

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, Jules Carrier, 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 Darrach, 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 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

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PASTOR: Monsignor Bernard Rossi, P.H., J.C.D.
PARISH SECRETARY: Mrs. Sharon Gauvin

THIRD SUNDAY OF LENT, MARCH 3, 2024

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

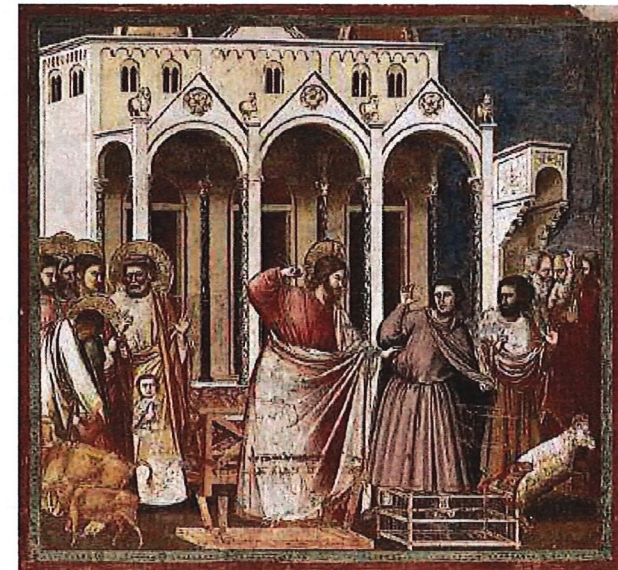
Weekday Mass: Monday, Wednesday, Thursday, Friday - 7:15 a.m.
Tuesday - 7:30 p.m.
School Fridays - 9:00 a.m.
Saturday and Holidays - 9:00 a.m.

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



"Destroy this temple, and in three days I will raise it up."

WEEK AT A GLANCE

Mar 4 Monday

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

Mar 5 Tuesday

1:00 p.m. Ladies Auxiliary Meeting
7:10 p.m. Rosary for the Sick
7:30 p.m. Mass

Mar 6 Wednesday

7:00 a.m. Lauds
7:15 a.m. Mass
7:00 p.m. CCD
7:30 p.m. CCD Mass

Mar 7 Thursday

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

Mar 8 Friday

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

Mar 9 Saturday

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

DAYLIGHT SAVING TIME

Daylight Saving Time begins at 2:00 a.m. on Sunday, March 10th. Clocks spring forward one hour . . . don't forget!

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 Fridays in Lent.

FIRST SCRUTINY

At the 10:00 Mass this morning, we have the First Scrutiny of our catechumens. Let us keep them in our prayers as they prepare for their Baptism at Easter.

PARISH DEVELOPMENT COLLECTION

The second collection this weekend is for our parish building fund.

PANCAKE BREAKFAST

The Knights of Columbus are serving pancake breakfast in the school gymnasium this morning after the 8:30 and 10:00 Masses. Enjoy!

LOST KEYS

A set of keys was found in the school gymnasium after the last pancake breakfast. If you lost a set of keys, please contact the school office.

CCD MASS

On Wednesday, March 6th, at 7:30 p.m., there will be the monthly Mass for the children enrolled in our parish religious education program; everyone is welcome.

BAPTISMS

We welcome Anthony Hon-An Chen baptized on March 1st, and Batseba Sithatu, baptized today.

REST IN PEACE

Prayers are requested for the repose of the soul of Linda Caldwell, who died on February 28th, and for Lydia Gareau, who died on March 1st. Funeral arrangements pending.

LENTEN DAY OF RECOLLECTION

Father Médard Kamanzi will lead our Lenten Day of Recollection next Saturday, March 9th. The day will begin with Mass at 9:00 a.m. and conclude at 3:00 p.m.; lunch will be provided. Pre-registration is required so that adequate preparations can be made. A sign-up sheet is posted in the vestibule.

GOING FOR GOLD!

St. Michael's annual auction is less than two months away! Join the quest for gold by donating timeshare accommodation, sports event tickets, small appliances, electronics, bottles of wine or spirits, gift cards valued at \$25, \$50, and \$100. Spread the word about the auction on social media, #smeauction2024. Your participation can make a world of difference. Save the date: Saturday, April 20th, doors open at 6:00 p.m.



PARISH DIRECTORY

Parish Office:

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

Catechism:

September - May: Wednesday evening at 7:00
CCD Co-ordinator: Samantha Hill
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: Peter Au (604) 808-9882 or email
peteraukofc@hotmail.com
Suresh Perera (778) 889-3696
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