

# SEVENTEENTH SUNDAY IN ORDINARY TIME

*In*  
**LOVING**  
*Memory*

## This Week's Mass Intentions

**SUNDAY, JULY 28, 2019**

- 8:00AM Thomas DeRita (*Alberta & Heather Osmanski*)
- 9:30AM John Michael Ench (*Loving Family*)
- 11:00AM John DeRiso (*Loving Family*)
- 12:30PM Winifred McCormick (*John & Carmela Amatuccio*)
- 5:00PM For The Parishioners

**MONDAY, JULY 29, 2019** *St. Martha*

- 9:00AM Thomas DeRita (*Walter Osmanski*)

**TUESDAY, JULY 30, 2019** *St. Peter Chrysologus*

- 9:00AM Joseph P. Ottomanelli (*Linda Miranti*)

**WEDNESDAY, JULY 31, 2019** *St. Ignatius of Loyola*

- 9:00AM Maria DaRita & Family (*Maria DaRita*)

**THURSDAY, AUGUST 1, 2019** *St. Alphonsus of Liguori*

- 9:00AM Elizabeth Ujazdowski (*Quagliariello Family*)

**FRIDAY, AUGUST 2, 2019** *Sts. Eusebius & Peter Julian*

- 9:00AM Rosina Gangi Dino (*Maria & Felice*)

**SATURDAY, AUGUST 3, 2019**

- 9:00AM John Gurino (*Borzacchiello Family*)
- Helen Iorio (*Mary Jo & Will Vendittelli*)
- Angela Lasher (*Rosetta Liuba*)
- For The Intentions of Erin & Megan Lea
- Mary Puorro (*Heedles Family*)
- 5:00PM Dina Cascio (*Antonina Spallino*)
- John Gibbons (*Masucci Family*)
- Helen Iorio (*JoAnn & Michael Cesario*)
- Joseph Pecorella (*JoAnn & Michael Cesario*)
- Matteo Vitale (*Joseph & Fara Evola*)

**SUNDAY, AUGUST 4, 2019**

- 8:00AM Natale Trovato (*Rachele Sannino*)
- 9:30AM Joseph Pecorella (*Grace & Peter Belmonte*)
- 11:00AM Charles Carnesi (*Sal & Theresa Giacalone*)
- 12:30PM Lucy DeCrescenzo (*Loving Son*)
- 5:00PM For The Parishioners



**THE ALTAR BREAD** for this week is donated in memory of **Christine Vollkommer**, requested by **Joe & Lorraine Trotta and Family**.

**SUMMER HOURS 2019**

The Rectory office will have **summer office hours Monday-Friday from 9:00AM-4:00PM through Friday, August 30th** (weekend office hours will remain the same). There will be no evening hours throughout the summer. The Mass schedule will remain the same.

**New Families:** All are welcome to St. Helen Parish, and are asked to please register at the Rectory during office hours.

**Sacrament of Baptism:** Please call the Rectory to register for the baptism of your child. Baptisms will be held on the 2<sup>nd</sup> and 4<sup>th</sup> Sunday of the month.

**Sacrament of Confession:** *Saturdays* 12:30PM to 1:30PM. *Weekdays:* 15 minutes prior to the 9:00AM Mass.

**Sacrament of Marriage:** Couples should contact the Rectory at least **one year** in advance of the desired date. Please call for an appointment for the initial interview.

**Communion Calls:** Please call the Rectory to arrange for one of the priests to bring Holy Communion to a sick person who is confined to home due to a serious illness.

**Sacrament of Anointing of the Sick:** Anyone who expects to be hospitalized (or in an emergency) and wishes the Anointing of the Sick, should call the Rectory.



Amado Araneta, Barbara Bitetto, Lynn Boutureira, Daniel Campion, Sally Capozziello, Ann Castellano, Shang Cheng, Zena Cipolla, Anthony Corozzo, Marge D'Auria, Patrick Delaney, Domenica DeVito, Virginia DiGangi, Richard H. Dimler, Mary Divers, Jennie Federici, Jean Fochetta, Clementine Gagliardi, Dennis Giammalvo, Margaret Giampietro, John Joseph Gleeson, John Pierce Gleeson, Joan Grieco, Christine Healy, Maria Hernandez, Elizabeth Isolano, Marilyn Krajcik, Keri & Baby Tristan, Elaine Lazzeri, Susan Leone, James Leung, Patricia Lipari, William J. Litt, Tom Mercatante, Barbara Miller, Angela Ottomanelli-Hubbs, Michael Palermo, Frank Palmenteri, Sebastian Panasci, Santo Pantina, Vivian Doris Pecchillo, Phillip Pecchillo, Nino Pedone, Amelia Pepe, Joseph Questore, Frances Russo, Bill Sangirardi, John Secreti, Patrick Smith, Remington Stafford, Michael Tamburo, Rubie Lynn Torres, Chrissie Tremblay, Paul Tremblay, Paul John Tremblay, Sr., Ana Vastola, Sr. Joanne Walters.

**Deceased:**

### St. Helen's Purgatorial Society Mass

All parishioners have the opportunity to enroll the names of loved ones in the Purgatorial Society. The Purgatorial Society Mass will be held on the **last Friday of each month**. The offering to be enrolled in the Purgatorial Society is \$120 per name (a total of 12 Masses for one year will be said for your loved one). Aside from listing one name, a husband and wife together, or a family name is also acceptable. Having a Purgatorial Society is wonderful way of living out the Scriptures and will be a relief for those who desire to have their loved ones remembered with prayers all year long at God's Altar. Please stop in at the Rectory if you are interested in having a loved one enrolled in the Purgatorial Society. **The next Purgatorial Society Mass will be held Friday, August 30, 2019.**

### GOOD SHEPHERD STATUE

We would like to thank **Mary Ann Kellen**, who kept the statue this past week. Anyone interested in keeping the statue in their home and praying for vocations for one week should contact the Rectory.

**Religious Education Registration for 2019-2020**



We are now registering children for the 2019-2020 school year. The registration form may be obtained at the Religious Education Office located in the school building. The program is available to children in grades Kindergarten through 7<sup>th</sup> grade. The registration fees for forms received up to & including 7/12/19 are: \$100 for one child and \$125 for two or more children in the same family. The fees for registration forms received *after* 7/12/19 are: \$125 for 1 child, \$150 for 2 or more children from the same family. If the child was baptized at a Church other than St. Helen, you will need a copy of your child's Baptismal Certificate. If you do not have one available, contact the rectory of the Church where your child was baptized; most parishes take a couple of weeks to process a Baptismal Certificate. Place your request now so your registration for our program will not be delayed. If you have any concerns or questions, please contact us at 718-916-2319. Registration for children currently enrolled in our program was sent home with your child and/ or via email.

**A BLOOD DRIVE**



will be held here at  
St. Helen Church on  
**Wednesday, August 7th**  
3:00-7:00PM  
in Fr. Dooley Hall.

For medical eligibility criteria and/or questions call 1-800-688-0900.  
**Walk-ins Welcome!**



A statue of St. Francis of Assisi is more than a bird feeder, and neither is he only a Saint for animals. He is a Saint of ecology, peace and all good. Following in the footsteps of St. Francis is more than living a good Christian life. It is going from Gospel to life, and from life to Gospel.

If you have a desire to learn more about Franciscan charism, you are most welcome to join us on the **third Saturday of the month** after the 9:00AM Mass in the Rectory Meeting Room for our gathering. We look forward to seeing you there. Light refreshments will be offered. God bless you!

**THE WITNESSES OF MERCY**

The Witnesses of Mercy program is comprised of a group of trained volunteers who can provide personal contact with parishioners of St. Helen's Church who are unable to leave their homes due to illness or age related issues. They can offer home visits or be in contact with you by telephone. These dedicated volunteers will be your link to the Parish so that you can keep up to date on information, events and news.

If you are sick, homebound or unable to visit the church and would like to have a Witnesses of Mercy volunteer from Saint Helen's parish visit or be in contact with you, please contact Patricia Rizzo at (917) 312-7072, or you may also email her at: [goodrecords1@verizon.net](mailto:goodrecords1@verizon.net).



**Reverence and Respect:  
Summer Dress in Church**

Even with the warm weather of summer here, one should still dress appropriately for Mass. Short shorts, tank tops, tube tops, belly blouses, beach shorts, flip-flops, etc. are considered "beach wear" and should **not** be worn in Church. Please show respect and dignity when you enter the House of the Lord. Our general appearance should reflect our inner attitude of deep reverence for the presence of our Lord in the Blessed Sacrament as we enter into sacred space.

**CATHOLIC CHARITIES NEIGHBORHOOD SERVICES HOWARD BEACH SENIOR CENTER**



The Center is located at 155-55 Cross Bay Blvd., across from Stop N Shop on Cross Bay Blvd. Seniors aged 60 and older are invited to become members. Activities and services are offered Monday-Friday from 9:00AM to 4:00PM. Every day delicious and nutritious full, hot lunches are catered by Russo's on the Bay (\$2 donation requested).

**Mondays 9:30-10:30AM:**  
**Mondays 10:45-11:45AM:**  
**Tuesdays 9:30-10:30AM:**  
**Wednesdays 10:00-11:00AM:**  
**Thursdays 9:30-10:30AM:**  
**Fridays 9:30-10:30AM:**  
**Fridays 10:30-11:30AM:**

**Tai Chi** with Elaine Fleischman  
**Chair Aerobics** with Charlie Roemer  
**Movement Exercise** with Millie  
**Zumba** with Elaine  
**Movement Exercise** with Millie  
**Cardio Exercise** with Dwayne  
**Yoga** with Charlie Roemer



**For further information please call 718-738-8100.**



Parents seeking Baptism for their children *who live within the territory of St. Helen Parish* are asked to register as members of the parish before requesting an initial interview for Baptism. Registration is easily done at the parish office anytime during business hours.

Parents seeking Baptism for their children *who live outside the territory of St. Helen Parish* are asked to obtain a letter from the parish in which they live authorizing the Baptism to take place at St. Helen.

Initial meetings with parents seeking Baptism for their children **who have already been born** will normally take place on the **second Wednesday of each month from 7:00–9:00PM** and on the **fourth Saturday of each month from 10:00AM–12:00PM**.

**Upcoming Mornings of Preparation**  
**(Required Before a Baptism)**

(All begin at the 11:00AM Mass and continue in the Msgr. McGinness Room): **August 11 & 25—September 8 & 22**

**Upcoming Schedule for Baptisms**

(All begin at 2:00PM): **August 11 & 25—September 8 & 22**

**Please call 718-738-1616 for more information and/or to schedule an appointment.**

**The Rosary for Peace**, sponsored by the Saint Helen Secular Franciscan Fraternity, takes place in Church 6:30PM each Wednesday. The group prays for our Blessed Mother's intercession to end violence (both domestic & civil) & the persecution of Christians throughout the world. All parishioners are invited to join us. We welcome anyone willing to lead a decade of the Rosary in a language other than English.

Society of St. Vincent de Paul



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**St. Helen will share in the profits! For each car, truck or van, running or not, The Society of St. Vincent de Paul will give back to our Church \$50/\$100 per vehicle. Call The Society today if you have a vehicle to donate!**



**You are invited to Pray the Family Rosary**

**THURSDAY EVENINGS IN CHURCH 7:00-7:30PM**

*In Loving Memory*

**MEMORIALS AVAILABLE**

Many times people come to the Rectory inquiring about memorials they can give to a family who has lost a loved one. The following are available:

- **Altar Bread, Altar Wine, Altar Candles or the Sanctuary Candle** in memory of a loved one for one week (\$50.00 each).
- **Votive Candles** for one year (\$100.00).
- A leaf permanently placed on the **Tree of Life** (\$350.00).
- A plaque permanently placed on the **Anniversary Wall** (\$350.00).

**For further information, call or visit the Rectory.**

**LaGuardia Community College** (L.I. City), will hold the following two classes in the fall:

**Prehospital Trauma Life Support**, Sundays, October 20th & 27th, from 8:30AM to 5:30PM. Tuition fee is \$188 and registration deadline is October 15th.

**Advanced Medical Life Support**, Sundays, November 10th & November 24th, from 8:30AM to 5:30PM. Tuition fee is \$198 and registration deadline is November 4th.

Certification will be issued upon completion of both courses. For further information, call (718) 482-5768, or visit [www.laguardia.edu/acereg](http://www.laguardia.edu/acereg).

**Do you have a family member that is 60+ year old and needs a hot meal each day? The Southwest Queens Home-Delivered Meals Program can assist you!**

- Individual must be 60 years of age or older
- Is unable to attend a senior center for a meal
- Is unable to prepare meals
- Does not have anyone to prepare meals for them
- Can live safely at home if meals are provided

For more information please contact the Southwest Queens Home-Delivered Meals Program at (718) 847-2168.

## EXTREME HEAT



Extreme heat is one of the most significant hazards facing New York City, and New Yorkers are especially vulnerable to extreme heat-related hazards during the summer months. Generally, extreme heat is defined by temperatures that hover 10 degrees or more above the average high temperature for the region, last for prolonged periods of time, and are accompanied by high humidity.

On warm summer days, the city can be as much as 10 degrees warmer than its surrounding areas. The city's infrastructure — largely made up of asphalt, concrete and metal — traps the heat. This is known as the "urban heat island" effect.

### Protect your home from extreme heat.

- Install high-performance windows and sunshades.
- Check the condition of your air conditioning and ventilation systems.
- Insulate your home.

**Plan ahead** to ensure your home and workplace are prepared for a potential loss of power. Have emergency supplies on hand in case of an outage. If you lose power, notify your utility provider immediately.

### Know the Signs of Heat-Related Illnesses

Heat illness is serious. Prolonged exposure to the heat can be harmful and potentially fatal. Call 911 if you or someone you know shows signs or symptoms of heat illness, including headache, light headedness, muscle cramps, nausea, and vomiting. Learn more about **heat-related illnesses and tips** from the NYC Department of Health & Mental Hygiene.

### What To Do During Extreme Heat

- **Stay Informed**
  - Listen to local weather forecasts and announcements from officials. NYC Emergency Management will send emergency alerts and updates to New Yorkers through various channels.
  - Sign up for Notify NYC, the City of New York's official, free emergency communications program.
  - Register for emergency notifications by getting the free Notify NYC **mobile application**, visiting [NYC.gov/notifynyc](http://NYC.gov/notifynyc), or contacting **311**. (Notify NYC messages are available through many formats, including email, text messages, telephone, the Notify NYC website, RSS, Twitter, and American Sign Language videos.)
  - Check on your neighbors during a heat wave, especially if they are seniors, young children, and people with disabilities and access and functional needs. Many older New Yorkers live alone and could suffer unnecessarily in the heat because they are isolated from friends and family.
  - Seniors and others who may be sensitive to extreme heat should contact friends, neighbors, or relatives at least twice a day during a heat wave.
  - Protect your pets and service animals when extreme heat strikes: Never leave pets in the car. Temperatures rise quickly even with the windows down and can be deadly for your pet. Call 911 if you see a pet or child in a hot car. Be sure your pets have access to plenty of water, especially when it's hot.
- **Protect Your Health**
  - Stay out of the sun. When in the sun, wear sunscreen (at least SPF 15) and a hat to protect your face and head.
  - Use an air conditioner if you have one.
  - If you do not have an air conditioner, keep rooms well-ventilated with open windows and fans.
  - Consider going to a public pool, air-conditioned store, mall, movie theater, or cooling center.
  - Wear lightweight, light-colored, loose clothing that covers as much of your skin as possible.
  - Drink fluids — particularly water — even if you do not feel thirsty.\* (\*People with heart, kidney or liver disease, or on fluid restricted diets should check with their doctors before increasing fluid intake.)
  - Avoid strenuous activity, especially during the sun's peak hours – 11AM to 4PM. If you must engage in strenuous activity, do it during the coolest part of the day, usually in the morning between 4AM and 7AM.
  - If you have asthma or other respiratory problems, stay in an area where it is cool and the air is filtered or air-conditioned.

**For more information, visit [NYC.gov/health](http://NYC.gov/health).**

## SEVENTEENTH WEEK IN ORDINARY TIME

I've witnessed



### Monday, July 29, 2019

Ex 32:15-24, 30-34; Jn 11:19-27 or Lk 10:38-42

Moses comes down from the mountain after a life-changing face-to-face with the Almighty only to find his people worshipping a golden calf. And Moses' response is less than divine. He has himself a little temper tantrum and throws down the holy tablets "written on both sides ... made by God." In response, the psalmist sings of the people who exchanged their glory for something less worthy. Today, we celebrate St. Martha who, some might say, exchanged her glory for anxiety and worries, indulging her pride as the perfect hostess. Might we ask ourselves, for what do we exchange our glory? What would we rather have or do than nourish the divine spark within us? For me it is the little things — a window seat on my next flight, an edge as I wait in line to register my car, the last thin mint cookie. Without thinking, I act on that inner competitive spirit that wants to be first or best or at least comfortable, as if I deserve more than another of God's children.

### Tuesday, July 30, 2019

Ex 33:7-11; 34:5b-9, 28; Mt 13:36-43

Today's readings are about both the accessibility of God and intimacy with God's people. Moses goes to the meeting tent, where he converses with the LORD. And not only Moses, but "anyone who wished to consult the Lord." How lovely is that? In the Gospel, Jesus retires to a house (we are not told whose house), and his disciples ask him to explain the parable of the weeds in the field from Matthew, which we heard Saturday. An interesting note: In the telling of the parable to the crowds, the emphasis is on patience with the "weeds" — those who are not believers — while the explanation to his disciples describes the terrible end of those who remain wicked. Perhaps we can infer that is not for everyone to judge those whose behavior is not Christlike. Mistakes in judgment are likely as the weed described is dandelion, a poisonous weed that looks like wheat in its early stages. With such an accessible, approachable God, even the most wicked may someday see that happiness lies elsewhere and find themselves in the tent with God, confessing their sins and accepting God's forgiveness. Who are we to take away that opportunity from anyone?

### Wednesday, July 31, 2019

Ex 34:29-35; Mt 13:44-46  
Some have described today's account from Exodus as the transfiguration of Moses. What is the source of that radiance? Encounter with the divine, certainly, but what is the inner experience that presents as radiance? Not fear. Not even awe. I think it is that deep down feeling of content-

ment, happiness, delight and pleasure that we call joy. And that is the very word used in the Gospel to describe the one who "out of joy" trades all for the treasure of the kingdom.

brief transfigurations. I remember a widow at the funeral of her husband. I served as cantor and had to bring my infant son with me. In a moment of inspiration, I handed my baby to the widow and the grief softened to delight and stayed that way throughout the funeral Mass. I've seen the faces of ordinary, lumpy, tired folks transfigure as they sing. Or sometimes, it is on the faces of those coming forward to venerate the cross. We can't sustain those moments of transfiguration in this world, but I think they must be little glimpses of what heaven is like.

### Thursday, August 1, 2019

Exod 40:16-21, 34-38; Matt 13:47-53

The Kingdom of heaven is like a net thrown into the sea, which collects fish of every kind. Jesus has been telling various parables about what the kingdom will be like. In this case, the net was about six feet deep and several hundred feet long. It would be thrown out into the Lake of Galilee and then hauled toward the shore, bringing its harvest of fish. The fishermen could then sort out the fish worth keeping and toss the rest back into the lake. Like the parable of the weeds or the separation of the sheep from the goats, this parable has to do with judgment and separation. As always, we are not the judge. God is. Keep us from deciding who fits in your kingdom, O God.

### Friday, August 2, 2019

Lev 23:1, 4-11, 15-16, 27, 34b-37; Matt 13:54-58

Where did this man get such wisdom and mighty deeds? Some folks think of prophets as people who predict the future, but in the Bible, a prophet is someone who preaches to a community about its failures and calls them back into covenant with God. Prophets challenge our assumptions and often expect us to change the way we live. Because most of us don't like change, those who take the risk of being prophets in their community can become persona non grata very quickly. It's reassuring, somehow, to know that Jesus experienced the same rejection that we might experience. Open our ears to the prophets in our midst.

### Saturday, August 3, 2019

Lev 25:1, 8-17; Matt 14:1-12  
This fiftieth year you shall make sacred by proclaiming liberty in the land for all its inhabitants. This is a passage I wish more of us knew. Just as each seventh day was a day of rest, the Hebrews also recognized a Sabbath year during the seventh year. "Sabbath" and "Sabbatical" are a time for rest and renewal, but the Year of Jubilee went even further: freedom for all, return of property and forgiveness of all debts. Although it is not clear whether the Hebrew people ever actually celebrated the Year of Jubilee, the concept is intriguing. If nothing else, it would remind us (again) that all we have, all we are, is a gift from God. Help us find rest and renewal in the midst of our busy lives.

