

*At once they left their nets & FOLLOWED HIM* *Ellos inmediatamente dejaron las redes y LO SIGUIERON*  
MATTHEW 4:20 | MATEO 4, 20



# ST. HELEN

1600 South Avenue O, Portales, New Mexico 88130

Email: sthelenofportales@gmail.com

[www.Sthelenportales.org](http://www.Sthelenportales.org)

Church Office: 575-356-4241, Fax 575-359-1721

Hours: Monday-Thursday 8:00 am-5:00 pm; Closed Friday

*As disciples of Jesus in the universal Church we are called to become in Jesus' own words "a house of prayer for all peoples."*

*Thus we welcome all, the stranger, the lost, those who have never known Jesus and those who have fallen away for whatever reason. We seek to spread the full gospel: "Woe to us if we don't spread the gospel."*

*Our practical goal is to utilize and dispense the seven sacraments as instruments of God's sanctification and healing, under the guidance of the Archbishop of Santa Fe.*

*We set our sights on mature Christian witness for the building up of God's spiritual house, the new people of God that He has chosen to be his own, and chosen to announce His praises.*

*Our prayer is to become committed disciples of our Lord Jesus and become "a house of prayer for all peoples."*

**Pastor:** Rev. Francisco Carbajal

**Deacons:** Roberto Herrera & Paul M. Benoit

**Office Secretary/Bookkeeper:** Emma Britton

**Maintenance:** Pete Salas

**Emergency Only Number 575-226-5764**

## MASS SCHEDULE

|                 |          |         |
|-----------------|----------|---------|
| <b>Saturday</b> | 4:00 pm  | English |
| <b>Sunday</b>   | 9:00 am  | English |
|                 | 12:00 pm | Español |
|                 | 5:00 pm  | English |

Daily Mass At Chapel, on 1608 W. 17th St.

**Monday, Thursday & Friday** - 8:00 a.m. - English

**Wednesday** 6:00 pm *Español*

## RECONCILIATION/RECONCILIACIÓN

**Saturday** 3:00-3:45 p.m.

**Wednesday** 5:00pm-5:45pm

## SACRAMENTS/ SACRAMENTOS

Baptism, Confirmation, First Communion, Marriage: Contact the Parish Office for details.

*Bautismo, Confirmación, Primera Comunión, Matrimonio: Para mayor información hablar a la oficina. Ofrecemos todos los Sacramentos en dos idiomas.*

## BLESSED SACRAMENT EXPOSITION/ EXPOSICIÓN DEL SANTISIMO

**Wednesday/Miércoles** 5:00 p.m. y 7:00 p.m.

**Thursday & Friday/Jueves y viernes** 7:00 a.m.

**Saturday/Sábado** 5:30-6:30 p.m.

**Sunday/Domingo** 6:30-7:30 p.m.

## ROSARY/ROSARIO

**Saturday** 9:00 am, Praying of the Holy Rosary for the unborn every first Saturday of the month.

## PARISH LIFE - APOSTOLADO

Director of Religious Education - Sylvia Baca

Bereavement Ministry- Carol Vigil 356-4241

*Ministerio de despojo* Cindy Ortega 693-8556

Cursillo Simon Nunez 760-6524

RCIC/RCIA Becky Lopez 356-4241

Renee Neely 356-6498

Finance Council President Paul Benoit 760-9002

SHYG/Life Teen: Francisco Lopez & Adrianna

Garcia—575-356-4241

Thomas More Newman Ctr. Steven Brust 356-4241

Altar Servers Guild Damari Jimenez

Thur Morn Bible Study Mary Murray 575-359-0017

Saint Vincent de Paul: *Closed until further notice*

## LOCAL CATHOLIC SERVICE ORGANIZATIONS

Catholic Daughters -Tanya Baca 575-799-1982

Knights of Columbus-Jose Montoya 505-967-1329

**CHOIRS:** Macario Saiz 356-6238

Mario Aguirre 359-5657

Grupo Santa Helena 356-4241

Jesus Ollervides 356-4241

**Would you ever want to be Catholic?**

**We welcome all inquires.**

*Te gustaría ser Católico?*

*Nosotros recibimos todas sus inquietudes.*



## For the week of January 25—February 1, 2026

### Sunday Third Sunday in Ordinary Time Pg 296

Is 8:23—9:3; Ps 27:1, 4, 13-14; 1 Cor 1:10-13, 17; Mt 4:12-23 or 4:12-17

### Monday Memorial of Saints Timothy and Titus, Bishops

2 Tm 1:1-8 or Ti 1:1-5; Ps 96:1-2a, 2b-3, 7-8a, 10; Mk 3:22-30

### Tuesday 1 Sm 16:1-13; Ps 89:20, 21-22, 27-28; Mk 2:23-28

### Wednesday Memorial of Saint Thomas Aquinas, Priest and Doctor of the Church

2 Sm 7:4-17; Ps 89:4-5, 27-28, 29-30; Mk 4:1-20

### Thursday 2 Sm 7:18-19, 24-29; Ps 132:1-2, 3-5, 11, 12, 13-14; Mk 4:21-25

### Friday 2 Sm 11:1-4a, 5-10a, 13-17; Ps 51:3-4, 5-6a, 6bcd-7, 10-11; Mk 4:26-34

### Saturday Memorial of Saint John Bosco, Priest

2 Sm 12:1-7a, 10-17; Ps 51:12-13, 14-15, 16-17; Mk 4:35-41

### Sunday Fourth Sunday in Ordinary Time Pg 300

Zep 2:3; 3:12-13; Ps 146:6-7, 8-9, 9-10; 1 Cor 1:26-31; Mt 5:1-12a

#### Mass Intentions

#### Saturday, January 24, 2026

4:00 pm

†Margaret Torres by Berto & Neva Ortega  
†Orlando & Celia Ortega by Berto & Neva Ortega  
Pro Life by the Catholic Daughters

#### Sunday, January 25, 2026

9:00 am

†Gloria Brust by Renee Neely  
†Eloisa Valdez by Troy & Maxine McCollum  
Healing of the Brust family by Renee Neely

12:00 pm

†Joseph Terry por Sandy y Bobby Terry  
†  
†

5:00 pm

†For the souls in purgatory



#### Stewardship for the week of:

**January 17-18, 2026**

Regular Collection: \$5975.68

Building Fund: \$165

Children: \$107.25

**Thank you for your generosity!**

## Pray for the Sick

**Dora Arguello**

**Isabel Villegas**

Dennis Aragón

Arely Mald

**Denna Russell**

**Manuel Gallegos Jr**

Nina Sanchez

Alianna Sanchez

**John Campbell**

**Peter Morrison**

**Honorio Castillo**

Alex Jiménez

Armando Moriel

Antonia Marez

Nestor Hernandez

Theresa Zarbraugh

Sandra Boni

Luis Jr. Fierro

Rosa Serano

Krista Martinez

**Sebastian Duran**

**Terry Encinias**

Gabriel Velasquez

Laura Gonzalez

Emma Ribera

Israel Soto

Caron Powers  
Ralph Gallegos Jr.

Carlos Espinoza

Luz Navarette

Tom Hebert

Gary Jaramillo

Cecelia Chavez

Mason Stansel

Lillie Stansel

Andy Cox

Elaine Sanchez

Aliana Nieto

**Christian Apodaca**

**Ray & Kathy Aragon**

Brandie Romero Lynch

Tony Flores



## Sanctuary Candle

**For the sick  
parishioners of  
St. Helen**





### **FEBRUARY BAPTISMS**

English Baptism Class: Thursday, January 29 @ 5 pm  
 English Baptisms: Saturday, February 7 @ 10:00 am  
 Spanish Baptism Class: Thursday, February 5 @ 5 pm  
 Spanish Baptisms: Saturday, February 14 @ 10 am

### **BAUTISMOS DE FEBRERO**

Clase de bautismo en inglés: Jueves, enero a las 5 m  
 Bautismos en inglés: sábado 7 de febrero a las 10:00 am  
 Clase de bautismo en español: jueves 5 de febrero a las 5:00  
 Bautismos en español: sábado 14 de febrero a las 10:00 am

**Paper work must be completed & sponsors have met with Father before the baptism class. No exceptions.**

## **NO BAPTISMS DURING LENT**



### **ST. HELEN YOUTH GROUP ANNUAL SUPER BOWL TELEVISION RAFFLE**

St. Helen Youth Group are selling tickets for a 65" television to be raffled off on February 1 just in time for Super Bowl Sunday on February 8. The raffle will be drawn after the 9:00 am mass. Tickets are \$5.00 each. Members of the youth group will be in the foyer of the church after the masses selling tickets or you can buy your tickets at the parish office. Monies raised from the raffle will be used for travel expenses to the Steubenville Conference this coming summer.

**PLEASE SUPPORT OUR YOUTH GROUP**



### **Engaged Encounter Weekends 2026:**

#### **Lubbock, TX**

January 23-25; English  
 April 17-19; English  
 June 26-28; English & Spanish  
 October 2-4; English

**For information call: 806-792-3943 ext. 238 or email [FamilyLife@catholic-lubbock.org](mailto:FamilyLife@catholic-lubbock.org)**

### **Albuquerque, NM—Spanish Retreats**

24 y 25 de Enero 25 y 26 de Abril  
 25-26 de Julio 24-25 de Octubre

**Para informacion llame al 505-831-8152 o [amendoza@asfnm.org](mailto:amendoza@asfnm.org)**

#### **On Line:**

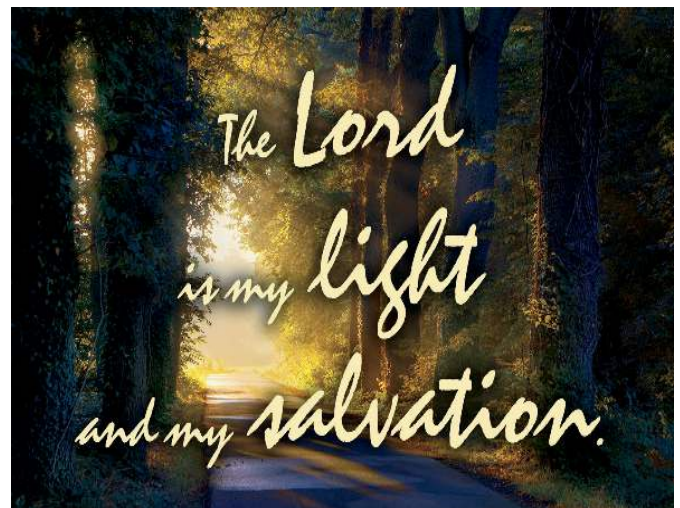
**[THE MARRIAGEGROUP.COM/START](http://THEMARRIAGEGROUP.COM/START)**

### **SANTA ELENA SPANISH CHOIR**

Coro Santa Helena Spanish Choir is seeking additional choir members for their choir. If you play and have any type of instrument, please bring it along also. Contact Marilu Ollervides for additional information.

El Coro Santa Helena busca nuevos miembros. Si tocas algún instrumento, tráelo contigo. Para más información, comunícate con Marilu Ollervides.

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## VIRTUS Training

We have been notified by the Archdiocese that the following parishioners need to renew their VIRTUS training. This training is mandatory for any volunteer or member of any organization or ministry of St. Helen. This training must be completed by January 15 to remain in active status.

Acosta, Maria P.  
Aguirre, Maria  
Baca, Alfredo  
Brust, Steven  
De La Rosa, Jose  
Encinias, Pete  
Garcia, Elvia P.  
Gilbert, Fatima  
Houser, John  
Jasso, Amanda  
Lopez, Alicia

Luna, Marisa  
Olliverdes, Jesus  
Pena, Pablo  
Ruiz, Henry  
Shelly, Jon-Erik  
Villegas, Maria  
Pena, Pablo

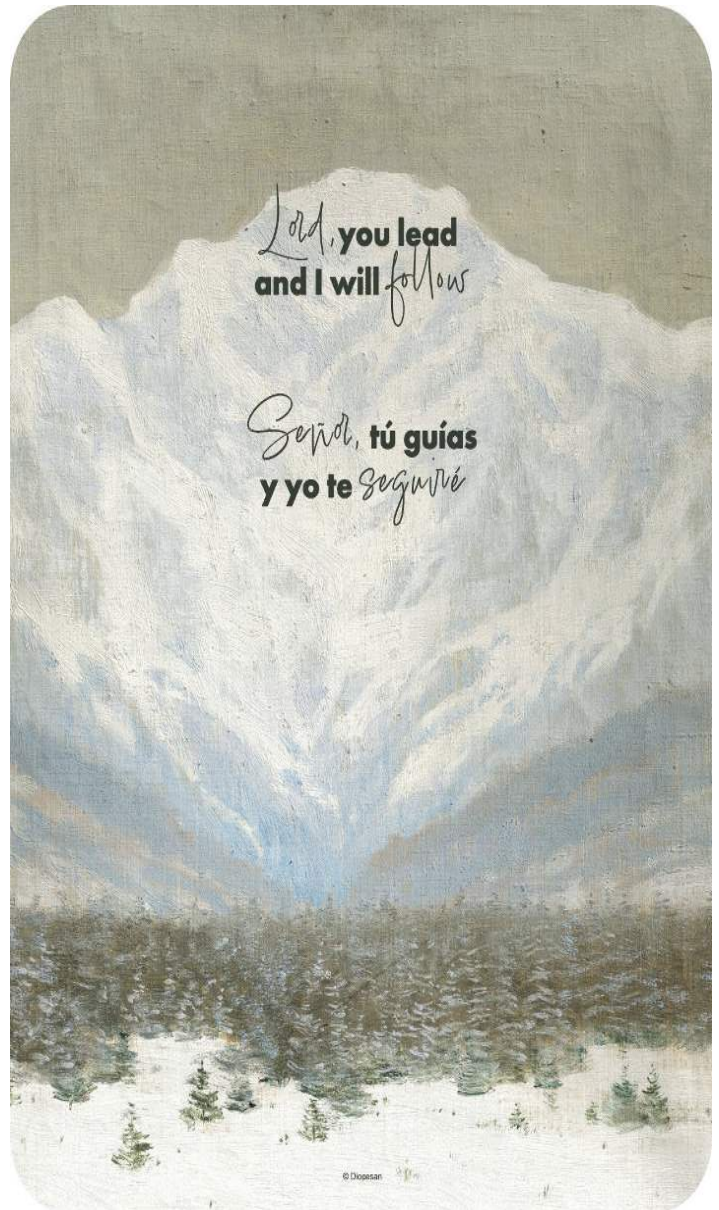
The VIRTUS can be taken on line by going to:  
[sthelenportales.org](http://sthelenportales.org)  
[Protect Our Children](#)  
[Abuse Awareness online Course](#)

La Arquidiócesis nos ha informado que los siguientes feligreses necesitan renovar su capacitación VIRTUS. Esta capacitación es obligatoria para cualquier voluntario o miembro de cualquier organización o ministerio de la parroquia de Santa Elena.



Annual contribution totals are now available for your income tax reporting. You must have used your collection envelopes to obtain your total contributions. Call the office and request your report.

Ya están disponibles los totales de sus contribuciones anuales para su declaración de impuestos. Para obtener el total de sus contribuciones, debe haber utilizado los sobres de colecta. Llame a la oficina y solicite su informe.



Fiesta Planning Meeting will be held on January 25 at 5:15 in the Thomas More Newman Center. Come be a part of the fiesta committee and help plan the annual parish fundraiser.

Bring your suggestions & new ideas and help make our 2026 fiesta the best ever.

La reunión de planificación de la fiesta se llevará a cabo el 25 de enero a las 5:15 p. m. en el Centro Thomas More Newman. Únete al comité de la fiesta y ayuda a planificar la colecta anual de fondos de la parroquia. Trae tus sugerencias e ideas y ayúdanos a que nuestra fiesta de 2026 sea la mejor de todas.

## “Repent, for the Kingdom of Heaven is at Hand”

In Matthew’s Gospel, Jesus’ first public words are, “Repent, for the kingdom of heaven is at hand.” These were likewise the words of St. John the Baptist (Matt. 3:2), and now that John has been arrested for speaking inconvenient and uncomfortable truths to the powers-that-be, Jesus takes up the same message with a new authority and urgency.

While we often think of the word “repent” as a Lenten message – a sorrowful self-condemnation for our sins – the Greek word “metanoieite” refers to a deep interior conversion, a reorientation, a change in heart and mind and direction. If we are turning away from something, we must be turning *toward* something else. Yes, repenting means to turn away from sin, but more importantly, a turning *toward* God. The Catechism tells us that it is “a radical reorientation of our whole life, a return, a conversion to God with all our heart.” (CCC 1431)

In order to turn fully toward God, we must turn away from all that keeps us from seeing Him clearly and drawing near to Him as our loving Father. So while part of repentance is looking at our sin, confessing to a priest, and intending not to sin again, the better part is looking at the Lord, seeing His Truth and Beauty and Goodness, and opening ourselves to love Him more than ourselves, our sin, and our comfort.

Why? Because the Kingdom of Heaven is near; the King has arrived and the reign of God begins now. This Kingdom is not a political or earthly administration of borders and laws, but the reign of the King of Love, present to us in our hearts, in the Word, and in the Sacraments. St. Augustine teaches that the Church is the seed and beginning of this Kingdom on earth; we are made citizens of this Kingdom and true members of the family of the King through Baptism, and we grow to maturity through the Sacraments and prayer and service.

John prepared the way but Jesus *is* the way, which He will later make clear. This call to “repent” is a call to hope: hope in the loving Heart of the Savior who came to bring reconciliation and peace, hope in the call and value of each and every life, hope in the truth that no one can out-sin God’s mercy and love, hope in the certain victory of the Kingdom of Love.

By Kathryn Mulderink

## “Conviértanse, porque ya está cerca el Reino de los cielos”

En el Evangelio de Mateo, las primeras palabras públicas de Jesús son: “Conviértanse, porque ya está cerca el Reino de los cielos”. Este fue también el mensaje de San Juan Bautista (Mt 3,2), y ahora que Juan ha sido arrestado por decir verdades incómodas a los poderosos, Jesús retoma el mismo mensaje con nueva autoridad y urgencia.

Aunque a menudo pensamos en la palabra “convertirse” como un mensaje cuaresmal - un proceso doloroso de alejarnos de los pecados, - la palabra griega “metanoieite” se refiere a una profunda conversión interior, una reorientación, un cambio de corazón, mente y dirección. Si nos alejamos de algo, debemos estar volviéndonos hacia otra cosa. Sí, convertirse significa alejarse del pecado, pero más importante aún, volverse hacia Dios. El Catecismo nos dice que es “una reorientación radical de toda la vida, un retorno, una conversión a Dios con todo nuestro corazón”. (CIC 1431)

Para volvernos plenamente hacia Dios, debemos alejarnos de todo lo que nos impide verlo con claridad y acercarnos a Él como nuestro Padre amoroso. Si bien parte del arrepentimiento consiste en examinar nuestro pecado, confesarlo a un sacerdote y proponernos no volver a pecar, la mejor parte es mirar al Señor, ver su Verdad, Belleza y Bondad, y abrirnos a amarlo más que a nosotros mismos, nuestro pecado y nuestra comodidad.

¿Por qué? Porque el Reino de los cielos está cerca; el Rey ha llegado y el Reino de Dios comienza ahora. Este Reino no es una administración política o terrenal de fronteras y leyes, sino el reino del Rey de Amor, presente en nuestros corazones, en la Palabra y en los Sacramentos. San Agustín enseña que la Iglesia es la semilla y el comienzo de este Reino en la tierra; nos convertimos en ciudadanos de este Reino y verdaderos miembros de la familia del Rey mediante el Bautismo, y maduramos mediante los Sacramentos, la oración y el servicio.

Juan preparó el camino, pero Jesús es el camino, que más adelante aclarará. Este llamado a “convertirse” es un llamado a la esperanza: esperanza en el Corazón amoroso del Salvador que vino a traer reconciliación y paz, esperanza en el llamado y el valor de cada vida, esperanza en la verdad de que no hay cantidad de pecados que la misericordia y el amor de Dios no pueda perdonar, esperanza en la victoria segura del Reino del Amor.

Por Kathryn Mulderink

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**Catholic Daughters of the Americas**  
Meetings held 1st Thurs of the month starting at 6:00pm  
Thomas More Center  
Court St. Helen of the Cross #2435  
Scholarships Available

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Geraldine Sena 575-760-2443  
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