

ONE DOES NOT LIVE ON
BREAD ALONE.

MATTHEW 4:4

NO SOLO DE PAN
VIVE EL HOMBRE.

MATEO 4,4



ST. HELEN

1600 South Avenue O, Portales, New Mexico 88130

Email: sthelenoportales@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."

1ST SUNDAY OF LENT | 1º DOMINGO DE CUARESMA

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 Brust356-4241

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 Montoya505-967-1329

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 15-22, 2026

Sunday First Sunday of Lent

Gn 2:7-9; 3:1-7; Ps 51:3-4, 5-6, 12-13, 17;
Rm 5:12-19 or 5:12, 17-19; Mt 4:1-11

Monday Lev 19:1-2, 11-18; Ps 19:8, 9, 10, 15; Mt 25:31-46

Tuesday Is 55:10-11; Ps 34:4-5, 6-7, 16-17, 18-19; Mt 6:7-15

Wednesday Jonah 3:1-10; Ps 51:3-4, 12-13, 18-19; Lk 11:29-32

Thursday Est C:12, 14-16, 23-25; Ps 138:1-2ab, 2cde-3, 7c-8; Mt 7:7-12

Friday Ez 18:21-28; Ps 130:1-2, 3-4, 5-7a, 7bc-8; Mt 5:20-26

Saturday Dt 26:16-19; Ps 119:1-2, 4-5, 7-8; Mt 5:43-48

Sunday Second Sunday of Lent

Gn 12:1-4a; Ps 33:4-5, 18-19, 20, 22; 2 Tim
1:8b-10; Mt 17:1-9

Mass Intentions

Saturday, February 21, 2026

4:00 pm

†Jose Guadalupe, Catalina & Joe Garcia by the Josie Garcia family
†

Sunday, February 22, 2026

9:00 am

†Gloria Brust by Renee Neely
†Dylan McKay by Cindy Martinez & family
Healing of the Brust family by Renee Neely

12:00 pm

†Bartola Najera, Gregorio y Roberto Calderon por sus hijos
†Michael Damien Jarnagin por la familia
†

5:00 pm

†For the souls in purgatory



Stewardship for the week of:

February 14-15, 2026

Regular Collection: \$5132.16

Building Fund: \$75.00

Children: \$101.00

Thank you for your generosity!

Pray for the Sick

Dora Arguello

Isabel Villegas

Dennis Aragón

Arely Mald

Denna Russell

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

Cecelia Chavez

Mason Stansel

Lillie Stansel

Andy Cox

Elaine Sanchez

Aliana Nieto

Christian Apodaca

Brandie Romero Lynch

Ayden Jacobo

Eziah Manuel Gonzalez

Jr

Tomasita Hernandez

Clara Flores

Wynella Shaw

Cindy Romero



Sanctuary Candle

For our St. Helen Parishioners who are sick

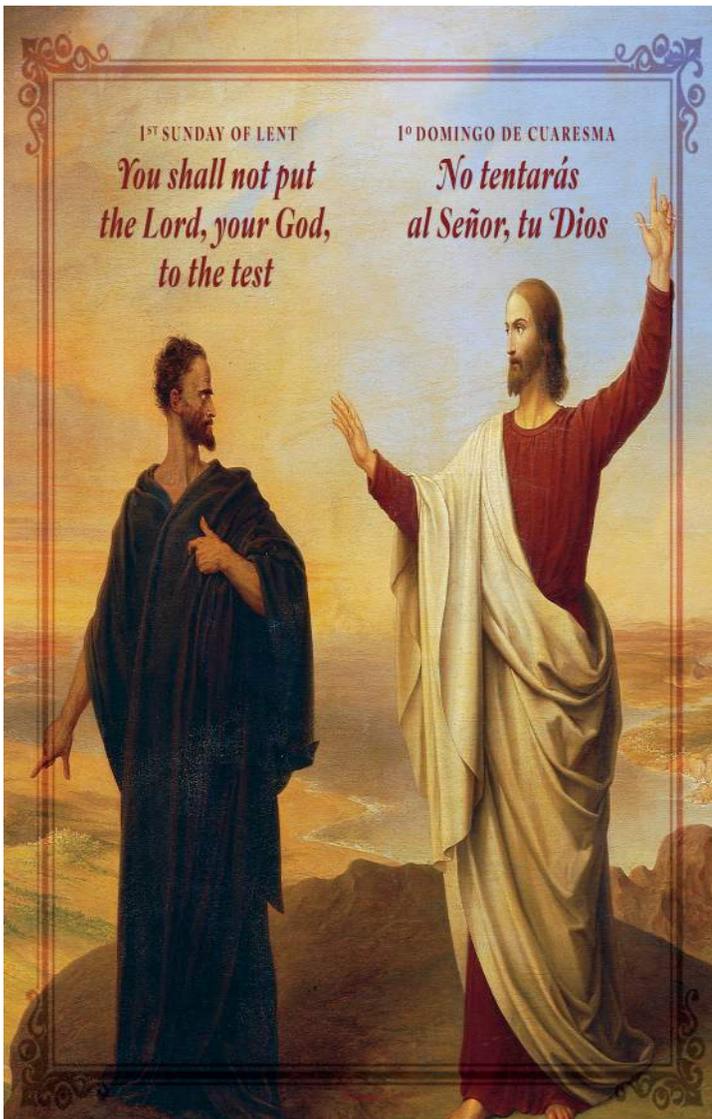




FUTURE BAPTISMS

Paperwork can be processed prior to the baptisms being announced for the future. Paper work must be completed & sponsors have met with Father before the baptism class. No exceptions.

NO BAPTISMS DURING LENT



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

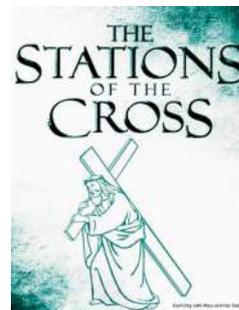
Amarillo, TX (All in English)
 March 21-22; May 16-17; July 11-12
 November 21-22

For registration or questions contact: Karlynn Hochstein 806-410-3839 or Email: khochstein@dioama.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

On Line:
THE MARRIAGEGROUP.COM/START
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Adoration & Stations of the Cross each Friday during Lent.

Adoration: 6:00 pm

Bi-Lingual Stations of the Cross: 7:00 pm

No soup after the Stations.

Adoración y Vía Crucis cada viernes durante la Cuaresma.

Adoración: 6:00 h

Vía Crucis bilingüe: 7:00 h

No habrá sopa después del Vía Crucis.



ST. HELEN ANNUAL FIESTA WILL BE ON SEPTEMBER 12-13.

The next Fiesta Planning Meeting will be held on March 9 at 5:15 pm in the Thomas More Newman Center. You can still help plan this parish fundraiser. New ideas are always welcome. Meeting are held to one hour or less.

Preliminary plans include: Burrito sale, bake sale, Fiesta bingo, themed baskets ,big raffle, etc.

La próxima reunión de planificación de la Fiesta se llevará a cabo el 9 de marzo a las 5:15 p. m. en el Centro Thomas More Newman. Aún puede ayudar a planificar esta recaudación de fondos parroquial. Siempre agradecemos nuevas ideas. Las reuniones tienen una duración de una hora o menos.

Los planes preliminares incluyen: venta de burritos, venta de pasteles, bingo de la Fiesta, canastas temáticas, gran rifa, etc.



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.

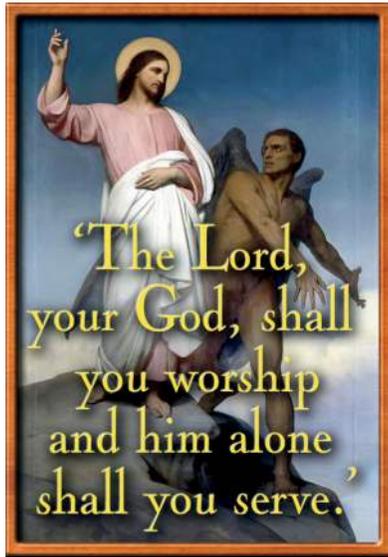


Reorganization meeting of the former St. Vincent de Paul was held on Monday, February 16 at 10:00 am in the Thomas More Newman Center. The new name is **Mother Teresa Thrift Store & Food Pantry**. It will be the sole operation of our parish. On Saturday, March 7 at 10:30 am we will sort and clean the current contents of the building. We are seeking volunteers assist with this project including confirmation students especially those needing service hours. This ministry is needed to assist the community in need with food, clothing, etc. To be able to do this we need enough volunteers to be able to open the doors on a frequent basis. Please consider being a volunteer; Many hands make light work.

La reunión de reorganización de la antigua Iglesia de San Vicente de Paúl se llevó a cabo el lunes 16 de febrero a las 10:00 a. m. en el Centro Thomas More Newman. El nuevo nombre es **Tienda de Segunda Mano y Despensa de Alimentos Madre Teresa**. Será la única operación de nuestra parroquia. El sábado 7 de marzo a las 10:30 a. m., ordenaremos y limpiaremos el contenido actual del edificio. Buscamos voluntarios para ayudar con este proyecto, incluyendo a los estudiantes de confirmación, especialmente a aquellos que necesitan horas de servicio. Este ministerio es necesario para ayudar a la comunidad necesitada con alimentos, ropa, etc. Para ello, necesitamos suficientes voluntarios para poder abrir las puertas con frecuencia. Por favor, considere ser voluntario; muchas manos hacen el trabajo más ligero.

First Sunday of Lent Connections

The second reading this Sunday is not easy to follow, especially when some of Paul's sentences are more like paragraphs. But you will notice that he makes several important connections: between sin and death, between Adam and Jesus, and between obedience and disobedience.



Sin, he says, is the cause of death—not just spiritual death, but physical death also. His point is that sin affects everyone, innocent as well as sinner. Of course, everyone is subject to death at some point, even if they haven't sinned. Sometimes the cause is immediate, such as a drunken driver who causes the death of an innocent person. Even a less serious sin can be a little "death" when it makes us feel that we are not as close to God as we could be. And sins that we might think are not a big deal, such as smoking, can lead to serious health problems.

The connection between Adam and Jesus is not so obvious. Adam was the first to bring sin and death into the world. Jesus is the first to bring forgiveness by his death on the cross. Adam was at the beginning of creation and Jesus is the beginning of a new creation. If we are all sons and daughters of Adam, we are also God's children, since Jesus taught us to call God our father.

The Letter to the Romans shows us how Jesus is different from Adam. Adam disobeyed God, while Jesus was obedient to his Father. Adam reminds me of a child who knows what he is supposed to do, but thinks that he can do the opposite and get away with it.

The Gospel can be an example of that difference. The child likes to do things the easy way, while the adult will do them the right way. Satan can be thought of as trying to get Jesus to do things the easy way. When he tempts Jesus to turn stones into bread, he shows Jesus an easy way to feed the people. But Jesus takes a better way, when he feeds us with himself in the Eucharist. The devil says Jesus can throw himself off the temple as a dramatic way to attract followers; Jesus lets himself hang from the cross to draw people to himself. Satan promises the kingdoms of the world if Jesus will only worship him. But Jesus chose to be crowned with thorns and receive his kingdom when he rose from the dead.

Tom Schmidt

Primer Domingo de Cuaresma Conexiones

La segunda lectura de este domingo no es fácil de seguir, especialmente porque algunas frases de Pablo parecen más bien párrafos. Pero notarán que establece varias conexiones importantes: entre el pecado y la muerte, entre Adán y Jesús, y entre la obediencia y la desobediencia.

El pecado, dice, es la causa de la muerte, no solo la muerte espiritual, sino también la muerte física. Su punto es que el pecado afecta a todos, tanto a inocentes como a pecadores. Por supuesto, todos estamos sujetos a la muerte en algún momento, incluso si no hemos pecado. A veces, la causa es inmediata, como un conductor borracho que causa la muerte de una persona inocente. Incluso un pecado menos grave puede ser una pequeña "muerte" cuando nos hace sentir que no estamos tan cerca de Dios como podríamos estar. Y pecados que podríamos pensar que no son tan graves pueden causar problemas serios.

La conexión entre Adán y Jesús no es tan obvia. Adán fue el primero en traer el pecado y la muerte al mundo. Jesús es el primero en traer perdón con su muerte en la cruz. Adán estaba al principio de la creación y Jesús es el principio de una nueva creación. Si todos somos hijos e hijas de Adán, también somos hijos de Dios, ya que Jesús nos enseñó a llamar a Dios nuestro Padre.

La Carta a los Romanos nos muestra cómo Jesús es diferente de Adán. Adán desobedeció a Dios, mientras que Jesús obedeció a su Padre. Adán me recuerda a un niño que sabe lo que debe hacer, pero cree que puede hacer lo contrario y salirse con la suya.

El Evangelio puede ser un ejemplo de esa diferencia. Al niño le gusta hacer las cosas de la manera fácil, mientras que el adulto las hará de la manera correcta. Se puede pensar que Satanás intenta que Jesús haga las cosas de la manera fácil. Cuando tienta a Jesús a convertir piedras en pan, le muestra una manera fácil de alimentar a la gente. Pero Jesús elige un camino mejor, cuando nos alimenta consigo mismo en la Eucaristía. El diablo dice que Jesús puede arrojar el templo como una forma dramática de atraer seguidores; Jesús se deja colgar de la cruz para atraer a la gente. Satanás promete los reinos del mundo si Jesús lo adora. Pero Jesús eligió ser coronado de espinas y recibir su reino al resucitar de entre los muertos.

Tom Schmidt

*'No sólo de pan
vive el hombre, sino
también de toda
palabra que sale de
la boca de Dios'.*

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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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