

**PENTITENTIAL DISCIPLINE OF THE CHURCH:** These precepts apply: “Ash Wednesday and Good Friday are days of fast and abstinence.” “Fridays are days of abstinence, but Catholics may substitute special acts of charity or piety on this day.” The obligation stemming from these disciplines is a very serious one. The obligation to do penance comes from the Divine Law itself. However, special penitential days (Ash Wednesday, Good Friday, and all Fridays) are set aside so that Christians can join in a common observance of penance. The Law of abstinence is binding on everyone over the age of fourteen. Thus, on all Fridays we must abstain from meat, or substitute this with a significant act of piety or charity. The Law of fasting (Ash Wednesday and Good Friday) is binding on everyone over eighteen and under sixty. On these two days, in addition to abstaining from meat, we must eat only one full meal, two light meals, and no snacks.

**PLEASE PRAY FOR THE SICK**

Mike Abboud, John Adu, Ken Arthur, Jaime Awa, Don Baker, Aldo Bevacqua, Lara Bewcyk, Bill and Kay Blair, Raymond Blais, Andrew Blount, Maurice Booth, Tomas Bourassa, Julie Brown, June Buchan, Wendy Buchan, Joe and Megan Buenacruz, Kristi Burgon, Cynthia Caraan, Jules Carrier, Helen Cartier, Michael Carney, Sylvana Carr, Eileen Cassidy, Joe and Albina Cavaliere, Leonida Chaplin, Jenny Cheng, Robert Cheng, Elysha Chernosky, Maria Correia, Jose Correia, Pedro Paulo Freitas Costa, Robert Costa, James Cresswell, Catherine Crocock, Justin Darrah, David Dawson, Rita De Croos, Marina de Faria Neves, Luigino De Paoli, Jeanie Deagle, Maddalena Demichina, Martino Demichina, David Dixon, Sylvia Dixon, Elizabeth Drlje, Filipe Duarte, Barbara Duralia, Frank Duralia, Victor Edwin, Christine Ermita, Arend Fernandez, Cecilia Ferreira, Claude and Hélène Fournier, Maria Margarida Freitas, Lydia Gareau, George Gareb, Lloyd and Bernice Gerson, Robert Gierico, Victoria Gillespie, William & Doris Girard, Amy Goco, Linda Gorrie, Chung Eun & Jung Soo Han, Anthony Hee, Domingo Hernandez, Dawn Horrocks, Kathy Horrocks, Noelle Horrocks, Quinlan Huff, Barbara Hyde, Bogumil Iwan, Travis Jack, Bronwyn Jones, Herta Kemnitz, Caterina Kennedy, Susan Kent, Josephine Kerr, Lisa Kerr, Daniel Kozak, Kimberly Lam, Leslie Larden, Danna Larsen, Fr. Joseph Thoai Le, Paul Levy, Chuk Ming Lo, Erin Mackay, Lia Macri, Phyllis Marchand, Pablo Marzano, Fr. Dunstan Massey OSB, Jamie McCloskey, Tom and Pat McCloskey, Bruce McLean, Julie McNeil, Peggy MacDonald, Anne Marie MacFarlane, Shirley Mhur, Marion Milton, Peggy Mrazek, Kwong-Lung Mui, Rosemary Nicholson, Jim O’Brien, Eileen O’Riordan, Anthony Patrick, Brad Philley, Terry Phillips, Naomi Piñeda, Bernadeth Recinto, Hugo Regier, Eduardo Reyes, Ron Rosvold, Gordon Santaga, Robert & Linda Scholl, Manfred Schunck, Dennis Sharkey, Marlene Shein, Winnie Sirec, Fred Sirec, Fr. Bill Somerville, Walter Sporer, Stacey Stalhem, Janet Stead, Ted Stewart, Theresa Stobbs, Ian Stockdale, Fr. John Swinkels, Gen Sykes, Gerry Sylvester, Sigi Ullrich, Jitka Valing, Elizabeth Vitek, Barbara Waller, Christina Wee, Emily Wegrich, Patrick Welsh, Anne Whittey, Jack Wilcock, Isabel Wodtke, Cindy Woo, Francisca Wouters, Heather Wright, Aida Yepez, Henry Zilkowsky, and all the sick of whom we do not know. Mary, Health of the Sick, pray for us.

**Parish of Saint Michael the Archangel**

9387 Holmes Street  
Burnaby, BC V3N 4C3  
Phone: (604) 521-3406 Fax: (604) 517-1461  
Website: [www.stmichaelsparish.ca](http://www.stmichaelsparish.ca)  
Email: [Parish.Secretary@stmichaelsparish.ca](mailto:Parish.Secretary@stmichaelsparish.ca)



PASTOR: Monsignor Bernard Rossi, P.H., J.C.D.  
ASSISTANT PASTOR: Father DePaul Doan, C.S.J.B.  
PARISH SECRETARY: Mrs. Sharon Gauvin

**SEVENTH SUNDAY IN ORDINARY TIME, FEBRUARY 23, 2020**

- Sunday Mass: Saturday (anticipated) 7:00 p.m.  
Sunday – 8:30 a.m., 10:00 a.m., 12 noon, 5:00 p.m.
- Weekday Mass: Monday, Wednesday, Thursday, Friday – 7:15 a.m.  
Tuesday – 7:30 p.m.  
School Fridays – 9:00 a.m.  
Saturday and Holidays – 9:00 a.m.
- Confessions: Saturdays: 8:30 - 8:55 a.m. and following the 9:00 Mass;  
4:00 - 4:30 p.m. and following the evening Mass.
- Baptisms: By appointment. Held on Sundays at 1:15 p.m.
- Marriage: Please contact Monsignor Rossi at least 4 months in advance.
- Parish School: Principal: Mrs. Caterina Kennedy  
Secretary: Mrs. Rosie Bird Phone: (604) 526-9768



*“Be perfect, therefore, as your heavenly Father is perfect.”*



## WEEK AT A GLANCE

### Feb 24 Monday

7:00 a.m. Lauds

7:15 a.m. Mass

5:00 p.m. – 7:30 p.m. Mardi Gras

### Feb 25 Tuesday

7:10 p.m. Rosary for the Sick

7:30 p.m. Mass

8:00 p.m. Education Committee Meeting

### Feb 26 Ash Wednesday

7:00 a.m. Lauds

7:15 a.m. Mass

9:00 a.m. School Mass

6:30 p.m. Altar Servers' Practice

7:00 p.m. Catechism

7:30 p.m. Mass

### Feb 27 Thursday

7:00 a.m. Lauds

7:15 a.m. Mass

7:00 p.m. Adult Catechism

7:00 p.m. Choir Practice

### Feb 28 Friday

9:00 a.m. School Mass

7:00 p.m. Stations of the Cross

7:30 p.m. Mass

### Feb 29 Saturday

9:00 a.m. Mass

9:30 a.m. Marian Family Prayer Program

## FOOD BANK/ BOTTLE DROP-OFF

Today is the day! Thank you for your ongoing support and generosity to the poor.

## REST IN PEACE

Your prayers are requested for the repose of the soul of former parishioner Angelina Gentile, who died on February 19<sup>th</sup> at the age of 102. Funeral Mass will be celebrated on Friday, February 28<sup>th</sup>, at 11:00 a.m. Please pray also for her family.

## INCOME TAX RECEIPTS

If you have not yet done so, please take home the income tax receipt for your 2019 donations, available in the vestibule of the church.

## MARDI GRAS

Everyone is welcome to join in celebrating Mardi Gras at Saint Michael's School on Monday, February 24<sup>th</sup>, from 5:00 – 7:30 p.m. Please see the poster in the vestibule.

## MARIAN PRAYER SERVICE

The Knights of Columbus are sponsoring a Family Prayer Program before the icon entitled, "*Our Lady Help of Persecuted Christians*". All parishioners are invited to attend this program on Saturday, February 29<sup>th</sup> after the 9 a.m. Mass, and Tuesday, March 3<sup>rd</sup>, after the 7:30 p.m. Mass.

## CHICKEN SALE

St. Michael's School is having a chicken sale! Order forms are available in the vestibule, due March 8<sup>th</sup>. Pick-up will be on March 13<sup>th</sup>. Get your fresh, delicious Hallmark chicken in time for Spring Break!

## PANCAKE BREAKFAST

Next Sunday, the Knights of Columbus will be serving pancake breakfast in the school gymnasium after the 8:30 and 10:00 Masses. Everyone is welcome.

## LENT

In this season, we should practice the traditional forms of penance: fasting, abstinence from meat and luxuries, almsgiving, and prayer. In almsgiving we set aside, for the needs of the Church and the poor, the savings we realize by our fast and abstinence. In prayer, we keep all this observance directed towards God.

## LENTEN DEVOTIONS

On the Sundays of Lent, we celebrate Vespers and Benediction of the Blessed Sacrament at 4:00 p.m. in the church. On Lenten Fridays, Mass is celebrated at 9:00 a.m. and 7:30 p.m. The evening Mass is preceded by Stations of the Cross at 7:00. Please note that there is no 7:15 a.m. Mass on the Fridays in Lent.

## ASH WEDNESDAY

Wednesday of this week is Ash Wednesday, a day of fast and abstinence. Mass and imposition of ashes will be at 7:15 and 9:00 a.m., and 7:30 p.m.

## FASTING CALENDAR

Posted in the vestibule you will find a Lenten Fasting Calendar. The goal is to have at least one parishioner committed to fast for each day during Lent. If you wish to participate, please sign or initial a date.

## ST. JOSEPH'S SOCIETY

This annual collection, for the care and needs of retired and infirm priests, will be taken up next weekend. Please show your gratitude for the priests of our Archdiocese by your generosity. Our parish building fund collection is thus deferred to the second Sunday in March.

## PARISH DIRECTORY

### Parish Office:

Tuesday – Saturday: 9:00 a.m. – 5:00 p.m.

### Catechism:

September - May: Wednesday evening at 7:00

Contact: Claudia DeSimone (604) 522-2186  
claudia.desimone@stmichaelschool.ca

### Adult Catechism:

September - May: Thursday evening at 7:00  
in the Parish Centre.

### Choir:

September - June: Thursday evening at 7:00

Contact: Tyler Mitchell (604) 671-7453

### Knights of Columbus:

2<sup>nd</sup> Tuesday of the month, after evening Mass.

Contact: Rafael Sevilla (604) 939-6333, or  
Michael Charron (604) 809-0344

Website: <http://www.kofc9246.org/>

### Ladies Auxiliary:

1<sup>st</sup> Tuesday of the month, beginning with  
Rosary in the church at 7:10 p.m.

Contact: Norina Kathrein (604) 522-6691

### Legion of Mary:

Saturday at 9:30 a.m. in the Shrine Room

Contact: Maria Melim (604) 716-1487

### Youth Group:

1<sup>st</sup> Sunday of the month, 7:00 p.m. in the gym

3<sup>rd</sup> Saturday of the month, 7:00 p.m. Mass and  
social. Contact: Samantha (778) 246-0390, or  
Nicole (778) 246-0388

email: [st.mikes\\_youthgroup@hotmail.com](mailto:st.mikes_youthgroup@hotmail.com)