

MY YOKE IS
EASY, AND MY

*Burden
Light.*

MATTHEW 11:30

PORQUE MI YUGO
ES SUAVE Y

*Mi Carga,
Ligera.*

MATEO 11, 30



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."

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

OCIC/OCIA 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

Mother Theresa Food Pantry: *Closed until further notice*

LOCAL CATHOLIC SERVICE ORGANIZATIONS

Catholic Daughters -Tanya Baca 575-799-1982

Knights of Columbus-

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.

14TH SUNDAY IN ORDINARY TIME
14° DOMINGO DEL TIEMPO ORDINARIO



For the week of June 28-July 5, 2026

Sunday Fourteenth Sunday in Ordinary Time Pg 338

Zech 9:9-10; Ps 145:1-2, 8-9, 10-11, 13-14; Rom 8:9, 11-13;
Mt 11:25-30

Monday Hos 2:16, 17c-18, 21-22; Ps 145:2-3, 4-5, 6-7, 8-9; Mt 9:18-26

Tuesday Hos 8:4-7, 11-13; Ps 115:3-4, 5-6, 7ab-8, 9-10; Mt 9:32-38

Wednesday Hos 10:1-3, 7-8, 12; Ps 105:2-3, 4-5, 6-7; Mt 10:1-7

Thursday Hos 11:1-4, 8e-9; Ps 80:2ac, 3b, 15-16; Mt 10:7-15

Friday Hos 14:2-10; Ps 51:3-4, 8-9, 12-13, 14, 17; Mt 10:16-23

Saturday Memorial of Saint Benedict, Abbot

Is 6:1-8; Ps 93:1ab, 1cd-2, 5; Mt 10:24-33

Sunday Fifteenth Sunday in Ordinary Time Pg342

Is 55:10-11; Ps 65:10, 11, 12-13, 14; Rom 8:18-23; Mt 13:1-23 or Mt 13:1-9

Mass Intentions

Saturday, July 4, 2026

4:00 pm

†Dorothy Montoya by the family

†Birthday blessings, Collette Benoit, by Deacon Paul & Lucia Benoit

†

Sunday, July 5, 2026

9:00 am

†Maggie Padilla by Troy & Maxine McCollum

†Amber Lopez by Fabian & Becky Lopez

†James Atkins by Thursday Morning Bible Study

12:00 pm

†Por las almas del purgatorio†

†

5:00 pm

†For the souls in purgatory

†



Stewardship for the week of:

June 27-28, 2026

Regular Collection:\$4904.15

Building Fund: \$17.00 Children-\$63.00

Peter Pence-\$1307.38

Thank you for your generosity!

Pray for the Sick

Isabel Villegas

Arely Mald

Irma Ortega

John Campbell

Peter Morrison

Honorio Castillo

Alex Jiménez

Armando Moriel

Antonia Marez

Nestor Hernandez

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

Elaine Sanchez

Iliana Nieto

Christian Apodaca

Brandie Romero Lynch

Ayden Jacobo

Tomasita Hernandez

Wynella Shaw

Alice Montoya

Virgie Garcia

Carmen Gonzales

Jenae Jimenez

Gabby Velasquez

Dr. Ivan Pinon

Dr. Susan Pinon

Matthew Trujillo

Esther Aragon

Jesse Martinez

Humberto Pillado



**Sanctuary Candle for
St. Helen's sick parishioners**



July Baptisms

English Baptisms: Saturday, July 11 @ 10:00 am

Spanish Baptism Class: Thursday, July 9 @ 5:00 pm

Spanish Baptisms: Saturday, July 18, @ 10:00 am

Paperwork must be completed and sponsors have met with Father Francisco before the baptism class. No exceptions.

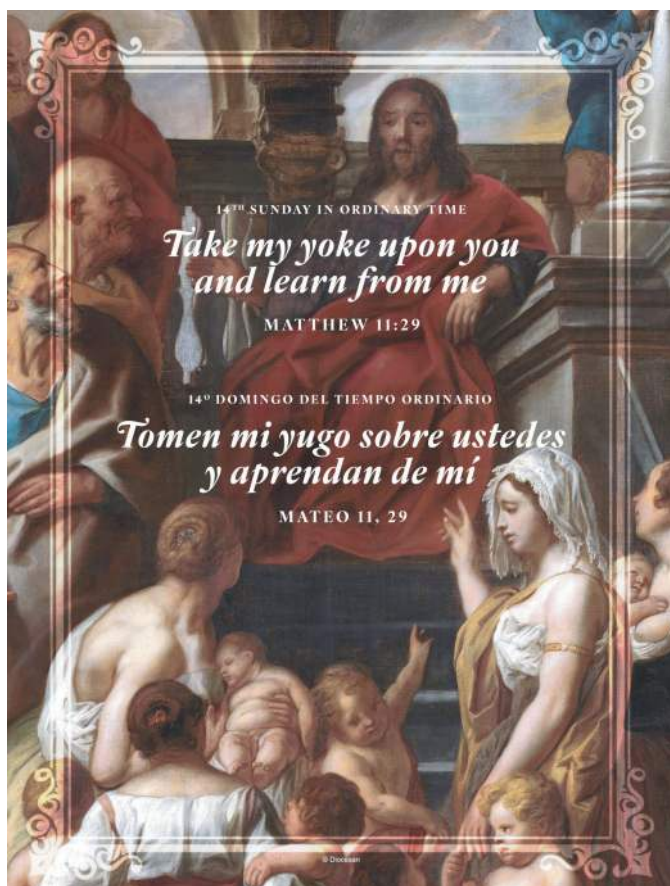
Bautizos de julio

Bautizos en inglés: sábado 11 de julio a las 10 am

Clase de bautismo en español: jueves, julio 9, 5 pm

Bautizos en español: sábado 18 de julio a las 10 am

Se debe completar la documentación y los padrinos deben haberse reunido con el padre Francisco antes de la clase de bautismo. Sin excepciones.



Engaged Encounter Weekends 2026:

Lubbock, TX

October 2-4; English

For information call: 806-792-3943 ext. 238 or email FamilyLife@catholic-lub-

bock.org

Amarillo, TX (All in English)

July 11-12 November 21-22

For registration or questions contact:

Karlynn Hochstein 806-410-3839 or

Email: khochstein@dioama.org

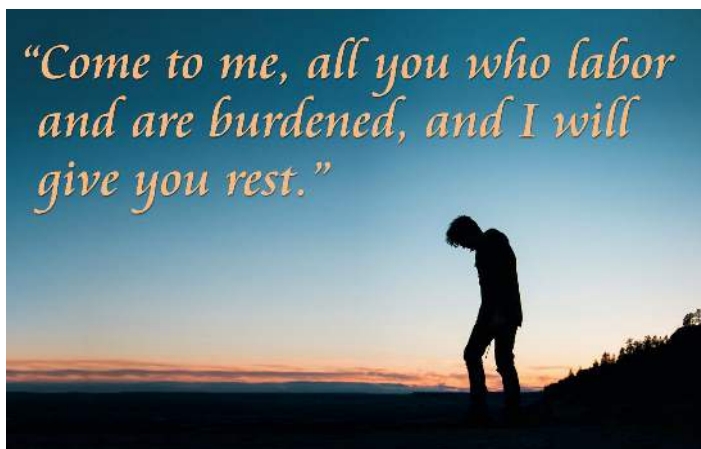
Albuquerque, NM—Spanish Retreats

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





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

Meetings are held at 5:15 pm in Thomas More Newman Center.



We are now seeking basket donations. Baskets should have a value of a \$100 minimum. We

need the baskets ready for display by July 12. We realize this is short notice but time got away. Please let us know if you will be donating a basket. You can contact Emma at the parish office.

Actualmente estamos solicitando donaciones de cestas; estas deben tener un valor mínimo de 100 dólares. Necesitamos que las cestas estén listas para su exhibición antes del 12 de julio. Somos conscientes de que el plazo es breve, pero el tiempo se nos ha echado encima. Por favor, avísenos si va a donar una cesta; puede comunicarse con Emma en la oficina parroquial.

The fiesta committee is seeking a person to be in charge of the fiesta hamburger booth. All the supplies and meat will be furnished. The person would grill burgers during both days of the fiesta and at the dance on Saturday night. If interested, call Mel Sena at 505-710-0998 or Malissa Molina at 575-693-0571.



It was also decided that the big raffle will be same as in previous years. Tickets will again sell for \$25 per tick-

et and the total amount of cash prizes will be \$12,000. Tickets will be available for distribution or to buy on June 21. Fiesta committee members will be in the foyer of the church with tickets or you can get them at the parish office. We are hoping that each family can buy a book of 5 tickets.

También se decidió que la gran rifa se realizará igual que en años anteriores. Los boletos costarán nuevamente \$25 cada uno y el monto total de los premios en efectivo será de \$12,000. Los boletos estarán disponibles para su distribución o compra a partir del 21 de junio. Los miembros del comité de la fiesta estarán en el vestíbulo de la iglesia con los boletos, o bien puede adquirirlos en la oficina parroquial. Esperamos que cada familia pueda comprar un talonario de 5 boletos.

CONGRATULATIONS

Bradley Erazo, the winner of the smoker grill raffle given away last week.

FELICIDADES

Bradley Erazo, el ganador del sorteo de la parrilla ahumadora que se sorteó la semana pasada

El comité de la fiesta busca a una persona para encargarse del puesto de hamburguesas. Se proporcionarán todos los insumos y la carne. La persona deberá preparar las hamburguesas a la parrilla durante los dos días de la fiesta y en el baile del sábado por la noche. Si le interesa, llame a Mel Sena al 505-710-0998 o a Malissa Molina al 575-693-0571.

Fourteenth Sunday in Ordinary Time Meek and Humble God

Jesus tells us in today's Gospel that he is "meek and humble of heart." Yet just a few lines before this, he says that he is equal to his Father, the almighty God. So how can the Son of God be both meek and mighty?

For Jesus, being meek does not mean letting people push him around. If he were meek in that sense, he could not have thrown the moneychangers out of the temple. Jesus' meekness meant doing the will of God completely. The challenge for us comes in his words "learn from me." We must learn to do God's will as completely as Jesus did.

First, it means that we do all that God wants of us. We cannot pick and choose what we want to do and what we want to ignore. If some things seem too difficult or painful for us, we may need more faith in Jesus' ability to make the burden easy. For example, sometimes we may hear Jesus' command to love one another and reserve the right to love whom we choose. Or we may reserve the right to decide which teachings of the Church we will follow. But doing God's will completely means doing it without reservation.

Second, we may try to do all that God asks, but give up if something becomes too difficult. We may say we forgive someone, for example, but when they reject that forgiveness, we become even angrier. Or we may tire of being patient with someone and be verbally hurtful. Or maybe we agree to help on a parish project but quit when someone disagrees with us. We can learn from Jesus how to do each part of God's will to completion, as Jesus did all the way to the cross.

So how is the Son of God humble? True humility means acknowledging who we are and what we can do. Jesus is simply being humble when he says that he is equal to the Father. So too, we are humble when we do not hide the fact that we are children of God and brothers and sisters of Jesus. Instead of a false modesty that claims "I'm not good enough to follow all of God's commands," it takes true humility to accept that we can do God's will because the Spirit is with us to help us.

Tom Schmidt

Decimocuarto Domingo del Tiempo Ordinario Dios manso y humilde

En el Evangelio de hoy Jesús nos dice que es "manso y humilde de corazón". Sin embargo, en unas cuantas líneas anteriores dice que es igual a su Padre, el Dios todopoderoso. ¿Cómo puede el Hijo de Dios ser manso y poderoso a la vez?

Para Jesús, ser manso no significa dejarse empujar por la gente. Si fuera manso en ese sentido, no podría haber echado a los cambistas del templo. La mansedumbre de Jesús significó hacer la voluntad de Dios completamente. El desafío para nosotros viene en sus palabras "aprende de mí". Debemos aprender a hacer la voluntad de Dios tan completamente como lo hizo Jesús.

Primero, significa hacer todo lo que Dios quiere de nosotros. No podemos elegir lo que queremos hacer y lo que queremos ignorar. Si algunas cosas nos parecen demasiado difíciles o dolorosas, quizás necesitamos tener más fe en que Jesús puede aliviar la carga. Por ejemplo, a veces podemos escuchar el mandato de Jesús de amarnos unos a otros y mantener el derecho de amar a quien queremos. O podemos mantener el derecho de decidir cuáles enseñanzas de la Iglesia vamos a seguir. Pero hacer la voluntad de Dios por completo significa hacerlo sin reservas.

En segundo lugar, podemos intentar hacer todo lo que Dios nos pida, pero rendirnos si algo se hace demasiado difícil. Podemos decir que perdonamos a alguien, por ejemplo, pero cuando esa persona rechaza el perdón, nos enojamos aún más. O podemos cansarnos de ser pacientes con alguien y volvernos verbalmente hirientes. O tal vez aceptamos ayudar en un proyecto parroquial pero renunciamos cuando alguien no está de acuerdo con nosotros. Podemos aprender de Jesús cómo hacer cada parte de la voluntad de Dios hasta el final, como lo hizo Jesús hasta la cruz.

Entonces, ¿cómo es humilde el Hijo de Dios? La verdadera humildad significa reconocer quiénes somos y lo que podemos hacer. Jesús simplemente está siendo humilde cuando dice que es igual al Padre. Así también, somos humildes cuando no ocultamos el hecho de que somos hijos de Dios y hermanos y hermanas de Jesús. En lugar de una falsa modestia que dice: "No soy lo suficientemente bueno para seguir todos los mandamientos de Dios", se necesita la verdadera humildad para aceptar que podemos hacer la voluntad de Dios porque el Espíritu está con nosotros para ayudarnos. Por 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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