

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, 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 Darrah, 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 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

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PASTOR: Monsignor Bernard Rossi, P.H., J.C.D.
 ASSISTANT PASTOR: Father Thomas Paickattu, CMI
 PARISH SECRETARY: Mrs. Sharon Gauvin

FOURTH SUNDAY OF LENT, MARCH 30, 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



“Father, I have sinned against heaven and before you.”

WEEK AT A GLANCE

Mar 31 Monday

7:00 a.m. Lauds

7:15 a.m. Mass

Apr 1 Tuesday

9:00 a.m. Stations of the Cross

1:00 p.m. Ladies Auxiliary meeting

7:10 p.m. Rosary for the Sick

7:30 p.m. Mass

Apr 2 Wednesday

7:00 a.m. Lauds

7:15 a.m. Mass

7:00 p.m. CCD

Apr 3 Thursday

7:00 a.m. Lauds

7:15 a.m. Mass

7:00 p.m. Adult Catechism

7:00 p.m. Choir Practice

Apr 4 First Friday

9:00 a.m. Mass

10:00 a.m. – 6:30 p.m. Adoration

6:30 p.m. Confessions

7:00 p.m. Stations of the Cross

7:30 p.m. Mass

Apr 5 Saturday

9:00 a.m. Mass

9:30 a.m. Rosary for Vocations

9:30 a.m. Parish Pilgrimage to Holy
Rosary Cathedral

LENTEN DEVOTIONS

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

SECOND SCRUTINY

At the 10:00 Mass this Fourth Sunday of Lent, we have the Second Scrutiny of our catechumens. Please keep them in your prayers during these final weeks of their preparation for baptism.

FOOD BANK/ BOTTLE DROP-OFF

This Sunday, March 30th, is designated Food Bank Sunday in our parish. Our food bank is presently in short supply of canned meat, fruit, and vegetables. Your empty refundable bottles and cans may be left outside the school gymnasium doors after the morning Masses.

REST IN PEACE

Prayers are requested for the repose of the soul of Zvonko Basic who died on March 24th. Funeral arrangements pending.

FIRST FRIDAY

April 4th is First Friday. Mass will be celebrated at 9:00 a.m. and 7:30 p.m. Adoration of the Blessed Sacrament will commence following morning Mass and conclude at 6:30 p.m., when confessions will be heard. Please see the sign-up sheet for Adoration posted in the vestibule of the church so that we can ensure that at no time is Our Lord left unattended.

JUBILEE PILGRIMAGE

Our parish pilgrimage to Holy Rosary Cathedral is next Saturday, April 5th, beginning with a prayer and blessing outside Saint Michael's Church at 9:30 a.m. Pilgrims will then take Skytrain into Vancouver and meet in the vestibule of Holy Rosary Cathedral at 10:45 a.m. The opportunity for Confessions will begin at 11:00, and the pilgrimage will conclude with Mass at 12 noon. We hope that many of you will make the pilgrimage during this special Jubilee Year of Hope.

COFFEE HOUR SCHEDULE

Once again we are looking for volunteers to host the coffee hour after the 10:00 Mass on the Sundays from the end of April to the end of June. Please see the sign-up sheet in the vestibule.

PANCAKE BREAKFAST

The Knights will be serving pancake breakfast next Sunday morning, April 6th, after the 8:30 and 10:00 Masses.

SHARE LENT

The annual collection for Development and Peace will be taken up at all the Masses next weekend. Our monthly building fund collection is thus deferred to the second Sunday in April.

FLOWER COLLECTION

Next weekend the Ladies will be at the doors of the church to take up a collection for flowers for the sanctuary for Easter.

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