

Your reward will
be GREAT in
HEAVEN

MATTHEW 5:12

Su premio será
GRANDE en
los CIELOS

MATEO 5, 12

THE FOURTH SUNDAY IN ORDINARY TIME CUARTO DOMINGO DEL TIEMPO ORDINARIO



ST. HELEN

1600 South Avenue O, Portales, New Mexico 88130

Email: sthelenofportales@gmail.com

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

Saturday	4:00 pm	English
Sunday	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 February 1-8, 2026

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

Monday Feast of the Presentation of the Lord

Mal 3:1-4; Ps 24:7, 8, 9, 10; Heb 2:14-18; Lk 2:22-40 or 2:22-32

Tuesday 2 Sm 18:9-10, 14b, 24-25a, 30; 19:3; Ps 86:1-2, 3-4, 5-6; Mk 5:21-43

Wednesday 2 Sm 24:2, 9-17; Ps 32:1-2, 5, 6, 7; Mk 6:1-6

Thursday Memorial of Saint Agatha, Virgin and Martyr

1 Kings 2:1-4, 10-12; 1 Chr 29:10, 11ab, 11d-12a, 12bcd;
Mk 6:7-13

Friday Memorial of St. Paul Miki and Companions, Martyrs

Sir 47:2-11; Ps 18:31, 47 and 50, 51; Mk 6:14-29

Saturday 1 Kings 3:4-13; Ps 119:9, 10, 11, 12, 13, 14; Mk 6:30-34

Sunday Fifth Sunday in Ordinary Time

Is 58:7-10; Ps 112:4-5, 6-7, 8-9; 1 Cor 2:1-5; Mt 5:13-16

Mass Intentions

Saturday, January 31, 2026

4:00 pm

†Pablo Rodriguez-4 year death anniversary-by the family
†Pricilla & Danny Archibeque by the family
End of abortion by Deacon Pal & Lucia Benoit

Sunday, February 1, 2026

9:00 am

†C. J. Brandenburg by Troy & Maxine McCollum
†Sylvia McCollum by Troy & Maxine McCollum
Healing of Andy Ciox by the family

12:00 pm

†Por las almas en purgatorio
†
†

5:00 pm

†Joanne Chavez Mondragon by Bryce & Jessica Mullen



Stewardship for the week of:

January 24-25, 2026

Regular Collection: \$2,139.25

Building Fund: \$ 0.00

Children: \$0.00

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

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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

Ayden Jacobo

Eziah Manuel Gonzalez

Jr



Sanctuary Candle

Ayden Jacobo





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



Lent begins with Ash Wednesday on February 18. Masses will be:
 8:00 am-English
 5:00 pm-English
 7:00 pm-Spanish

La Cuaresma comienza con el Miércoles de Ceniza el 18 de febrero. Las misas serán:
 8:00 am - inglés
 17:00 - Inglés
 19:00 - Español

Ash Wednesday



*Remember that you are dust,
 and to dust you shall return.*

ECCLESIASTES 3:20



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

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@asnm.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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Monday, February 2 is the Feast of the Presentation of the Lord. There will be two masses in the church; 8:00 am in English and 6:00 pm in Spanish. There will also be a blessing of candles. If you have candles that you want blessed, bring them with you to mass.

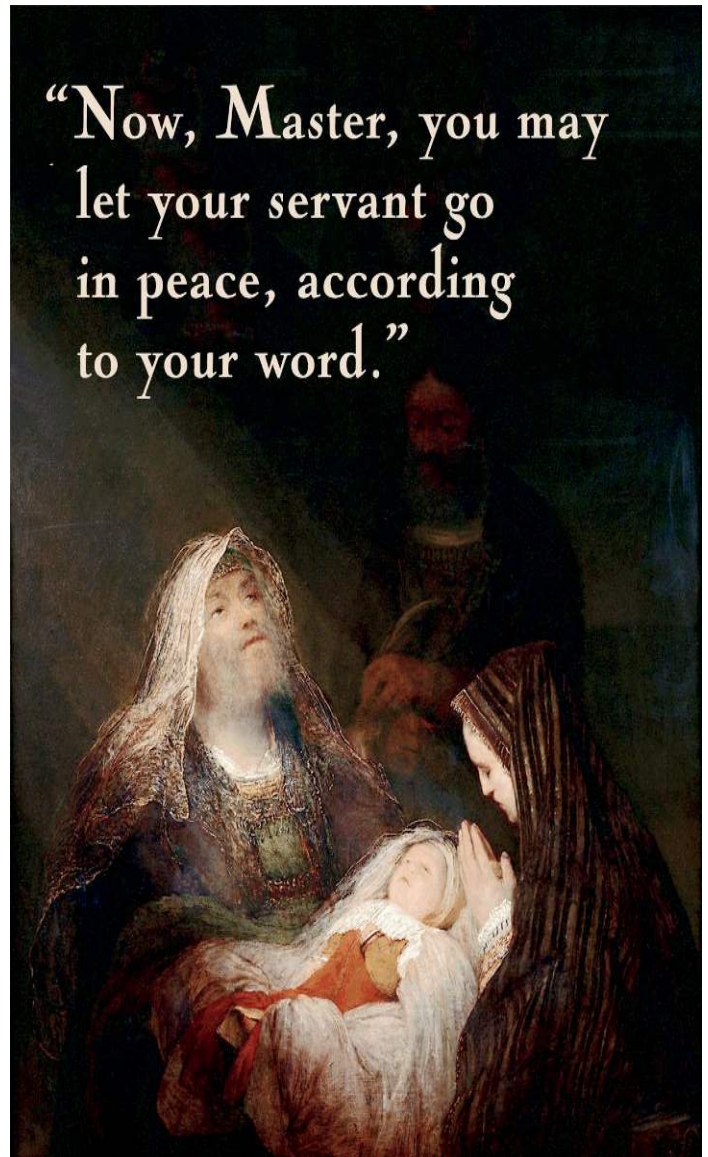
El lunes 2 de febrero es la Fiesta de la Presentación del Señor. Habrá dos misas en la iglesia; 8:00 am en inglés y 6:00 pm en español. También habrá una bendición de velas. Si tienes velas que quieres bendecir, llévalas contigo a misa.



Annual contribution totals are now available for your income tax reporting. You must have used your collection en-

velopes 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 February 2 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 2 de febrero 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.

Fourth Sunday in Ordinary Time
Boast in the Lord

What are you most proud of? What do you like to boast about? Were you top of your class in college? Are your children the most well-behaved? Do you work harder than anyone in your office? Everyone likes to have something they are the best at, or at least very good. But it really is kind of silly to base your own worth on what you accomplish. What truly makes us important is that we are loved by God. This love begins at our birth, long before we have accomplished anything. Our second reading tells how God uses the foolish, weak, or poorest people to shame those who are wise, strong, and wealthy. Why? Because God loves the poor, the weak, the disabled, the homeless just as much as God loves the important people. And the poor probably love God more than the powerful, rich people do.

And it's not just the external qualities that are important. Some wealthy people have great love for the poor. Some of the best teachers only work with disabled children. My dentist is a very good doctor, but is happiest when he goes to help the poor in Latin America. Our Gospel on the Beatitudes today makes that clear if you listen carefully. Blessed are not just the poor, but the poor in spirit; not only the hungry, but those who hunger for righteousness. That's what Saint Paul means when he says, "Whoever boasts, should boast in the Lord" (1 Corinthians 1:31). In other words, it is not so much what you do, as what God does through you. How much you know is less important than how well you know the Lord. It's not so much where you live, as whether God is living in you.

So how do we get to be "important" to God? Instead of asking God to make my projects a success, I can ask what God wants me to do. Instead of reading every magazine or blog to impress your co-workers with your worldly knowledge, take time to read the scriptures and to listen quietly to the Lord in prayer. Instead of complaining about the government or your parish, try volunteering your time. And for all the good that you do, remember to thank the Lord.

Tom Schmidt

Cuarto Domingo del Tiempo Ordinario
Gloriarse en el Señor

¿De qué te sientes más orgulloso? ¿De qué te gusta presumir? ¿Fuiste el mejor de tu promoción en la universidad? ¿Trabajas más duro que nadie en tu oficina? A todos nos gusta ser el mejor en algo, o al menos muy buenos. Pero es un poco absurdo basar tu propio valor en lo que logras. Lo que realmente nos hace importantes es que somos amados por Dios. La segunda lectura nos cuenta cómo Dios utiliza a los necios, débiles o pobres para avergonzar a los sabios, fuertes y ricos. ¿Por qué? Porque Dios ama a los pobres, a los débiles, a los discapacitados y a los sin techo tanto como ama a las personas importantes.

Y no solo las cualidades externas son importantes. Algunas personas ricas tienen un gran amor por los pobres. Algunos de los mejores maestros solo trabajan con niños con discapacidad. El Evangelio de hoy sobre las Bienaventuranzas lo deja claro si escuchas atentamente. Bienaventurados no solo los pobres, sino los pobres de espíritu; No solo los hambrientos, sino también los que tienen hambre de justicia. A eso se refiere San Pablo cuando dice: "El que se gloria, que se glorie en el Señor" (1 Corintios 1,31).

Entonces, ¿cómo llegamos a ser "importantes" para Dios? En lugar de pedirle que haga que mis proyectos sean un éxito, puedo pedirle qué quiere que haga. Y por todo el bien que hagas, acuérdate de agradecerle al Señor.

Tom Schmidt



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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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Knights of Columbus #8304
Meet 1st Tuesday of the month at 7pm

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