 AM

Monday		**For Our Bishops**
Tuesday	†	**Rosemary Mosiniak**
Wednesday		**Jim & Dolores Ramerth** *(70th Wedding Anniversary)*
Thursday	†	**Clairbel Olson**
Friday	†	**Dick Larson**
Saturday	†	**Charlie Berg**

SACRISTY LINENS—Mary DeLuney

WEEKLY SCRIPTURE READINGS

April 12: Acts 4:23-31, Jn 3:1-8
April 13: Acts 4:32-37, Jn 3:7b-15
April 14 Acts 5:17-26, Jn 3:16-21
April 15: Acts 5:27-33, Jn 3:31-36
April 16: Acts 5:34-42, Jn 6:1-15
April 17: Acts 6:1-7, Jn 6:16-21
April 18: Acts 3:13-15, 17-19, 1 Jn 2:1-5a, Lk 24:35-48

PARISH CALENDAR
April 12—April 19

April 12
-Quilters, Parish Offices, 9:00 am

April 13

April 14
-Religious Education Program , Rowan Hall, 6:45 pm
-Confirmation Program, Parish Offices, 6:45 pm
-Quilters, Parish Offices, 6:15 pm

April 15

April 16
-Women's Prayer Group, Church, 8:30 am
-Virtual Rosary, 7:00 pm

April 17
-Confession, Church, 3:00 pm
-Mass, Church, 4:00 pm

April 18
-Mass, Church, 8:30 am & 10:00 am

April 19
-Quilters, Parish Offices, 9:00 am

Daily Mass, Monday-Saturday, Church, 8:00 am

ST. HELENA SCHOOL NEWS

Spotlight on Third Grade

Several weeks ago, we had the opportunity to meet Lisa Hendley who is the author of the Chime Travelers Series. We have read several of her books in class and the third graders enjoyed hearing her speak through Zoom. We read the "Sign of the Carved Cross" and we learned about Kateri Tekakwitha. The students enjoyed learning more about Saint Kateri and how much she loved Jesus. She spoke about the book process in more depth and how each one of us is called to be saints. The students were inspired by her message.

We also learned about Jamestown, the site of the first permanent English settlement in America. We had another wonderful opportunity for a virtual field trip of historical Jamestown. We had a guest speaker teach us more about Jamestown and why they chose to settle in Virginia and the relationship between the Powhatan Native Americans and the settlers. The third graders asked many inquisitive questions and were very engaged during the presentation.

The third graders were assigned an ecosystem project in late February and the projects were due in late March. The third graders did a fabulous job on their projects.

Margaret Kruseman
Third Grade Teacher

A MESSAGE FROM THE DIRECTOR OF PASTORAL CARE—If you or a loved one is hospitalized or have moved to an Assisted Living/LTC facility, please call the office at 612-729-7344 and ask for Virginia. At this time we are unable to make visits but the Anointing of the Sick can be arranged through the Archdiocese if it is allowed at the facility. Home visits can be discussed when you call Virginia. Your health, well being and spiritual care are important to us.

BAPTISM—A Baptism Preparation Program is required for all registered first-time parents. To register for the class, please call Virginia, the Director of Pastoral Care, at 612-729-7344.

WAYS TO WATCH/LISTEN TO MASS—For ways to watch or listen to Mass, visit: *archspm.org/live*

PRAYER CORNER

Lord, God of the living, you give us lasting youth through the waters of rebirth, and happiness through the bread of life. Do not desert us when we are old, but help us to follow your will in both good times and bad, so that we may for ever praise your faithfulness.