



+JMJ

As we get ready for the feast day of Our Lady of Sorrows (this Tuesday, the 15th of September) here is one of my favorite prayers to Our Blessed Mother. It is written by the newest Doctor of the Church, St. Gregory of Narek.

Have a blessed week! :-D

Fr. Simon Caron

Prayer 80

Speaking with God from the Depths of the Heart

A

And now, after all this despair
and terrible heartbreak,
angry reprimands and divine wrath,
with a soul completely tormented by grief,
I pray to you, Holy Mother of God,
herald to mankind, angel in bodily form,
heavenly queen,
pure as air, clean as light,
clear as the image of the sun at its height,
higher than the forbidden dwelling place of the
holy of holies,
place of the blessed covenant, a breathing Eden,
tree of immortality, guarded by a fiery sword,
strengthened and protected by the exalted Father,
prepared and purified by the Holy Spirit that
rested upon you, adorned by the Son who dwelt
in you as his tabernacle,
only Son of the Father, and for you the first born,
your Son by birth, and your Lord by creation,
together with your unsoiled purity, spotless goodness,
together with your immaculate holiness,
guardian intercessor.
Receive these prayers from me, who believe in you.
Together with my ode to you
offer and present them to God as your own.

Weave and mix into your prayers of happiness
and adoration the bitter sighs that I, a sinner, utter,
you, who are the tree of life bearing the blessed fruit,
so that always receiving help from you and through your
good deeds, and taking refuge in the light of your
holy motherhood,
I may live for Christ, your Son and Lord.

B

Assist me on your wings of prayer,
you, proclaimed Mother of all the living,
so that my departure from this earthly valley
may be without torment, leading to life in the lodgings
you have prepared, that my death might be light,
though I am weighed down by iniquity.

Make the day of my anguish a festive holiday,
you, healer of the sorrow of Eve.
Speak on my behalf, beg and beseech for my sake,
for as I believe your purity is beyond words,
I also believe in the power of your words.

Blessed among women, I am in trouble.
Help me with your tears.
Ask on bended knee for my reconciliation,
Mother of God.
Care for me who am miserable, altar of the exalted.
Lend me a hand, for I have fallen, heavenly temple.
Glorify your Son,
by performing upon me the divine miracle of
mercy and pardon, handmaid and Mother of God.

C

Magnify your honor through me,
and my salvation will be manifested through you
if you find me, Madonna,
if you pity me, blessed among women,
if you rescue me in my waywardness,
immaculate one,
if you care for me in my fear, happy one,
if you lift my head bowed in shame, good grace,
if you intercede for me in my despair,
ever Holy Virgin,
if you include me in my rejection, exalted of God,
if you show me kindness, undoer of malice,
if you steady me in my doubt, repose,
if you calm my anxiety, pacifier,
if you show me the way from which
I have strayed, praised one,
if you appear before the tribunal for me,
vanquisher of death,
if you mellow my bitterness, sweetness,
if you eliminate my separation from God,
reconciliation,
if you lift away my uncleanness, you who
stamp out corruption,
if you save me in my condemnation, living light,
if you cut off the sound of my wailing, bliss,
if you restore me, for I am broken, salve of life,
if you look upon me in my ruin, you filled
with the Spirit,
if you visit me with compassion, legacy given us.
You alone shall be on the pure lips of happy tongues.
Indeed if but a drop of your virgin milk
were to rain on me, it would give me life,
Mother of our exalted Lord Jesus,
creator of heaven and earth,
whom you bore complete in humanity and
total in divinity,
who is glorified with the Father and the Holy Spirit,
uniting his essence and our nature in a manner beyond human understanding.
He is all and in all, one of the Holy Trinity.
To him glory, forever and ever.

Amen.

MINISTERS – SATURDAY – September 19, 2015

SACRISTANS

5:30 P.M. Mario & Vivian Trujillo

USHERS

5:30 P.M. Same Loyal & Faithful Bunch

ALTAR SERVERS

5:30 P.M. Ryan Rowley
Jacob Rowley
Jodyn Everett

LECTORS

5:30 P.M. Keishla Cota
Augustine Martinez

EXTRAORDINARY MINISTERS OF HOLY COMMUNION

5:30 A.M. *Mario Trujillo (R-Captain), *Vivan Trujillo-L, Ruben Lucio, Marta Madrid,

MINISTERS – SUNDAY – September 20, 2015

SACRISTANS

8:30 A.M. Mike & Anna Nagro

10:30 A.M. Carlos & Dora Rivero

USHERS

8:30 A.M. Eddie's Angels
10:30 A.M. Same Loyal & Faithful Bunch

ALTAR SERVERS

8:30 A.M. Victoria Gutierrez
Jacob Gutierrez
Caleb VanBeek
10:30 A.M. Francisco Rodriguez
Esperanza Tafoya
Elijah Rodriguez

LECTORS

8:30 A.M. Sean Little
Keishla Cota
10:30 A.M. Dora Rivero
Ricky Sisneros

EXTRAORDINARY MINISTERS OF HOLY COMMUNION

8:30 A.M. *John Schonberger (Captain-R), *Jimmy Maes - L, Mary Maulsby, James Schoeffel, Lila Lucero, Mary Shockley, Lee Smith, Robert Timmons
10:30 A.M. *Dora Rivero (Captain-R), *Carlos Rivero-L, Roselia Vicuña, Lola Bryant, Cindy Cantu, Paul Ellis, Suzanne Ellis, Mabel Encinias

CHURCH CLEANING

September 19 – * Subina Trujillo, Elizabeth Kirby, Natalie Hobbs

ALTAR LINENS

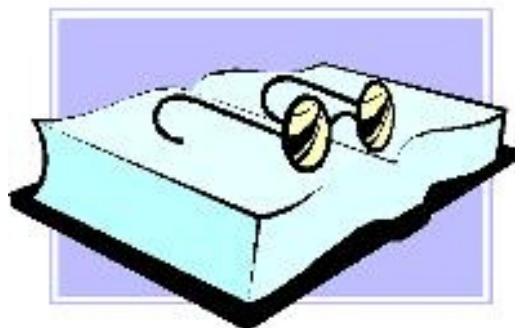
September – Susie Oborny & Diana Moya

EXTRAORDINARY MINISTERS OF HOLY COMMUNION TO THE SICK & HOMEBOUND

Retirement Ranch	Rick Rowley
Clovis Healthcare	Nancy Gilestra
Sr. Resident Center	Teresa Weeks
Home Route One	Marcy Kos
Home Route Two	Teresa Weeks

PRAYER REQUESTS

Sacred Heart has a group of "Prayer Warriors" who will seek God's Intervention on your behalf. All it takes is a phone call to Jeanne Kriegshauser at (575) 762-9214 or Mary Shockley at (575) 763-0953, and they will set prayer in motion.



READINGS FOR THE WEEK

Sunday	Twenty-Fourth Sunday in Ordinary Time Is 50:5-9a; Ps 116; Jas 2:14-18; Mk 8:27-35
Monday	The Exaltation of the Holy Cross Nm 21:4b-9; Ps 78; Phil 2:6-11; Jn 3:13-17
Tuesday	Our Lady of Sorrows 1 Tm 3:1-13; Ps 101; Jn 19:25-27 or Lk 2:33-35
Wednesday	Saints Cornelius, Pope, and Cyprian, Bishop, Martyrs 1 Tm 3:14-16; Ps 111; Lk 7:31-35
Thursday	Saint Robert Bellarmine, Bishop and Doctor of the Church 1 Tm 4:12-16; Ps 111; Lk 7:36-50
Friday	1 Tm 6:2c-12; Ps 49; Lk 8:1-3
Saturday	Saint Januarius, Bishop and Martyr 1 Tm 6:13-16; Ps 100; Lk 8:4-15
Sunday	Twenty-Fifth Sunday in Ordinary Time Wis 2:12, 17-20; Ps 54; Jas 3:16—4:3; Mk 9:30-37

SEXUAL ABUSE AWARENESS CLASS

This class is for **ALL** individuals who volunteer in the Church. Sacristans, Extraordinary Ministers of Holy Communion (in Mass and for to Homebound), Ushers, Choir Members, CCD teachers, CCD Volunteers, Youth Group Volunteers, RCIA Volunteers, etc. Any involvement with the church in any form, **YOU MUST** take this class, but you only have to take it once in a lifetime.

- WHEN:** Saturday, October 10, 2015
TIME: 10:00 AM
WHERE: St. Helen Catholic Church
 St. Thomas Moore Neuman Center
 Portales, New Mexico



Knights of Columbus

Local Knights of Columbus-Council # 4205

All boys and girls ages 9-14 are invited to participate in the Youth Soccer Challenge Competition being held on Sunday, September 27, 2015 at 2:00 pm at the soccer fields near Hillcrest Park Zoo. The competition is a penalty kick shootout.

Registration will be held on Tuesday, September 15th & 22nd from 6:00 – 7:00 pm at the Knights of Columbus Hall (2830 E 21st Street).

For additional information, please contact Sean Little at (575) 799-4070 or email him at littlefamily@plateautel.net

<u>Monday</u> 4:30 P.M.	<u>September 14, 2015</u> Confessions – Church
<u>Wednesday</u> 9:00 A.M. 5:00 P.M. 6:00 P.M. 6:00 P.M. 6:30 P.M.	<u>September 16, 2015</u> Encyclical - Pope Francis Choir Practice (8:30 Mass) Bible Study - Library CCD Praise & Worship CCD/RCIA Classes - School
<u>Thursday</u> TBA	<u>September 17, 2015</u> Choir Practice (10:30 Mass)
<u>Friday</u> 7:00 A.M. – 5:10 PM	<u>September 18, 2015</u> Adoration of the Blessed Sacrament - Church
4:30 P.M.	Confessions – Church
<u>Saturday</u> 1:00 P.M. 3:30 P.M. 4:30 P.M.	<u>September 19, 2015</u> Baptismal Class - School Confessions – Church Youth Choir – Church



TITHING REPORT
September 5 & 6, 2015

Envelopes	\$ 4,003.00
Loose	\$ 2,723.72
Total	\$ 6,726.72

NEEDY COLLECTION

Envelopes &	\$ 851.00
Loose	\$
Total	\$ 851.00



We are distributing food to the needy every 2nd & 4th Saturday of the month starting at 9:00 am.

We are in need of volunteers to help!

If you are interested, please call Rosie Buchan at (575) 309-5040 so she can give you further information and to inform you of a time to meet to help prepare for our distribution, or call the parish office and leave your name and phone number so that we may contact you.

Our next distribution will be September 26, 2015.

The Food Pantry is in need of the following items:

- Canned Vegetables,
- Crackers,
- Cereal,
- Lunchbox Snacks,
- Breakfast Oatmeal, Canned Meat, and
- Soups

Any help will be greatly appreciated. You can place items in the baskets in the back of the church or bring them into the parish office. Thank you and may God Bless you.



Bible every Wednesday at 6:00 pm in the Library. We will study "Peter, Cornerstone of Catholicism" with Dr. Tim Gray. Workbooks will be available for \$34.95, if you would like to purchase one.



SATURDAY

5:30 P.M.

September 12, 2015

- † Maria Lucio
- † Feliciano "Chano" Lucio

SUNDAY

8:30 A.M.

September 13, 2015

- † Rosemary Smithhisler
- † Angel Molina

10:30 A.M.

MONDAY

5:30 P.M.

September 14, 2015

- † Tony & † Dorothy Romero

TUESDAY

7:00 A.M.

September 15, 2015

- † Benerito & † Rosarito Gallegos
- † Benny Gallegos, Jr.

WEDNESDAY

7:00 A.M.

September 16, 2015

- † Gerald "Shorty" Gunnels

THURSDAY

7:00 A.M.

September 17, 2015

- † Alice Sena

FRIDAY

5:30 P.M.

September 18, 2015

- † George Mendez

SATURDAY

5:30 P.M.

September 19, 2015

- † Gerald "Shorty" Gunnels

SUNDAY

8:30 A.M.

September 20, 2015

- † Allen Jesko
- † Jennie Bojorquez

10:30 A.M.

- † For the people of our parish

