

June 22, 2025

SAINT HELENA CHURCH

1489 DeKalb Pike
Blue Bell .PA .19422
610-275-7711

They all ate and were satisfied.

Luke 9:17





OUR PARISH MISSION STATEMENT

ONE FAMILY

United as members of the One, Holy, Catholic, and Apostolic Church, we are committed, as **ONE FAMILY**, to be messengers of God's love and presence in the world, and to welcome and invite others to become part of this family and this mission.

ONE HEART

Called by our Baptism to a life of service in the Lord, we are committed, with **ONE HEART**, to live in charity, practice the works of mercy, and work for peace and justice.

ONE FAITH

Strengthened by God's Word and nourished by His Sacraments, we are committed, in **ONE FAITH**, to promote lives of learning, living, and proclaiming the Gospel message, as we continue to grow in the knowledge, understanding, and appreciation of all that embodies these awe-inspiring truths.

PRIESTS/DEACONS:

Rev. Joseph W. Bongard: Pastor of St. Helena & Parochial Administrator of St. Titus
 Rev. Samuel A. Verruni: Senior Priest
 Msgr. Joseph J. Nicolo: Pastor Emeritus
 Deacon Claude Granese
 Deacon A. Kenneth Belanger, Retired

PARISH OFFICE:

Phone: 610-275-7711

Web Site: www.sainthelena-centersquare.net

Email: parish@sainthelenachurch.org

Monday through Friday: 9:00 AM to 5:00 PM

Parish Administrative Assistant: Mrs. Gina Malony

NEW REGISTRATIONS, call the office to make an appointment.

EDUCATION CENTER:

1499 DeKalb Pike Blue Bell PA 19422

Phone: 610-279-3345 <> Fax: 610-279-3272

School Principal: Miss Denise Britt

School Secretary: Mrs. Megan Tronoski

School Nurse: Mrs. April Maxwell

CCD (CONTINUING CATHOLIC DEVELOPEMENT):

Phone: 610-279-3870

Dir. of Religious Education:

DIRECTOR of PARISH SERVICES:

Phone: 610-930-0349

Mr. Christian Thompson

FACILITIES MANAGER:

Phone: 610-322-5749

Mr. Vince Thompson

FACILITIES DIRECTOR:

Phone: 610-275-7711

Mr. Jay Maiale

GLUTEN SENSITIVE OR WHEAT ALLERGY?

Any individual in need of receiving a low-gluten host should get in the communion line of the Priest who is the Main Celebrant of the Mass and request one when presenting oneself for Holy Communion. At all Masses, the Main Celebrant will have a pyx containing low-gluten hosts. There is no need to pre-arrange or notify anyone before Mass.

ST. HELENA MASS SCHEDULE:

Monday - Saturday: 9:00 AM Chapel

Saturday: 4:00 PM Vigil Mass

Sunday: 7:30 AM, 9:00 AM, & 11:00 AM

Holy Days: Vigil: 7:00 PM,

Holy Day: 9:00 AM, & 12:15 PM

ST. TITUS MASS SCHEDULE

Monday, Tuesday, Thursday, Friday: 8:00 AM

Saturday Vigil Mass: 4:30 PM

Sunday: 10:00 AM

Holy Day: 10:00 AM

SACRAMENT OF RECONCILIATION:

St. Helena - Saturday at 3:00 PM in the Church

St. Titus - Saturday at 3:30 PM in the Church

or call St. Helena Parish Office to make an appointment

ST. THERESA CHAPEL HOURS:

The Saint Theresa Chapel is open Monday - Friday from 6:30 AM to 9:00 PM; Saturday from 8:00 AM - 5:00 PM and Sunday from 7:00 AM to 5:00 PM.

SPIRITUAL DEVOTIONS:

Eucharistic Adoration: Mon-Fri 9:30 AM-7:30 PM

Most Holy Rosary: Mon-Sat 8:15 AM (Chapel)

Wednesdays: 11:30 AM (Grotto)

Divine Mercy Chaplet: Mon-Sun 3:00 PM (Chapel)

followed by recitation of Rosary

SACRAMENT OF BAPTISM:

Baptisms are celebrated every Sunday *after* the 11:00 AM Mass. Please stop by the Parish Office for information on scheduling Baptism for your child.

A Pre-Baptism class is required for parents & optional for Godparents, and are *usually* offered the first Monday of the month at 7:00 PM in the Convent. Call the Parish Office to register for a class.

SACRAMENT OF MARRIAGE:

At least 6 months prior to your desired wedding date, contact the Parish Office to schedule an appointment with a Priest.

The Archdiocese of Philadelphia requires that all couples attend a Pre-Cana class before marriage. At this time we ask you to go to Archphila.org, under Marriage preparations to take the class on-line.

SACRAMENT OF ANOINTING OF THE SICK:

Arrangements can be made by calling the Parish Office at 610-275-7711.

PARTNER PARISH MASS INTENTIONS

Sat., June 21 - St. Aloysius

9:00 AM - St. Helena Chapel

† Living & Deceased Members of the St. Theresa Guild

4:00 PM - St. Helena Church

† Robert "Bob" Elias - 1st Anniversary
Req. by the Schmidt Family

4:30 PM - St. Titus

† The Giovinco Family
Req. by John & Mary Czapl

Sun., June 22 - The Most Holy Body & Blood of Christ

7:30 AM - St. Helena Church

† For the People of the Parish

9:00 AM - St. Helena Church

† Ferenc Szalay
Req. by the Passero Family

10:00 AM - St. Titus

† Rita Granese
Req. by Marilyn Van Buren

11:00 AM - St. Helena Church

† Maryann Kaufmann
Req. by the Piskai Family

Mon., June 23

8:00 AM - St. Titus

† Ret. SGT. Roberto Raagas, Philippine Army
Req. by Gemma & Jeremiah Baldon

9:00 AM - St. Helena Chapel

† Florence Quinn
Req. by Catherine Senyk

Tues., June 24 - The Nativity of St. John the Baptist

8:00 AM - St. Titus

† Walter Paquette
Req. by Jean Paquette

9:00 AM - St. Helena Chapel

† Alfonzo Gallo
Req. by the Kuklinski Family

Wed., June 25

9:00 AM - St. Helena Chapel

† James Pitrino
Req. by the Pitrino Family

Thur., June 26

8:00 AM - St. Titus

† Timothy Orner
Req. by Cheryl Murphy

9:00 AM - St. Helena Chapel

† Joseph Pucci
Req. by his Daughter

PARTNER PARISH MASS INTENTIONS

Fri., June 27 - The Most Sacred Heart of Jesus

8:00 AM - St. Titus

† Living & Deceased Parishioners of St. Titus

9:00 AM - St. Helena Chapel

† Donald DiFilippo
Req. by the Sajda Family

Sat., June 28

9:00 AM - St. Helena Chapel

† Living & Deceased Members of the St. Theresa Guild

4:00 PM - St. Helena Church

† Regina J. Ralston - 1st Anniversary
Req. by Dona & John Schmidt

4:30 PM - St. Titus

† Gregory Loeper
Req. by Stephen Konowal

Prayer for the Sick



In your charity, please pray for our sick & home-bound parishioners, as well as those living in health/nursing facilities.

In particular, please remember the following individuals:

Patrick Banicki, Dave Colman, Juan Barba, Sue Eason, Lorraine Perri, Mike Piskai, Jr., Linda Weikert, Patty Kurkowski, William Lawrence, Joan DiDonato, Kristen Gilia, Al Slusarz, Bruce Shepherd, Marsha Tinti, Jong Soo Sohn, Carletta Sohn, Kevin Hogan, Charlotte Yacovelli, William Yacovelli, Sarah Jammer, Sr. Fran Reinhardt O.S.F., Richard Kellerman, Danny Matoney, Nicolette Theisen, Nancy Matozzo, Anthony Grasso, Thomas Grasso, Kaye Grasso, Serli Pucci, Kieran Daly, Sr., David Gensert, Liz Flynn, Joseph Romano, Tammy Lentz, Patricia Flaherty.



PRAY FOR OUR MILITARY

Please pray for all our military Personnel.

Lord God, Almighty Father, Creator of humankind and Author of peace, we are ever mindful of the cost paid for the liberty we possess, we ask You to bless the members of our Armed Forces. Give them courage, hope and strength. May they ever experience your firm support, gentle love and compassionate healing. Be their power and protector, leading them from darkness to light. To You be all glory, honor and praise now and forever. Amen.

LTJG Rebecca McCool, LT. Brendan Koch, LTJG John W Bushner, CPT Christopher Rongione



In your Christian charity and mindful of the Communion of Saints, please pray for

ALL OUR BELOVED DECEASED

LUCIENNE McANALLY

CRAIG PHIFER, KAZIMIERZ GORKA

May their souls and the souls of all the faithful departed through the mercy of God rest in peace. Amen.

MEMORIALS FOR THIS WEEK



A Candle burns at the Blessed Virgin Mary in memory of

**DECEASED MEMBERS OF
THE UCCELLETTI FAMILY**

Requested by the Family



A Candle burns at the Blessed Virgin Mary in memory of

FERNANDO SONSINI

Requested by the Famiglia Luciani

PARISH EVENTS FOR THIS WEEK

SUNDAY, JUNE 22

- Masses: 7:30, 9:00, 11:00 AM - Church

MONDAY, JUNE 23

- Daily Mass: 9:00 AM - Chapel
- Prayer Shawl Ministry: 12:30 PM - Lady of Fatima

TUESDAY, JUNE 24

- Daily Mass: 9:00 AM - Chapel
- Adult Basketball: 5:30 PM - Rec. Center
- 3 on 3 Basketball: 7:30 PM - Rec. Center

WEDNESDAY, JUNE 25

- Daily Mass: 9:00 AM - Chapel

THURSDAY, JUNE 26

- Daily Mass: 9:00 AM - Chapel

FRIDAY, JUNE 27

- Daily Mass: 9:00 AM - Chapel

SATURDAY, JUNE 28

- Daily Mass: 9:00 AM - Chapel
- Men's Fellowship Group: 7:00 AM - Convent
- Blood Drive: 9:00 AM - Cafeteria
- Vigil Mass: 4:00 PM - Church

SUNDAY, JUNE 29

- Masses: 7:30, 9:00, 11:00 AM - Church

LITURGICAL MINISTRIES

JUNE 28 & JUNE 29

CELEBRANTS & DEACONS

Saturday, June 28

4:00 PM St. Helena Fr. Sam

4:30 PM St. Titus Fr. Redcay (Deacon Claude)

Sunday, June 29

7:30 AM St. Helena Fr. Joe (Deacon Claude)

9:00 AM St. Helena Fr. Joe

10:00 AM St. Titus Fr. Sam

11:00 AM St. Helena Msgr. Beach

**Traveling
this Summer?
Stay Connected
to Your Parish
with Online Giving.**

Parish Giving
simple. secure. convenient.



To get started, log on to:
www.sainthelena-centersquare.net
and click on the Parish Giving
Logo, then follow the easy
registration steps.

Parish Giving offers secure flexible Online Giving for our parishioners who would like to make their donations online using a credit card or bank transfer. You never have to bring cash or checks to church. Online Giving helps the church save money and plan the budget.

Special Request--From our pastor Fr. Joe.

As I approached the second anniversary as the Pastor of St. Helena Parish, I have begun the work of creating and installing a new Pastoral Council. An effective Pastoral Council represents all the various constituents of our community. With open discussion and prayer, the Council develops a pastoral plan addressing the current needs of our Faith Community, but more importantly, helps to set a plan of action for the future.

If you are interested in offering your time and talents to serve the parish as a member of the Pastoral Council or if you have any questions, suggestions or recommendations, please send an email to

*[Pastoralcouncil@
sainthelenachurch.org](mailto:Pastoralcouncil@sainthelenachurch.org)*



Summer Reading

Treat yourself to a good book this summer.
Enrich your faith!

Visit the Catholic lending library located in the Information Room next to the Narthex in the church. New additions added weekly.

Just a few examples:

The Three Ordinary Voices of God, by Matthew Kelly,

Rediscovering Christ, By Matthew Kelly,

The Introduction to Prayer, by Bishop Barron.



Saint Helena

CCD

(CONTINUING CATHOLIC DEVELOPMENT)



Registration for 2025-2026 Levels 1-8 is NOW open

New Level 8: Faith in Action!

(This level is optional for children who would like to continue learning and growing in Faith. It is oriented in service and on hands mission work)



Please sign-up using the QR-CODE above

Made with PosterMyWall.com

PREP is now CCD

(Continuing Catholic Development)



CATECHISTS, SUBSTITUTES, MASS AIDES & STAFF *Needed* for 2025-2026

If interested please contact
PREP@Sainthelenachurch.org or use the
QR-CODE below

Sundays 9:30AM-10:45AM .
Masses 11:00AM-12:00PM

"The primary goal in the education of children is to
teach, and to give the example of, a virtuous life."
Saint John Chrysostom



"A Simple Farewell"

Dear Beloved Parishioners,

I hope this message finds you well and filled with the peace of Christ.

Today, as we celebrate Father's Day and Holy Trinity Sunday. A day honoring the gift of fatherhood and the many men who lead, love, and serve their families with devotion. Thank you for the strength, compassion, and sacrifice you show your families and our faith community. Your example reminds me of the quiet strength of St. Joseph — faithful, humble, and obedient to God's will.

During this weekend, I find myself reflecting deeply on the nature of spiritual fatherhood, and the journey God calls each of us to take. With that in mind, I write to share some personal news. After much prayer and reflection, I will begin a sabbatical — a time of rest, renewal, and spiritual reflection starting on June 16. My decision comes after much prayer and discernment throughout this past year, with the full support of Archbishop Perez and the Archdiocese.

A sabbatical is a long-standing tradition in the Church, allowing clergy to step away from the daily responsibilities of parish life, to be refreshed in spirit, and to listen more closely to the voice of God. This is not a time of disengagement from faith, but rather a time to deepen it and allow Christ to continue to walk with me on my journey.

I know this announcement comes with emotion for you and for me. We have walked together through the joys, sorrows, challenges, and graces. You have entrusted me with your stories, your faith, and your lives. For that, I am eternally grateful. Please know that I carry each of you in my heart as I begin this sabbatical. This will be my final weekend at both parishes of Saint Helena and Saint Titus. While I will be away from the day-to-day life of the parish, please know that my love and prayers remain with you always.

Serving both parish communities and all my past assignments has been a true blessing, and I am deeply grateful for the many ways you have supported, prayed and journeyed with me.

Thank you for your support, understanding and love. May God bless you and keep you. Please pray for me as I will for you.

With gratitude and love in Christ,

- Fr. Kyle Adamczyk



ANNUAL MANNA BAG COLLECTION

This year we are changing our Manna Collection a little. Manna Bags will be in the Narthex June 14 through July 12, we ask that you take one, fill your bags and kindly return it to the Information Room in the Church, no later than Sunday, July 20.

Canned food items in greatest need are: **Bagged White Rice, Black Beans, Kidney Beans, Canned Corn, Diced Tomatoes, Spaghetti Sauce, Cereal, Cereal Bars, Oat Meal Packets, Canned Meats, ie. Tuna, Chicken, Spam.**

If you are not able to bring a filled bag, feel free to donate to Martha's Choice Marketplace at:
www.marthaschoicemarketplace.com/ways-to-support

We "Thank You" for your continued support in helping our neighbors in need.

Manna Prayer

Jesus, many times throughout Your life
You fed hungry people and
You called others to help.

You called the young child with the
Loaves and fishes to share his gifts.
You call each one of us today.

Open our eyes to see the needs of others.
Open our ears to hear your call to share.
Open our hearts to welcome all
People to the table of love.
Amen.

Vacation Bible School 2025

Radical Ride: On the Wings of Prayer

Children will **travel the world** with **Amazing Angels and Super Saints**, discovering the **power of prayer** and how to bring it into their everyday lives!

Each day is packed with:

- ◇ **Faith-filled lessons** that inspire
- ◇ Creative **Crafts** to take home
- ◇ Exciting **Games** to get moving
- ◇ Uplifting **Music** to sing & dance
- ◇ Delicious **Snacks** to fuel the fun



When? August 4th to 8th, 9am to 12pm

Where? Saint Helena Education Center

Who? All rising K — 5 grade students
(going into 2025/2026 school year)

For Teens: All rising 6 — 12
grade students are welcomed as
Teen Leaders

Cost? \$40 for Child Campers and
\$20 for Teen Leaders

Registration is now 100% online
Please scan the QR code to
register!

Registration is closing in one month on July 5.
Please sign up today!

Contact: Christian Thompson 610-930-0349 or
cthompson@sainthelenachurch.org



Help save lives. Give blood.



Charitable Service and Fraternity

Join the Knights for free www.kofc.org

Grand Knight, Ted Pantaleo tpantal@msn.com

Save a Life: Red Cross Blood Drive - June 28

Make an online appointment at
redcrossdblood.org to donate blood on
Saturday, June 28 from 9 am to 2 pm
at St Helena School cafeteria.

St. Helena School Graduation **June, 2025**

The following Eighth Grade students have successfully completed the course of study prescribed by the Commonwealth of Pennsylvania, the Archdiocese of Philadelphia and St. Helena School and are hereby awarded diplomas:

Alessia Antonelli, Devin Barkmeyer, Charles Barr, Ryan Bear, Lauren Buckley, William Byrne, Jaelynn Calixte, Kieran Collins, John Conte, Brigid Dion, Tyler Doran, Daniela D'Orazio, Hailey Erfle, Courtney Falcone, Abigail Farrell, Michaela Fay, Michael Findley, Vincenzo Gallo, Ryan Hillsley, Grace Humay, Michael Inforzato, Cooper Kovatch, Zoe Lonergan, Stephen Masucci, John McGinn, Jason McIlvaine, Sophia McMaster, Addison McNiven, James Meisler, Anne Morano, Leah Naldzin, Nolan Pantaleo, Lara Powzaniuk, Cain Radomicki, Ella Rakow, Piper Richardson, Ian Robertson, Jianluca Romano, Aidan Rose, Kylie Ruiz, Logan Rush, Madeline Santana, Aubrey Short, Riley Spigelmyer, Antonio Stivaletti, Andrew Tedesco, Hayden Vargas, John Viscanti, Kyle Whelan, Dylan Zapalac.

We would like to recognize the accomplishments of our 8th grade students have earned throughout the school year.

During the Academic year of 2024-2025 the award for the highest general average, presented by the Home and School Association: Brigid Dion

An award is given to the following students who have displayed proficiency in their studies in the following subjects:

Religion: Piper Richardson and William Byrne

Kit and Charley Shoulberg Award:

Jianluca Romano, Madeline Santana, Piper Richardson, Aubrey Short, Sophia McMaster, Logan Rush

Stanley Kasper Poetry Award: Zoe Lonergan

American History Award, sponsored by the Valley Forge Chapter, Daughters of the American Revolution:
William Byrne

Tony Esposito Science Award: Andrew Tedesco

Proficiency in Math : William Byrne

Music Award: Abigail Farrell

Erin Moore Art Award: Michael Inforzato and Sophia McMaster

Paul Olshansky Award: Piper Richardson and Ian Robertson

Saint Helena CYO Scholar and Athlete Award:
Brigid Dion and Jianluca Romano

Presidential Academic Fitness Award:

William Byrne, Sophia McMaster, Jianluca Romano, Brigid Dion, Lara Powzaniuk, Kylie Ruiz, Ryan Hillsley, Ella Rakow, Madeline, Santana, Michael Inforzato, Piper Richardson, Andrew Tedesco, Zoe Lonergan, Ian Robertson and Kyle Whelan.

Altar Server Award: William Byrne, Brigid Dion, Michael Findley, Ryan Hillsley, Cooper Kovatch, Jason McIlvaine, Nolan Pantaleo, Ella Rakow, Piper Richardson, Jianluca Romano, Haydon Vargas, John Viscanti and Kyle Whelan.

Kathie Bacon Award : Leah Naldzin

John M. Shapiro Award : Charles Barr and Kyle Whelan

Landon Vargas Award: Abigail Farrell and Hayden Vargas

Kellan Ford "Choose Happiness" Award: Aubrey Short

Knights of Columbus Gift: Grace Humay and Ryan Hillsley

Women's Club of Whitpain Memorial Award :
Alessia Antonelli and Cain Radomicki

Ladies of Helena Award: Daniela D'Orazio and Devin Barkmeyer

George Butera Award : Ella Rakow and Michaela Fay

Michael Basile, Sr. and Frank Dulin, Jr. Award:
Jaelynn Calixte

Sean O'Neill Award: Jason McIlvaine

Matt MacNamee Award: John McGinn

Reverend John T. Coates Award: Ryan Bear

Monsignor Joseph J. Nicolo Award : Brigid Dion and John Viscanti

Reverend Joseph W. Bongard (Father Joe) Award :
Nolan Pantaleo

Sister Cathe Shoulberg Award: Courtney Falcone

Spirit of Catherine McAuley Award : Madeline Santana

Saint Helena Faculty Award : Jianluca Romano

Academic Scholarships to various high schools in the area.

1. Devin Barkmeyer - Roman Catholic High School and LaSalle College High School.
2. William Byrne - Lansdale Catholic High School, Roman Catholic High, LaSalle College High School, and Saint Joseph's Preparatory School.
3. John Conte - Springside Chestnut Hill Academy.

Continued

St. Helena School Graduation **June, 2025 - Continued**

4. Abigail Farrell - Mount Saint Joseph Academy and Pope John Paul II High School.
5. Michael Findley - LaSalle College High School.
6. Michael Inforzato - LaSalle College High School, Saint Joseph's Preparatory School, and Pope John Paul II High School.
7. Zoe Lonergan - Pope John Paul II High School, Mount Saint Joseph Academy, and Gwynedd Mercy Academy.
8. Stephen Masucci - LaSalle College High School.
9. Sophia McMaster - Gwynedd Mercy Academy.
10. Jianluca Romano - LaSalle College High School and Lansdale Catholic High School.
11. Piper Richardson - Mount Saint Joseph Academy and Academy of Notre Dame de Namur.
12. Logan Rush - Lansdale Catholic High School.
13. Aubrey Short - Villa Maria Academy High School.
14. Andrew Tedesco - LaSalle College High School, Saint Joseph's Preparatory School, and Lansdale Catholic High School.
15. Hayden Vargas - LaSalle College High School.
16. John Viscanti - Lansdale Catholic High School.
17. Kyle Whelan - LaSalle College High School and Saint Joseph's Preparatory School.

Congratulations to the Class of 2025!



HELP KEEP ST. HELENA BEAUTIFUL BY ADOPTING A GARDEN!

The Garden Club maintains various flower beds on the Church campus grounds. We are asking for your help in keeping our gardens looking beautiful. Maybe a family or a Church ministry group could adopt one of the gardens to upkeep during the spring, summer, and fall months. We are asking that the gardens are weeded weekly or as needed. If area is dry when you are weeding, please water. Please start as soon as possible. Initial weeding and mulching was done which should make it much easier to keep up.

If you can help, please call Theresa Smith at 215-646-7636 or email at theresacssmith@verizon.net.



MARTIN SAINTS
CLASSICAL HIGH SCHOOL
A CHESTERTON ACADEMY

Robotics Summer Workshop



Too often, technology encourages kids to become passive consumers. Addicted to screens, their eyes glaze over, and God-given talents atrophy. But it need not be this way. Our sons and daughters should have fun creating, tinkering, experimenting. Studying robotics can turn technology into something active, developing problem-solving skills that will last a lifetime.



Circuitry, Programming, and Robotics

July 7th-11th, 2025 | 9 am-12:00 pm
Open to rising 6th-12th graders | BYO Lunch
3000 Keenwood Road, East Norriton, PA
\$200 | Laptops and electronics are provided. Each student gets a small electronics kit to keep.



Scan QR to Register

More details and registration at whymsc.org/camps



MARTIN SAINTS
CLASSICAL HIGH SCHOOL
A CHESTERTON ACADEMY

Joyful Storytelling: Catholic Filmmaking Camp



Lights, camera, faith!

Join Emmy Award-winning filmmaker Bill Rose of Joyful Films for a dynamic, hands-on summer camp where students learn to tell faith-filled stories through film. In five creative mornings, campers will write, film, act in, and edit short films exploring themes like hope, mercy, and faith.

Camp Highlights:

Faith-based Storytelling & Scriptwriting
Filming with cameras or phones
Acting & Directing basics
Editing fundamentals
Using media to share the faith
A final screening for family and friends

Storytelling, Filming, Acting, and Editing

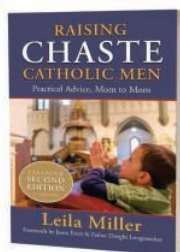
July 7th-11th, 2025 | 9 am-12:00 pm |
Ages 13-18 | BYO Lunch
3000 Keenwood Road, East Norriton, PA
\$200 | Space is limited—reserve your spot today.
No experience needed—just bring your imagination!



Scan QR to Register

More details and registration at whymsc.org/camps

RESPECT LIFE CORNER



“All Christ's faithful are called to lead a chaste life in keeping with their particular states of life. At the moment of his Baptism, the Christian is pledged to lead his affective life in chastity.”
(Catholic Catechism, 2348)

“Anxiety among Catholic mothers is sky high. How do we teach our sons to be chaste when a sex-obsessed culture is ready to drag our boys into the pit at every turn? The snares of ubiquitous porn, hook-up sex, the LGBTQ+ juggernaut, and the devaluing of true manhood appear unavoidable. What’s a mother to do? Relax, grab your beverage of choice, and flip open ***Raising Chaste Catholic Men***. In this little heart-to-heart between us girls (although the guys can listen in, too), Leila Miller will take your hand and calm your fears by giving you practical advice in simple terms, based on her 25 years of experience in raising eight children, six of them sons. Some of the serious topics addressed with good humor and no fear include:

- Three basic rules for parenting
 - What to do when boys are little
 - Answering the culture’s TWO BIG ACCUSATIONS (this is HUGE for your kids!)
 - Navigating pop culture
 - What to do when things go wrong
 - ***Great Advice**** from chaste young men (over 2 dozen young men speak up)”
- The book is available for purchase at holymen.com*



PRE-CANA CLASSES

The Archdiocese of Philadelphia requires that all couples attend a Pre-Caná class before marriage. To register go to the Archdiocese website: Archphila.org, under Marriage preparations to take the class on line.

Requirements for Sponsorship

The Code of Canon Law specifies the requirements for serving as a godparent or sponsor. Canon Law (Church Law) references are Canons 851.2, and 872-874. Godparents and sponsors must meet all of the following requirements, so please review them carefully before choosing godparents and sponsors.

The requirements to be a godparent/sponsor:

Must be someone other than the parent of the one to be baptized.

Must have received the Sacraments of Baptism, Holy Eucharist, and Confirmation.

Must be at least 16 years of age.

If there will be two Godparents (for Baptism), one must be male and one must be female.

A Godparent/sponsor must be leading a life in harmony with the faith and the role to be undertaken; therefore, if married, must be married in the Church. If single, must be striving to live a chaste life and cannot be living with a person outside of marriage.

Must be a practicing Catholic, registered in a parish, who regularly attends Mass on Sundays and Holy Days and receives the Holy Eucharist. Registration in their local parish is encouraged so that they may participate fully in the life of the Church through their parish.



WEDNESDAY ROSARY GROUP

The *Wednesday Rosary Group* will meet at 11:30 AM in Our Lady of Lourdes Grotto, down behind the church (in the chapel if it rains). Follow the red stone path next to the chapel down to the grotto or drive around past the Empress Room to walk the back level path. There are cement benches or you can bring a cushion or a lawn chair. New meditations each week. Children are welcome. Bring family and friends. Praying the rosary will change your life!



RETROUVAILLE: REDISCOVER THE LOVE IN YOUR MARRIAGE

Tens of thousands of couples have healed their marriages through Retrouvaille (pronounced Retro-vy). If you know anyone who could benefit from this program, please pass this on. Couples learn to build communication skills and to increase intimacy. It provides help for marriage problems, difficulties or crises. The next program will be held August 1 - 3, 2025 at the Family Life Center in Malvern, PA. For more information, or to register, visit www.HelpOurMarriage.org or call 215-766-3944 or 800-470-2230. All inquiries are strictly confidential.

MEMORIALS AVAILABLE AT ST. HELENA

ANNOUNCED & UN-ANNOUNCED MASSES

Are available (\$20) in the Parish Office during business hours. We have Mass cards available for the Sick, Living & Deceased.

SAINT THERESA GUILD

Saint Helena Parish started a *Saint Theresa Guild* many years ago. We dedicate our Saturday 9 AM Mass to the living and deceased members of this Guild. The names of the members are in a book that is present at the Mass. To have the name of a friend or loved one entered into *Saint Theresa Guild* come to the rectory office during business hours. A donation of \$25 is requested.

CANDLES

Candles in the Church and Chapel can be purchased (\$20 each) in Honor or in Memory of a loved one. The candle will burn for a week, beginning Saturday's Vigil Mass till the following Saturday.

Candles are available in the Church at:

The Sanctuary Candle
The Blessed Mother Altar, up to 4 candles may be lit
The St. Joseph Altar, up to 4 candles may be lit
The Sacred Heart Statue on the Altar in the Narthex, up to 4 candles may be lit

Candles are available in the Chapel at:

The Sanctuary Candle
The Altar, up to 4 candles may be lit on the Altar

BREAD & WINE

The Bread & Wine can be purchased for a week (\$30) in Honor or in Memory of a loved one.

All Memorials can be purchased in the Parish Office during business hours.

SANCTUARY FLOWERS

If you are interested in having fresh flowers placed on the Altar in either the Church or the Chapel, please call **THERESA SMITH** at 215-646-7636 to learn about details and availability.



CHILDREN'S TITHE

The Children of St. Helena are taught how to Tithe by bringing a non perishable item to Mass each week. During the Mass they are asked to come forward with their gifts and place them in the baskets that are on the Altar steps. These non perishable items are then given to the Patrician Society, a local food bank. We "Thank you" for helping to feed the least of our brothers.

THE SHEPHERD IS LOOKING FOR LOST SHEEP



Please help identify people who once attended Saint Helena or Saint Titus Parish and have not been here for months or years. The parish would like to reach out and invite our people home. Thank you for your help. Simply fill this out and drop it in the collection basket.

NAME: _____

Phone # (& or) Address: _____

Comments: _____

CareNotes & Lighthouse Kiosk



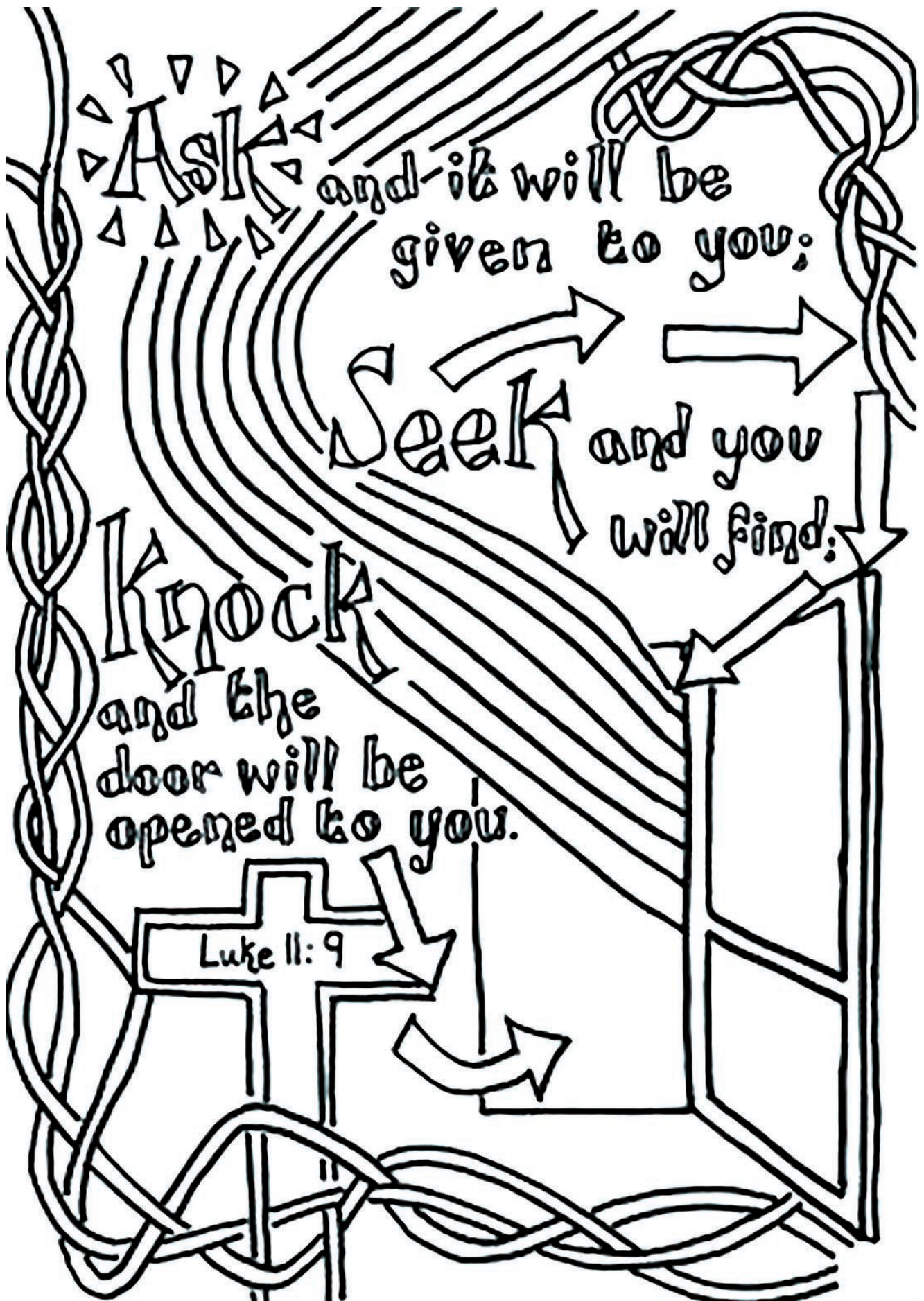
The two Kiosk located in the Narthex contain CD's, Pamphlets, Prayer Cards, Books, and Rosary Beads.

We have two different programs, the CareNotes, a ministry of St. Meinrad Archabbey, are booklets written to provide uplifting guidance to those who are hurting. They are free to the public, however if you would like to make an offering please contact the Parish Office.

The Lighthouse program is through the Augustine Institute. These are available at a low cost that is printed on the Kiosk.

WOULD YOU LIKE TO REMEMBER SAINT HELENA IN YOUR WILL?

Ask your attorney to include such words as these in your will: "I give, devise, or bequeath to Saint Helena Church, 1489 DeKalb Pike, Blue Bell, PA 19422, for its general purposes all, (or state a fraction or percentage) of the rest, residue, and remainder of my estate, whether real or personal." OR "I give to Saint Helena Church, 1489 DeKalb Pike, Blue Bell, PA 19422 \$X..00 to be used for the general purposes of Saint Helena Parish."



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