

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, Randy Battilana, Kay Blair, Andrew Blount, Fr. Alan Boisclair, Tomas Bourassa, Julie Brown, Robin Brown, June Buchan, Wendy Buchan, Kristi Burgon, Cynthia Caraan, Roy & Jeanne Cardinal, Helen Cartier, Leonida Chaplin, Jenny Cheng, Robert & Theresa Cheng, Hershey Chow, Maria Correia, Jose Correia, James Cresswell, Justin Darrah, David Dawson, Michael De Faria-Neves, Luigino De Paoli, Jeanie Deagle, Joyce Diemert, Christine Ermita, Arend Fernandez, Cecilia Ferreira, Terry Fitzgerald, Lloyd Gerson, Robert Gierico, Victoria Gillespie, William Girard, Amy Goco, Linda Gorrie, Chung Eun Han, Domingo & Violeta Hernandez, Chris Holmes, Dawn Horrocks, Kathy Horrocks, Noelle Horrocks, Bogumil Iwan, Martina Javerina-Barbour, Bronwyn Jones, Herta Kemnitz, Susan Kent, Alfred Kerr, Josephine Kerr, Lisa Kerr, Kimberly Lam, Yvon Laplante, Leslie Larden, Fr. Joseph Thoai Le, Paul Levy, Chuk Ming Lo, Msgr. Dennis Luterbach, Erin Mackay, Lia Macri, Carol March, Ray Marchand, Tom McAleese, Connie McLellan, Julie McNeil, Peggy MacDonald, Shirley Mhur, Kevin Mrazek, 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, Teresa Ramos, Bernadeth Recinto, Marguerite & Ralph Roberts, Paul Rossi, Manfred Schunck, Richard Seganfreddo, Stephen Smith, Walter Sporer, Stacey Stalhem, Janet Stead, Theresa Stobbs, Ian Stockdale, Gen Sykes, Sigi Ullrich, Dominic Vu, Christina Wee, Beverly Welsh, Jaimie Willis, 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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Burnaby, BC V3N 4C3
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Email: Parish.Secretary@stmichaelsparish.ca



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

SIXTH SUNDAY IN ORDINARY TIME, FEBRUARY 15, 2026

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| 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.
First Friday - 9:00 a.m. and 7:30 p.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 6 months in advance. |
| Parish School: | Principal: Mrs. Elaine Grant
Secretary: Mrs. Jodi De Julius Phone: (604) 526-9768 |



“If you choose, you can keep the commandments, and they will save you.”

WEEK AT A GLANCE

Feb 16 Monday

BC Family Day Holiday
9:00 a.m. Mass

Feb 17 Tuesday

7:00 p.m. Rosary for the Sick
7:30 p.m. Mass
8:00 p.m. Parish Council Meeting

Feb 18 Ash Wednesday

7:00 a.m. Lauds
7:15 a.m. Mass
9:00 a.m. School Mass
7:00 p.m. PREP
7:30 p.m. Mass



Feb 19 Thursday

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

Feb 20 Friday

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

Feb 21 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.

TUMBLER RIDGE

In a common grief for the horrific tragedy of Tumbler Ridge, we join in prayer for all the victims; we pray for comfort and healing for the survivors, and for the safety of all. May the Blessed Mother hold us all in her protective embrace.

PARISH COUNCIL MEETING

There will be a meeting of Saint Michael's Parish Council on Tuesday, February 17th immediately following the evening Mass. All parish organizations are asked to ensure that their designated representative will be in attendance.

2025 INCOME TAX RECEIPTS

Income tax receipts for your 2025 donations to Saint Michael's Parish are available for pick-up in the vestibule. If there are corrections that need to be made to your name or mailing address, kindly inform the parish office.

PARISH FINANCIAL REPORT

Copies of Saint Michael's Parish 2025 Annual Report are available in the vestibule.

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.

THANK YOU

We welcome and thank Father Jose Thomas for celebrating Mass with us this weekend.

CATHOLIC BOOK FAIR

The Daughters of St. Paul will be visiting our parish next weekend, February 21st and 22nd. Before and after all the Masses they will have a display of Catholic books and faith formation resources available to purchase in the vestibule. To learn more about the Sisters and their mission of evangelization through media, visit www.paulinemedia.ca

SAINT JOSEPH SOCIETY

There will be a second collection taken up at all the Masses next weekend for Saint Joseph Society. This annual collection, for the needs of infirm and retired priests, is your opportunity to show your gratitude for the priests of our Archdiocese by your generosity.

PARISH DIRECTORY

Parish Office:

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

PREP:

September - May: Wednesday at 7:00 p.m.
PREP Co-ordinator: Samantha Hill
Email: CCD@smeschool.ca

Adult Catechism:

September - May: Thursday at 7:00 p.m. in the Parish Centre.

Choir:

September - June: Thursday at 7:00 p.m.
Contact: Tyler Mitchell (604) 671-7453

Knights of Columbus:

September - June: 2nd Tuesday of the month, after evening Mass.
Contact: Adrian Smith (604) 837-0897 or
Email: adrianerlesmith@gmail.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: YouthGroup@stmichaelsparish.ca