

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

Berta Arruda, Jaime Awa, Sylvia Baco, Don Baker, Alfredo Baldissera, Zvonko Basic, Kay Blair, Andrew Blount, Tomas Bourassa, Julie Brown, June Buchan, Wendy Buchan, Megan Buenacruz, Kristi Burgon, Cynthia Caraan, Helen Cartier, Albina Cavaliere, Leonida Chaplin, Jenny Cheng, Robert & Theresa Cheng, Hershey Chow, Maria Correia, Jose Correia, Pedro Paulo Freitas Costa, James Cresswell, Owen Culpepper, Justin Darrah, David Dawson, Michael De Faria-Neves, Luigino De Paoli, Jeanie Deagle, Martino Demichina, Christine Ermita, Arend Fernandez, Cecilia Ferreira, Hélène Fournier, Lloyd & Bernice Gerson, Robert Gierico, Victoria Gillespie, William Girard, Amy Goco, Linda Gorrie, Chung Eun & Jung Soo Han, Domingo & Violeta Hernandez, Dawn Horrocks, Kathy Horrocks, Noelle Horrocks, Bogumil Iwan, Travis Jack, Bronwyn Jones, Herta Kemnitz, Caterina Kennedy, Susan Kent, Josephine Kerr, Lisa Kerr, Kimberly Lam, Leslie Larden, Fr. Joseph Thoai Le, Paul Levy, Chuk Ming Lo, Erin Mackay, Lia Macri, Joselito Manrique, Stan & Carol March, Phyllis Marchand, Jamie McCloskey, Connie McLellan, Julie McNeil, Peggy MacDonald, Shirley Mhur, Peggy Mrazek, Kwong-Lung Mui, Martha Nguyen, Rosemary Nicholson, Fr. Augustine Obiwumma, Jim O'Brien, Eileen O'Riordan, Violeta Pagtakhan, Terry Phillips, Naomi Piñeda, Bernadeth Recinto, Insoon Roh, Manfred Schunck, Richard Seganfreddo, Stephen Smith, Walter Sporer, Stacey Stalhem, Janet Stead, Theresa Stobbs, Ian Stockdale, Gen Sykes, Sigi Ullrich, Barbara Waller, Christina Wee, Isabel Wodtke, Cindy Woo, Heather Wright, Aida Yopez, 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
Website: www.stmichaelsparish.ca
Email: Parish.Secretary@stmichaelsparish.ca



PASTOR: Monsignor Bernard Rossi, P.H., J.C.D.

PARISH SECRETARY: Mrs. Sharon Gauvin

FOURTH SUNDAY OF LENT, MARCH 10, 2024

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FIFTH SUNDAY OF LENT, MARCH 17, 2024

Sunday Mass: Saturday (anticipated) 7:00 p.m.
Sunday - 8:30 a.m., 10:00 a.m., 12 noon, 5:00 p.m.

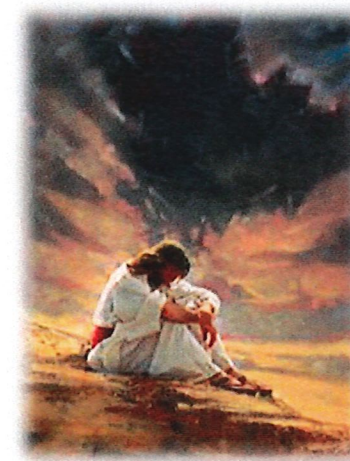
Weekday Mass: Monday, Wednesday, Thursday, Friday - 7:15 a.m.
Tuesday - 7:30 p.m.
School Fridays - 9:00 a.m.
Saturday and Holidays - 9:00 a.m.

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



"And I, when I am lifted up from the earth, will draw all people to myself."

WEEK AT A GLANCE

Mar 11 Monday

7:00 a.m. Lauds
7:15 a.m. Mass

Mar 12 Tuesday

7:10 p.m. Rosary for the Sick
7:30 p.m. Mass
8:00 p.m. Knights of Columbus Meeting

Mar 13 Wednesday

7:00 a.m. Lauds
7:15 a.m. Mass
7:00 p.m. CCD

Mar 14 Thursday

7:00 a.m. Lauds
7:15 a.m. Mass
7:00 p.m. Adult Catechism
7:00 p.m. Choir Practice

Mar 15 Friday

9:00 a.m. Mass
7:00 p.m. Stations of the Cross
7:30 p.m. Mass

Mar 16 Saturday

9:00 a.m. Mass
9:30 a.m. Rosary for Vocations

SECOND & THIRD SCRUTINY

On Sunday, March 10th and Sunday, March 17th, there will be the second and third scrutiny of our catechumens at the 10:00 Mass. Please keep our catechumens in your prayers in these final weeks of their preparation for Baptism at Easter.

WEEK AT A GLANCE

Mar 18 Monday

7:00 a.m. Lauds
7:15 a.m. Mass

Mar 19 Tuesday

❖ Saint Joseph, spouse of the Blessed Virgin Mary, Principal Patron of Canada, Patron of the Universal Church
7:10 p.m. Rosary for the Sick
7:30 p.m. Mass
8:00 p.m. Parish Council Meeting

Mar 20 Wednesday

7:00 a.m. Lauds
7:15 a.m. Mass

Mar 21 Thursday

7:00 a.m. Lauds
7:15 a.m. Mass
7:00 p.m. Adult Catechism
7:00 p.m. Choir Practice

Mar 22 Friday

9:00 a.m. Mass
7:00 p.m. Stations of the Cross
7:30 p.m. Mass

Mar 23 Saturday

9:00 a.m. Mass
9:30 a.m. Rosary for Vocations

LENTEN DEVOTIONS

Please join in praying Vespers, followed by Benediction of the Blessed Sacrament, on the Sundays in Lent at 4:00 p.m.

BAPTISMS

We welcome Arian Singh Cruz-Pawar, baptized on March 17th.

PARISH COUNCIL MEETING

There will be a meeting of the Parish Council on Tuesday, March 19th, immediately following the evening Mass.

PENITENTIAL SERVICES

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EASTER LITURGIES

The schedule of Lenten Penitential Services in our area is available at the back of the church. Our own penitential service will be on Monday, March 25th. On the back of the schedule you will find the schedule of services at Saint Michael's for the Easter Triduum. Please take a copy home with you and keep it handy for future reference.

FLOWER COLLECTION

The Ladies will be at the doors of the church on March 17th to take up a collection for flowers for the sanctuary for Easter.

COFFEE HOUR SIGN-UP

Once again we are looking for volunteers to host the coffee hour after the 10:00 Sunday Mass, from April through June. A sign-up sheet is posted in the vestibule.

SHARE LENT

This annual collection for Development and Peace will be taken up at all the Masses on March 17th.

PARISH DIRECTORY

Parish Office:

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

Catechism:

September - May: Wednesday evening at 7:00
Contact: Parish Office (604) 521-3406
Email: CCD@smeschool.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:

September - June: 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:

September - June: 1st Tuesday of the month at 1:00 p.m.
Contact: Rosalyn Ogilvie (604) 420-6279

Youth Group:

September - June: 1st Sunday of the month, 7:00 p.m. in the gym, and 3rd Saturday of the month, 7:00 p.m. Mass and social.
Contact: Paul Roder
email: st.mikes_youthgroup@hotmail.com