

**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.

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**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, James Cresswell, Owen Culpepper, Justin Darrach, David Dawson, Michael De Faria-Neves, Luigino De Paoli, Jeanie Deagle, Martino Demichina, Joyce Diemert, Christine Ermita, Arend Fernandez, Cecilia Ferreira, Terry Fitzgerald, Lloyd & Bernice Gerson, Robert Gierico, Victoria Gillespie, William Girard, Amy Goco, Linda Gorrie, Herman Haffner, Chung Eun & Jung Soo Han, Domingo & Violeta Hernandez, Chris Holmes, Dawn Horrocks, Kathy Horrocks, Noelle Horrocks, Bogumil Iwan, Travis Jack, Martina Javerina-Barbour, Bronwyn Jones, Herta Kemnitz, Susan Kent, Alfred Kerr, Josephine Kerr, Lisa Kerr, Kimberly Lam, Leslie Larden, Fr. Joseph Thoai Le, Paul Levy, Chuk Ming Lo, Msgr. Dennis Luterbach, Erin Mackay, Lia Macri, Joselito Manrique, Carol March, Ray Marchand, Connie McLellan, Julie McNeil, Peggy MacDonald, Shirley Mhur, Peggy Mrazek, Kwong-Lung Mui, Albin Naliath, Martha Nguyen, Rosemary Nicholson, Jim O’Brien, Eileen O’Riordan, Lillian Pasin, Phil Petrie, Terry Phillips, Naomi Piñeda, Bernadeth Recinto, Insoon Roh, Fr. Vittorio Scomparin, Manfred Schunck, Richard Seganfreddo, Stephen Smith, Walter Sporer, Stacey Stalhem, Janet Stead, Theresa Stobbs, Ian Stockdale, Gen Sykes, Sigi Ullrich, Dominic Vu, 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

9387 Holmes Street  
Burnaby, BC V3N 4C3  
Phone: (604) 521-3406  
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 Rodney Nootebos  
PARISH SECRETARY: Mrs. Sharon Gauvin

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### FIRST SUNDAY OF LENT, MARCH 9, 2025

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

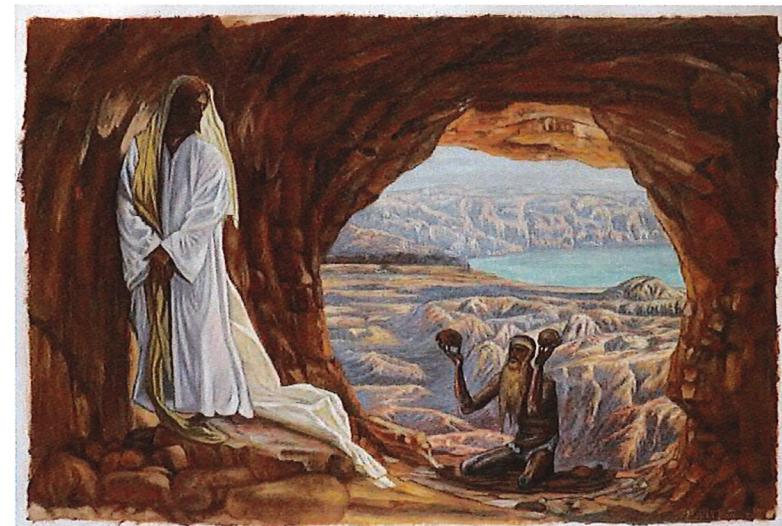
Weekday Mass: Monday, Wednesday, Thursday, Friday - 7:15 a.m.  
Tuesday - 7:30 p.m.  
School Fridays - 9:00 a.m.  
Saturday and Holidays - 9:00 a.m.

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



*“Man does not live by bread alone.”*

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## WEEK AT A GLANCE

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### Mar 10 Monday

7:00 a.m. Lauds

7:15 a.m. Mass

### Mar 11 Tuesday

9:00 a.m. Stations of the Cross

7:10 p.m. Rosary for the Sick

7:30 p.m. Mass

8:00 p.m. Knights of Columbus meeting

### Mar 12 Wednesday

7:00 a.m. Lauds

7:15 a.m. Mass

7:00 p.m. CCD

### Mar 13 Thursday

7:00 a.m. Lauds

7:15 a.m. Mass

7:00 p.m. Adult Catechism

7:00 p.m. Choir Practice

### Mar 14 Friday

9:00 a.m. School Mass

11:00 a.m. Funeral of Catherine Radley

7:00 p.m. Stations of the Cross

7:30 p.m. Mass

### Mar 15 Saturday

9:00 a.m. Mass

9:30 a.m. Rosary for Vocations

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## LENT

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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.

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### LENTEN DEVOTIONS

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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.

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### RITE OF ELECTION

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At the 10:00 Mass today, we have the Rite of Election for those from our parish who wish to be baptized at Easter: Jason Au, Gary Wai Wah Chan, Jessie Fung, Fenfen Annie Gao, Kai Yao Guan, Yu Tang Eric Chou, Dana Kang, Mayo Katori, Kandi Lu, Olga Samutina, Monica Mon Yin Sze, and Tatiana Yefimova. Please keep our catechumens in your prayers during these final weeks of their preparation.

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### SAINT JOSEPH SOCIETY

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This annual collection, for the needs of infirm and retired priests, will be taken up at all the Masses this weekend. Please show your gratitude for the priests of our Archdiocese by your generosity.

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## BAPTISMS

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We welcome Mateo Ho Yeung Chou, baptized today.

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### GALA CASINO ROYALE

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Thank you to all who contributed and all who took part in Saint Michael's Gala Casino Royale. It was a great social event helping to build community. A final accounting of the Gala will be provided in due time.

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### 40 DAYS FOR LIFE

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The Vancouver 40 Days for Life Campaign this year takes place during Lent. The mission of the campaign is, through prayer and fasting, to seek God's favor to turn hearts and minds from a culture of death to a culture of life, thus bringing an end to abortion in Canada. Saint Michael's Parish has been assigned Tuesday, March 18<sup>th</sup> from 7:00 a.m. to 7:00 p.m. to cover the silent prayer vigil near BC Women's Hospital, on the NW corner of the St. John Paul II Centre property near the corner of Willow Street and 32<sup>nd</sup> Avenue. A sign-up sheet is posted in the vestibule of the church. Please consider giving witness to the sanctity of life by spending an hour (or more) in public peaceful prayer. For further information, please visit [www.40daysforlife.com/vancouver-bc](http://www.40daysforlife.com/vancouver-bc)

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## REST IN PEACE

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Prayers are requested for the repose of the soul of Catherine Radley, formerly of our parish, who died on February 24, 2025. Mass of Christian Burial will be celebrated at Saint Michael's on Friday, March 14<sup>th</sup> at 11:00 a.m. Please pray also for the family.

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### A MESSAGE FROM FR. RODNEY

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Dear Parishioners:

It is with sadness that I must say goodbye for now. After a lot of discernment and consultation, I have decided I need to take a break from active ministry. My father is currently suffering from late-stage dementia, and I would like to be more available to help him and my mother. I will be living with them for the time being. I am also currently working on a Master of Arts in Counselling Psychology, so I will be able to dedicate more time to that as well.

It has been a joy serving you for this past year at St. Michael's Parish, and I will certainly miss you! I would like to thank you and Fr. Rossi for all your kindness, support and prayers. My last day in the parish will be Wednesday, March 19<sup>th</sup>. Thankfully, another priest will be arriving to take my place.

God bless you all!

Fr. Rodney