

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 Darrach, 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, 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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 Email: Parish.Secretary@stmichaelsparish.ca



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

THIRD SUNDAY OF LENT, MARCH 8, 2026

- 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



“The one who drinks of the water I give will never be thirsty.”

WEEK AT A GLANCE

Mar 9 Monday

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

Mar 10 Tuesday

9:00 a.m. Stations of the Cross
7:00 p.m. Rosary for the Sick
7:30 p.m. Mass
8:00 p.m. Knights of Columbus Meeting

Mar 11 Wednesday

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

Mar 12 Thursday

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

Mar 13 Friday

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

Mar 14 Saturday

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

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 weekend, we have the first scrutiny of our candidates for baptism at Easter. Please keep our catechumens in your prayers during these final weeks of their preparation.

MEN'S BADMINTON NIGHT

Saint Michael's Parish Knights of Columbus are hosting a badminton night on Monday, March 9th from 6:30 to 8:30 p.m. in the school gymnasium, open to all men of the parish over the age of 18. Please see the poster in the vestibule for further information.

PREP MASS

On Wednesday, March 11th, at 7:30 p.m., there will be the monthly Mass for the children enrolled in our parish religious education program, and everyone is welcome.

THANK YOU

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

BAPTISMS

We welcome Abigail Tsegay Sibhatu, baptized today.

REST IN PEACE

Prayers will be offered in Saint Michael's Church for Dr. John MacCarthy on Thursday, March 12th at 6:00 p.m., and Mass of Christian Burial on Friday, March 13th at 11:00 a.m. Please keep his family also in your prayers.

DAY OF RECOLLECTION

Father Davide Lanzani will lead our Lenten Day of Recollection on Saturday, March 14th. The day will begin with Mass at 9:00 a.m. and conclude at 3:00 p.m.; lunch will be provided. A sign-up sheet for the Day of Recollection is available in the vestibule; pre-registration is required.

40 DAYS FOR LIFE

In the Archdiocese of Vancouver, 40 Days for Life will be observed during Lent. Through fasting and prayer, we seek God's favor for the protection of life from conception to its natural end. Saint Michael's has been assigned Wednesday, March 18th 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 at 4818 Willow Street. There is a sign-up sheet 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.

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