



**ST. MARY'S ROMAN CATHOLIC CHURCH**  
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**March 27, 2011**

**Pastor's  
 Corner**

**DISCIPLINES OF TRUE FASTING**

It is mid-Lent. Let us take this opportunity to renew our commitment to fasting. True fasting can also be a time of feasting. Fasting can be a time when you could:

- FAST* from judging others;
- FEAST* on Christ dwelling in them.
- FAST* from emphasis on differences;
- FEAST* on the unity of all life.
- FAST* from apparent darkness;
- FEAST* on the reality of all light.
- FAST* from thoughts of illness;
- FEAST* on the healing power of God.
- FAST* from words that pollute;
- FEAST* on phrases that purify.
- FAST* from discontent;
- FEAST* on gratitude.
- FAST* from anger;
- FEAST* on patience.
- FAST* from pessimism;
- FEAST* on optimism.
- FAST* from worry;
- FEAST* on God's providence.
- FAST* from complaining;
- FEAST* on appreciation.
- FAST* from negatives;
- FEAST* on affirmatives.
- FAST* from unrelenting pressured;
- FEAST* on unceasing prayer.
- FAST* from hostility;
- FEAST* on nonresistance.
- FAST* from bitterness;
- FEAST* on forgiveness.

*Pastor's Corner Continued...*

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- FAST* from self-concern;
  - FEAST* on compassion for others.
  - FAST* from personal anxiety;
  - FEAST* on eternal truth.
  - FAST* from discouragement;
  - FEAST* on hope.
  - FAST* from facts that depress;
  - FEAST* on verities that uplift.
  - FAST* from lethargy;
  - FEAST* on enthusiasm.
  - FAST* from suspicion;
  - FEAST* on truth.
  - FAST* from thoughts that weaken;
  - FEAST* on promises that inspire.
  - FAST* from shadows of sorrow;
  - FEAST* on the sunlight of serenity.
  - FAST* from idle gossip;
  - FEAST* on purposeful silence.
  - FAST* from problems that overwhelm;
  - FEAST* on prayer that sustains.
- What will you fast from? What will you feast on?

*God Bless you, Fr. Pierre*

**PARISH NEWS**

**Jr. YOUTH MINISTRY (grades 6 - 8) – GOLDEN RULE**



To bully or to be bullied...that's the question! Or is it? Have you ever been bullied by anyone or have you bullied someone yourself? We all know that bullying is wrong, but when we are faced with it, we don't always react the right way. To stop bullying, it's not enough to wear a pink t-shirt one day a year; our hearts need to change! Join the Jr. Youth Ministry to find out how to put an end to the bully in you and in your life. Join us on Monday, March 28 at 6:30pm in the church Basement.

**ANNUAL YARD SALE**

The sale will take place on April 30th and is sponsored by our Respect Life group to help women in distress. Your donations of goods (tools, books, dishes, toys, etc) would be greatly appreciated, but NO CLOTHING please. Items may be dropped off in the large box in the church foyer.



**PARISH NEWS**

**4TH PARENTING WORKSHOP**

The next in the series of parenting workshops: **TEACHING YOUR CHILDREN VALUES:** "The values that we teach our children are their best protection from peer pressure and the temptations of consumer culture. With clearly defined values, our children can make their own decisions rather than imitate their friends."(Richard & Linda Eyre) Come and learn some practical skills on how to teach your children values on Friday, April 8 at 7pm in the Church Basement. By donation please.

**DIOCESAN & COMMUNITY NEWS**

**RETRouvaille**

Register for the Retrouvaille Marriage Recovery Weekend April 8-10, call 604-530-6710, email 1009@retrouvaille.org or visit www.retrouvaille.org.

**SPIRITUAL LENTEN RETREAT AT THE CATHEDRAL**

A Presentation by Father Glenn Dion, sponsored by the CWL of Holy Rosary Cathedral. The event will be held on Apr. 2 – 9:30am to 3pm in the Lower Hall at 646 Richards St. Registration \$10-refreshment included. Bring your own lunch. All are welcome. To register call Angela, 604-682-6774 ext.5.

**SEEKING CHRIST**

A short program that introduces the Catholic faith to non-Catholics, new Catholics, and returning ones. It covers three topics-Who is Jesus? Why God? What's God's plan for me? This program aims to help parishioners reach out to others who may be seeking God. The program will be held at St. John the Apostle Parish, 5457 Trafalgar Street, on Mar. 31, Apr. 7, Apr. 14 at 7:30 to 9pm. Cost \$5, register by Mar. 25 to receive a booklet. For more info: Anthony Lo, e-mail anthonylo@telus.net; 604-209-1001.



**RACHEL'S VINEYARD**

Many women have no one to turn to who can help them validate and work through their grief. They feel isolated and become trapped in the mistaken belief that no one can understand their feelings. Come find help, understanding and hope on a Rachel's Vineyard Retreat. Next Retreat is May 2011. For confidential information or to register call 604-525-0999.



## DIOCESAN & COMMUNITY NEWS

### **CCODP FOR JAPAN**

The Canadian Catholic Organization for Development and Peace is forwarding donations to Caritas Japan for its reconstruction programs. To donate visit [www.rcav.org/japan](http://www.rcav.org/japan).

### **HOW TO PRAY FOR YOUR LOVED ONES**

Have your loved ones stopped practicing the faith? Do they no longer believe in God? Then this seminar by Vernon Robertson is for you, at Our Lady of Mercy Parish, Burnaby on Apr. 9th from 9:45am to 4pm. To pre-register and for a free manual (for participants) email: [varobertson@shaw.ca](mailto:varobertson@shaw.ca); phone: 604-460-0114.

### **A DAY OF CONVERSATION ON RELIGIOUS LIFE**

On Saturday, Apr. 2 from 9am-4pm. It will cover the call to religious life, prayer, community life, mission and ministry. Location: Immaculate Heart Early Childhood Education Centre, 789 Alderson Ave, Coquitlam. By donation. Lunch provided. To register/more info contact: [mariavie2000@yahoo.com](mailto:mariavie2000@yahoo.com) or 604-874-9371 or [sihm@telus.net](mailto:sihm@telus.net) or 604 936 3455.

### **GRACE THAT REIGNS**

Lenten Healing Missions on the theme "*The Word Made Flesh*." Mission 1: April 8th -7:30pm & April 9th- 9am at St. Joseph the Worker in Richmond with Fr. David Poirier S.A.(Franciscan Friar.) Mission 2: April 16th -9am at St. James in Abbotsford B.C with Fr. George Varghese. For details please visit: [www.GracethatReigns.com](http://www.GracethatReigns.com).




### **3-DAY LENTEN PILGRIMAGE**

To the National Sanctuary of Our Sorrowful Mother in Portland, Oregon April 8-10. Father Peter Chiang will be the chaplain for this Retreat. For info, brochure, or registration please call Sam-paguita Travel Bureau 604-874-9533 ext. 105 or Lennie 604-594-7296 or [lennieptl@telus.net](mailto:lennieptl@telus.net).

### **DO YOU WANT TO BE MADE WELL?**

A Lenten Retreat with Sister Cecilia Hudec SC MA: What helps us to see that the mountain is still worth climbing even when pain and suffering and the seemingly unattainable are before us? These questions will be explored during this retreat to be held on Apr. 2nd from 9:30am to 4pm at Rosemary Heights Retreat Centre, 3690-152 St. Surrey. Cost \$68 includes lunch. To register and for more information: call 250-380-9786; e-mail [earthliteracies@shaw.ca](mailto:earthliteracies@shaw.ca).

## THIS WEEK IN OUR PARISH

- Sun. Mar 27:** 1:00pm CFC-FFL Youth (Rectory Basement)  
2:00pm Light of Jesus (School Gym)  
2:00pm Knights of Columbus (Church Basement)
- Mon. Mar 28:** 6:00pm Bingo (School Gym)  
6:30pm Jr YM Spark (Church Basement)
- Tue. Mar 29:** 6:30pm Prep Catechism (School)  
6:45pm Bible Sharing (Rectory Dining)  
6:45pm Vigil Choir (Church)  
7:00pm Christian Meditation (Rectory Basement)  
7:00pm CWL (School Gym)  
7:30pm Ablaze Prayer Group (Church Basement)
- Wed. Mar 30:** 8:30am Respect Life (Rectory Dining)  
6:30pm Prep Catechism (School)  
7:00pm Mass/Adoration/Confession (Church)  
7:00pm RCIA (Church Basement)  
7:30pm St Vincent de Paul (Rectory Dining)  
7:40pm Healing Prayer (Crying Room)  
9:00pm Benediction (Church)
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- Thu. Mar 31:** 10:00am Ignatian Spirituality (Church Basement)  
7:00pm Mass/Adoration (Church)  
9:00pm Benediction (Church)
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- Fri. Apr 1:** 3:00pm & 6:15pm Divine Mercy (Church)  
6:00pm CFC-SFL (Rectory Basement)  
6:30pm Dev & Peace (Rectory Dining)  
6:30pm Stations of the Cross (Church)  
7:00pm Mass/Adoration/Confession (Church)  
7:40pm Healing Prayer (Crying Room)  
9:00pm Benediction (Church)
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- Sat. Apr 2:** 9:00am 2000 Hail Mary (Rectory Dining)  
1:30pm CFC-SFC (School Gym)  
3:00pm Baptisms (Church)  
3:00pm Legion of Mary (Church Basement)  
6:00pm CFC (Church Basement)  
6:00pm CFC-FFL (School Gym)
- Sun. Apr 3:** 1:00pm Youth For Christ (Church Basement)

## PARISH INFORMATION

**WEEKDAY MORNING MASSES:** Monday - Friday: 8:00am

Weekday Morning Rosary 7:00am / Weekday Morning Lauds 7:30am

**WEEKDAY EVENING MASSES:** Wednesday, Thursday, Friday 7pm followed by Adoration at 7:45pm & Benediction at 9:00pm

**SATURDAY MASS:** Our Lady's Mass 12:00noon

**SUNDAY MASSES:** Anticipated Mass Saturday 5:00pm

Sunday: 8:00am / 9:30am / 11:15am / 1:00pm / 5:00pm / 7:00pm

**NOVENA TO OUR LADY OF PERPETUAL HELP:**

Wednesday 6:00pm

**NOVENA TO OUR LADY OF THE MIRACULOUS MEDAL:**

Thursday: 8:00am & Saturday: 12:00noon

**FIRST FRIDAY:** Adoration throughout the day after morning mass  
**CONFESSIONS:**

Weekdays: After all Masses (except Thursday Evening Mass)

Saturday: 11:15am to 11:55am, 4:15pm to 4:55pm, 6:10pm to 7:00pm

Sunday: Before & After all Masses

An appointment for confession may be made through the parish office

**HOLY COMMUNION:** Available to shut-ins. Contact Parish Office.

**BAPTISMS:** To register your child, see website or contact Parish Office.

**MARRIAGES:**

One of the couple must be Catholic and a registered parishioner of St. Mary's Parish for at least one year before requesting the sacrament of marriage. Contact the Parish Office at least six months prior to the wedding date to register for the required diocesan Marriage Preparation Course.

**BIBLE STUDY:** Tuesday 6:45pm / Friday 9:00am / Saturday 12:45pm

Sunday 6:30pm (*Young Adult Bible Study*)

**RCIA:** Rite of Christian Initiation for Adults. Contact the Parish Office.

**PREP:** Catechism Program for children attending public schools

**TEEN PREP:** Interactive Catechism Sessions for Teens

Tuesday and Wednesday 6:30pm to 8:00pm

Coordinator: Erwin Mow E-mail: [stmarys.prep@yahoo.ca](mailto:stmarys.prep@yahoo.ca)

**YOUTH MINISTRY (YM)** E-mail: [stmarys\\_ym@yahoo.com](mailto:stmarys_ym@yahoo.com)

Coordinator: Arda Akoglu Website: [www.saintmarysyouth.com](http://www.saintmarysyouth.com)

**ST. MARY'S ELEMENTARY SCHOOL**

Principal: Ms Brenda Krivuzoff Website: [www.stmary.bc.ca](http://www.stmary.bc.ca)

Phone: (604) 437-1312 Fax: (604) 437-1193

**PARISH OFFICE HOURS:** Monday to Friday: 9:00am to 5:00pm

Phone: (604) 435-9611 Fax: (604) 439-9413

**PASTORS & STAFF:**

**Pastor** Fr. Pierre Leblond, O.P.

**Assistant Pastor** Fr. Gabriel de Chadarevian, O.P.

**Executive Assistant to Pastor** Vesna Jankovic

**Office Manager** Ossie Fernandes

**Youth Ministry/Volunteer Coordinator** Arda Akoglu