

PENITENTIAL 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

John Adu, Jaime Awa, Sylvia Baco, Don Baker, Kay Blair, Andrew Blount, Tomas Bourassa, Julie Brown, June Buchan, Wendy Buchan, Joe & Megan Buenacruz, Kristi Burgon, Cynthia Caraan, Jules Carrier, Helen Cartier, Michael Carney, Albina Cavaliere, Leonida Chaplin, Jenny Cheng, Robert & Theresa Cheng, Elysha Chernosky, Stephanie Chew, Hershey Chow, Maria Correia, Jose Correia, Pedro Paulo Freitas Costa, Robert Costa, James Cresswell, Justin Darrah, David Dawson, Rita De Croos, Luigino De Paoli, Jeanie Deagle, Martino Demichina, David Dixon, Barbara Duralia, Frank Duralia, Christine Ermita, Anna Fabbro, Arend Fernandez, Cecilia Ferreira, Hélène Fournier, Lydia Gareau, Lloyd & Bernice Gerson, Robert Gierico, Victoria Gillespie, William & Doris Girard, Amy Goco, Linda Gorrie, Chung Eun & Jung Soo Han, Anthony Hee, Domingo & Violeta Hernandez, Dawn Horrocks, Kathy Horrocks, Noelle Horrocks, Quinlan Huff, Bogumil Iwan, Travis Jack, Bronwyn Jones, Herta Kemnitz, Caterina Kennedy, Susan Kent, Josephine Kerr, Kevin Kerr, Lisa Kerr, Kimberly Lam, Leslie Larden, Danna Larsen, Fr. Joseph Thoai Le, Paul Levy, Chuk Ming Lo, Erin Mackay, Lia Macri, Stan & Carol March, Phyllis Marchand, Jamie McCloskey, Bruce McLean, Julie McNeil, Peggy MacDonald, Shirley Mhur, Marion Milton, Peggy Mrazek, Kwong-Lung Mui, Rosemary Nicholson, Jim O’Brien, Eileen O’Riordan, Anthony Patrick, Terry Phillips, Naomi Piñeda, Bernadeth Recinto, Eduardo Reyes, Insoon Roh, Fergus Savage, Manfred Schunck, Richard Seganfreddo, Winnie Sirec, Fred Sirec, Stephen Smith, Walter Sporer, Stacey Stalhem, Janet Stead, Ted Stewart, Theresa Stobbs, Ian Stockdale, Gen Sykes, Sigi Ullrich, Barbara Waller, Christina Wee, Anne Whittey, Jack Wilcock, Isabel Wodtke, Cindy Woo, Heather Wright, Aida Yopez, Henry Zilkowsky, Lloyd Zimmerman, 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
Website: www.stmichaelsparish.ca
Email: 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 19, 2023

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. Elaine Grant
Secretary: Mrs. Jodi De Julius Phone: (604) 526-9768



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

WEEK AT A GLANCE

Feb 20 Monday

BC Family Day Holiday

9:00 a.m. Mass

Feb 21 Tuesday

7:10 p.m. Rosary for the Sick

7:30 p.m. Mass

8:00 p.m. Parish Council meeting

Feb 22 Ash Wednesday

7:00 a.m. Lauds

7:15 a.m. Mass

9:00 a.m. School Mass

7:00 p.m. CCD

7:30 p.m. Mass

Feb 23 Thursday

7:00 a.m. Lauds

7:15 a.m. Mass

11:00 a.m. Funeral of Ian Rivers

7:00 p.m. Choir Practice

7:00 p.m. Adult Catechism

Feb 24 Friday

9:00 a.m. School Mass

7:00 p.m. Stations of the Cross

7:30 p.m. Mass

Feb 25 Saturday

9:00 a.m. Mass

9:30 a.m. Rosary for Vocations

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.

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 at 7:30 p.m.

LENTEN DEVOTIONS

On the Sundays of Lent, we celebrate Vespers followed by 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.

SAINT JOSEPH 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.

REST IN PEACE

Please remember in your prayers Ken Arthur, formerly of our parish, who died on February 13th.

PARISH COUNCIL

There will be a meeting of the Parish Council on Tuesday, February 21st, immediately following the evening Mass. Parish organizations are asked to ensure that their designated representative will be in attendance.

FOOD BANK/ BOTTLE DROP-OFF

Next Sunday, February 26th, is designated Food Bank Sunday in our parish. Your empty refundable bottles and cans may be left outside the school gymnasium doors after the morning Masses. Presently our food bank is most in need of pasta sauce, rice, and potato side dishes. Thank you for your ongoing support and generosity.

PARISH AUCTION

“Fun in the Sun” is the theme for our annual auction to be held on Saturday, April 22nd. One of the best ways to support the Auction is through donations.



Some popular donation ideas are electronics, bottles of wine and fine spirits, new items that can be sold, hotel and spa gift cards, sports tickets, gift cards in denominations of \$25, \$50, and \$100. Donations can be dropped off at the school office or in the church vestibule. Check out the Facebook page for all the latest info:

<https://www.facebook.com/stmichaelsauktion/>

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:

2nd Tuesday of the month, after evening Mass.

Contact: Enrico Garrone (604) 540-8760, or Peter Au (604) 808-9882

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

Ladies Auxiliary:

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

Contact: Rosalyn Ogilvie (604) 420-6279

Youth Group:

1st Sunday of the month, 7:00 p.m. in the gym
3rd Saturday of the month, 7:00 p.m. Mass and social.

Contact: Paul Roder

email: st.mikes_youthgroup@hotmail.com