

St. Helen Church



4106 Mountain St.
Beamsville, ON L3J 0K9

Ph: 905-562-7427
Fax: 905-563-0003
Email: sthelen@saintcd.com



Opened - October 2, 1938

Est. as a Parish - January 1, 1986

Pastor: Rev. Krzysztof Szczepanik

Office Administration: Patti Belancic

Book keeping: Lidia Molinaro

Office hours:

Monday: 10:00am - 12:00pm

Tuesday - Friday: 10:00am - 2:00pm

Closed all Statutory holidays

Website: www.sthelenscatholic.ca

Sunday Masses:

Saturday: 5:00pm

Sunday: 9:00am & 11:00am

Weekday Masses:

Tuesday - Friday: 9:00am

(unless otherwise posted in the bulletin)

Adoration:

Daily after morning Mass weekdays

Sacraments:

Baptism:

Sundays at 12:30pm

Call parish office.

1st Communion & Confirmation

Contact the Parish Office.

Reconciliation:

Every Saturday 4:00pm - 4:30pm or by appointment with the priest.

Marriage:

Arrangements six months in advance.

Marriage preparation is required.

RCIA & RCIC:

Contact the Parish Office.

Anointing of the Sick:

Please let us know when someone has a serious or prolonged illness or is to have surgery.

Chronic Care Facilities:

Pastoral visits are made monthly.

Reception of Holy Communion is available to Catholic residents.

Catholic Funeral Rites:

When a death occurs in your family, please call the Parish Office and we will assist you in making the necessary liturgical arrangements.

Homebound:

Notify the Parish Office when serious illness occurs. When the sick, aged or incapacitated are confined to home for an extended time, pastoral visit can be arranged.

Schools:

St. Mark School

Principal: Jennifer DeCoff

Vice-Principal: Mary Lee Kelly

St. Edward School

Principal: Jeff Moccia

Contacts:

Music Ministry:

Anthony van Engelen

advel@yahoo.com

Ministry Scheduling & RFM:

Georgina Belanger ~ sthelenministryscheduling@gmail.com

Fundraising Events:

sthelen@saintcd.com

Facility & Grounds Maintenance:

Craig Luey

craig.luey@gmail.com

Catholic Women's League:

Alda Bianco-Dolino

cwls005@gmail.com

Knights of Columbus:

Al Rizzuto

ajrbruins4@gmail.com

289-983-7305

SVDP:

Lorraine Martin ~ *contact parish office*

Prayer Warriors/Requests:

st.h.prayerwarriors@gmail.com

Parish Pastoral Council:

Chairperson: Anthony van Engelen

st.helen.ppc@gmail.com

Kindly complete the following and place in the collection box.

Envelopes will be on the round table in the foyer the following weekend.

New Parishioner*

Name _____

Address _____

I would like to use offertory envelopes*

Change of address

Phone _____

Moving

E-mail _____

City _____

Postal Code _____

First Sunday of Lent - Year A

February 22, 2026

Mass Intentions

February 24 - March 1, 2026

As we gather, let us remember and pray for . . .

Tue.~	Feb. 24th
9:00am	+ Pierino & Silvia Izzo <i>(by Maria Marrese)</i>	
Wed. ~	Feb. 25th
9:00am	In Honour of St. Anthony <i>(by Teresa & Andrea Cipro)</i>	
Thurs.~	Feb. 26th
9:00am	+ Helen Janiszewski <i>(by Maria Kubat)</i>	
9:30am	Stations of the Cross	
7:00pm	Adoration of the Blessed Sacrament	
Fri. ~	Feb. 27th
10:00am	+ Nykki Dechellis <i>(by Steve & Kate D'Onofrio)</i>	
Jacob		
Sat. ~	Feb. 28th
5:00pm	+ Zygmunt Ryzowicz <i>(by Thomas Paszynski)</i>	
Sun. ~	Mar. 1st
9:00am	Pro Populo Dei	
11:00am	+ Ruth Covatti <i>(by Fracchioni Family)</i>	



This week the Sanctuary Lamp burns in memory
of
ANGELA CELEST

The Sanctuary Lamp burns to remind us of Christ's
presence in the Blessed Sacrament of the altar.

SANCTUARY LAMP

Next available openings are on **July 12, Aug 9 & 16**.
If you would like to book the lamp in memory of your
loved one or any intention please, contact our parish
office. Cost is \$35.00 per week.

DIOCESAN SEPARATED & DIVORCED HEALING MINISTRY SUPPORT GROUP

We meet every second and fourth Monday at Mount
Carmel Spiritual Centre.
Next Meeting: February 23, 2026 from 7:00-9:00pm
Topic: What Is Forgiveness
For more information please call 905-356-4113 or
email: separateanddivorced@saintcd.com

LENTEN RETREAT



**Praying
Fasting
Almsgiving**

Wednesday, February 25th (max 100 people)

Location: Mount Carmel
7020 Stanley Avenue, Niagara Falls
Please arrive between 8:00a.m. - 8:45a.m.
Starts at 9:00a.m. - bring a Rosary and journal!
Cost \$50.00 per person (includes lunch)
(no afternoon session; Retreat ends after lunch)
Guest Speaker: Father Patrick Gilmurray,
St. Michael, Fort Erie

Topic: Stewardship of the Spiritual Weapons of Lent
Send e-transfer to: dina.marchionda@gmail.com

OUR PARISH PRAYER

Jesus, open our hearts, enabling us to embrace your
teachings and to love one another. Holy Spirit, lift us and
lead us, deepening our desire to serve God through
serving each other. Amen.

POPE LEO XIV FEBRUARY INTENTION

For children with incurable diseases

Let us pray that children suffering from incurable
diseases and their families receive the necessary medical
care and support, never losing strength and hope.

To receive the weekly bulletin via email, make your
request by email: sthelen@saintcd.com



JOIN US THURSDAY MORNING
For the Stations of the Cross
following the morning Mass.



Adoration of the Blessed Sacrament this
week on Tuesday and Wednesday after
9:00am Mass

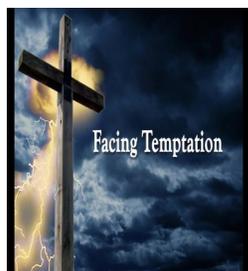


THURSDAY MORNING BINGO
In the St. Helen Church Hall
4106 Mountain Rd., Beamsville, ON
Doors open at 10:00am, Bingo games start at 11:00am
Delicious Lunch Available

FRIDAY EVENING BINGO
Pizza available at 6:00pm, games start at 7:00pm

FIRST SUNDAY OF LENT

The creation and the sin of our first parents. (Genesis 2)
Where sin increased, grace abounded all the more. Rom. 5
Jesus fasted forty days, and was put to the test. (Matthew 5)



The Spirit who called Jesus to the wilderness calls us, as well, to a forty-day "desert experience," a time to peacefully and quietly renew and recreate our relationship with God, that God might become the center of our lives in every season.

This First Sunday of Lent confronts us with choices: personal profit, comfort and glory or the life of God. The season of Lent calls us to embrace God's Spirit of truth that we may make the choices demanded by our complicated and complex world with courage, insight and faith.

Lent is the season for meaningful fasting: fasting not just for the sake "of giving something up" but fasting from whatever derails or hampers our relationship with God and alienates us from others, fasting from everyday distractions in order to put our time and energy into the things of God.

SAINT MICHAEL MEN'S SPEAKER SERIES



Speaker: Fr. Greg Merkley
Subject: From Atheist to Catholic Priest
"Mercy is God's Greatest Attribute." - St. Faustina
Date: Monday, February 23, 2026
Private Prayer and Confessions:
7:00pm
Talk: 7:30 pm
Social Hour: 8:30pm
Location: St. Helen's Parish

BLESSING and DISTRIBUTION of ST. BENEDICT MEDALS

CHOOSE LIFE NIAGARA ANNUAL DINNER

Abortion survivor Lauren Eden will share her powerful story of discovering the truth of her survival, finding healing and learning that God's purposes are never thwarted by human plans. Please Come Join Us !!!

Date: Saturday, March 7, 2026

AGM: 4:30pm

Reception: 5:00pm

Dinner: 6:00pm

Location: Club Roma
125 Vansickle Rd., St. Catharines

Tickets: Adults \$60, Students \$30

* Purchase Tickets at: www.chooselife.ca/events *

OUR CONDOLENCES

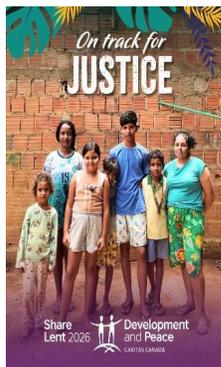
Our condolences and prayers are extended to the family and friends who mourn the loss of:

MARTINA VRBAN



Eternal rest grant unto her, O Lord, and let perpetual light shine upon her. May she rest in peace. Amen.

THIS LENT, LET'S MOVE FORWARD ON TRACK FOR JUSTICE



"The Church, like a mother, accompanies those who are walking."
- Pope Leo XIV (*Dilexi te*, §75)

Development and Peace - Caritas Canada's 2026 Share Lent campaign, **On Track for Justice**, has been launched! Together, let's walk hand in hand with communities in the Global South who are working for justice, peace and dignity. How?

1. **By donating** online at devp.org/give or during the Solidarity Sunday collection on March 22, the fifth Sunday of Lent. Your generosity helps support over 59 projects in 34 countries around the world!
2. **Get the Mini-magazine** and follow the **Solidarity Calendar** with your family. Discover all the resources at devp.org/lent/resources.

40 DAYS FOR LIFE

The 40 Days for Life, a campaign of peaceful prayer and fasting to end abortion, runs from Ash Wednesday, **Feb. 18** until Palm Sunday, **Mar. 29**. You're invited to choose an hour to stand and peacefully pray in the public right-of-way outside the Greater Niagara General Hospital. Can you spare one hour to help save a life? **Many babies have been saved through the 40 Days for Life. When you stand before God, will you be able to tell Him you stood up for His children?** You can also go to 40daysforlife.com and click on **Niagara** to sign up.



LIFT JESUS HIGHER RALLY 2026



NO GREATER LOVE 35th anniversary will take place on: **Saturday, March 14, 2026 from 9:00am to 5:30pm at the Metro Toronto Convention Centre.** The day

will consist of compelling talks, spirit-filled praise and worship, Adoration, with guest speakers, Ralph Martin, Sr. Mary Gabriel, SV, Peter Herbeck, Pete Burak and others. The day will feature two simultaneous events: a youth rally (ages 13-18) and an adult rally. Adult Rally \$49.00, Youth Rally \$25.00

For more info: ljhr@renewalministries.net or (647) 559-8384

RETROUVILLE

Retrouville, meaning rediscovery, is a program for married couples designed to support marriages in crisis and can be of assistance to couples who have separated, but are willing to work on their relationship to help repair the difficulties that exist. Next program will be held on **March 13-15** in Hamilton. For further information: call: 905-664-5212 or visit online: www.retrouville.org



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