



ST HELEN LIFE TEEN

Leading Teens Closer to Christ

XLT

JOIN US THIS SUNDAY | 6:30 PM

(following the 5pm mass)

XLT {Exalt} is a night of Eucharistic Adoration with praise and worship music lead by our Life Teen Band, an insightful talk from a guest speaker, the chance to participate in the sacrament of Reconciliation and most importantly time to just be with Jesus truly present in the Eucharist!

It is open to all; teens, families, parishioners, and guests! So come join us in celebrating this year of Eucharistic Revival with an evening in the true presence of our Lord!

GUEST SPEAKER

Jared Sprogis



Attention!

- [FALL RETREAT FORMS ARE HERE!](#) (spots are limited!)
- Help NEEDED! We are looking to create some simple ladder shelves for our retreat decorations. Anyone willing/interested [contact Tammy!](#)

Weekly Ministries

10.15.23

Mass & Life Night: Sun 5-8pm
Retreat Team: Wed 6:30-8:30pm
NDCL Impact: Fri 10:50-11:20am

Upcoming Events

- XLT 10.15
- Eucharistic Revival Youth Rally 11.1
- Fall Retreat 11.3-11.5
- CLE 2:16 Conference 1.6.24
- Spring Retreat 2.23.24-2.25.24

For More Information

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 www.sthelenlifeteen.com

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