



ST. MARY'S ROMAN CATHOLIC CHURCH
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Sept. 18, 2011

HOW TO FORGIVE, PART 2

Notes from Linda Schubert's talk

Pastor's
Corner

God knows that the need for us to forgive has much more to do with our survival than freeing the other person from the evil they have done. God created all of His creation to be subject to the law of reciprocity, what you put out you get back, plant wheat and get wheat, plant love and get love, plant forgiveness and get forgiveness. He commanded us in the Old and New Testament to do things to protect our lives from destruction, and one of those key areas is forgiveness.

If we don't forgive, it can destroy our lives. Forgiveness starts with the will and is tended in the will. Emotions will eventually follow if we cooperate with the Holy Spirit. Where most of us fail is that we let the remembrance of another person's sin to return and harass us. We must take authority over the memory and send it away. 1st Corinthians 13 reminds us that love keeps no record of wrongs so we firmly resolve with the help of God's grace to let go of the memory of injury.

Here are 9 steps to go through in our hearts to move from hurt to healing; when someone does wrong to us, how do we move toward healing? These steps are from the Bible and from Linda Schubert's experiences.

1. Clearly recognize the offence. Feel the pain of it.
2. Surrender the hurts to Jesus as a love offering.
3. Choose to forgive.
4. Ask Jesus to forgive them.
5. Ask Jesus to not bring up the offence again.
6. Compassion for the one who hurt you as much as you are able.
7. Receive healing. Ask the Lord to heal areas in you that are vulnerable to hurt.
8. Go the extra mile. Bless those who persecute you.
9. Gratitude for forgiveness accomplished and for the situation in process.

Pastor's Corner Continued...

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Although there is a progression in these steps, one may change their order.

May the Lord give us courage to not only forgive in our hearts but make steps toward reconciliation with those we have a broken relationship with.

Prayer: "Lord, put into the mind and heart of those I have a broken relationship with to be willing to reconcile. Lord, put it into my heart to be willing to reconcile with those I have a broken relationship with."

Someone said that refusing to forgive is like tying ourselves to an anchor and dropping it into the sea.

Prayer: "Lord, when You ask us to forgive, You release the grace to do it and we thank You for Your Holy Spirit working in us at this very moment, doing the work of forgiveness in our souls. Amen."

God Bless you, Fr. Pierre

PARISH NEWS

SPARK (gr 6 - 8) – SCAVENGER HUNT

We are waving goodbye to summer but that's no reason to be sad. Jr. YM is making sure the fun continues with the first event of the new school year, the Jr. YM Scavenger Hunt! We welcome back our grade 7's and look forward to meeting our new grade 6 youth. Make sure to join us on Monday, September 19 at 6:30pm in the Church Basement for an evening of faith, fun and fellowship.



ST. MARY'S SCHOOL OPENINGS

There are openings in the following grades: Grade 1, 3, 4, 5 & 7. Please go to the school office for an information package.

HANDMAIDS OF THE LORD

We invite single mature women, widows, separated, divorced, single parents, wives of overseas workers to the Christian Life Program. The *free* integrated series of talks, reflection and discussion helps renew understanding of God's call., on Saturday, Oct 1 from 10am-noon in the gym. Snacks provided, more info available in the foyer.

CATHOLIC FORUM

"Renewal of the Church: a dream, hope or reality?", on Tuesday Sept 20 at 7pm at St. Mary's Church, by Abbot John Braganza OSB. For info, <http://dominicanlaity.ca/forum>, or Dr. Paul Ungar 604-588-5696 or Cathy Neugebauer ve7cld@shaw.ca.

PARISH NEWS

ST. MARY'S PARISH TRIVIA NIGHT

CWL Trivia Night is Sept 23, 7pm-9:30pm in the Church basement. Have fun for only \$5 per person (includes refreshments). There will be a pasta dinner for \$2/bowl. Come alone or form a team of 6. The top team stands to win gift cards. Email rose.a.pillay@gmail.com and register quickly.



KNIGHTS OF COLUMBUS GOLF TOURNAMENT

The Knights of Columbus annual Fr. Michael J. McGivney Memorial Fund Golf Tournament will be held on Sunday, Sept. 25 at 9am at Sunshine Woods Golf Centre in Delta. All proceeds go to candidates for the priesthood and religious life from St. Mary's Parish. Donations of gift items for door prizes will greatly be appreciated.

D & A MEN'S GROUP

St. Mary's Parish wants to establish a D & A Men's Group (*Discipleship and Accountability*) that will meet on a regular basis. The emphasis will be on becoming godly men, strong in faith, hope and love. Experience together the power of brotherhood in Christ between men. We will pray together and for one another, learn to deepen our Catholic Faith, receive solid teaching and share our joys and difficulties in living out with integrity and passion our demanding calling as Catholic men. Minimum age is 18. Meetings will take place in the Church Basement Library, starting Saturday, Oct 1, from 8:30am (with Mass until 9am in the church) until noon, twice a month. If you are a serious candidate, please contact Fr. Gabriel (gabrielop@telus.net or call 604.435.9611 ext.3).



IGNATIAN SPIRITUALITY

Discovering Christ's Call to Contemplation and Action: Instructor: Fr. Elton Fernandes, SJ. 6 Thursdays from 7-9 pm, Sept 22 to Oct 2, at St. Mary's School Gym. Inspired by the life of Ignatius of Loyola, this 6-week course introduces students to the essentials of Ignatian spirituality. Topics include discovering God's voice in daily life, Ignatian contemplation, guidelines for discerning life choices, and nurturing a faith that leads to justice. Each class will include a lecture presentation, discussion, and a practical experience of prayer. To register, call St. Mark's at 604-822-6862 or email continuinged@gmail.com.

PARISH NEWS

SEMINARIAN NEEDS HELP TO PURSUE VOCATION

We are blessed to have a seminarian from St. Mary's at Christ the King Seminary in Mission. The tuition, books and boarding costs are \$3400. He is in need of financial assistance! If you are able to donate any amount to this worthy cause, please mark your sealed envelope for the attention of "Ossie-Vocations" and place in the Sunday collection basket or contact him at the Parish Office 604-435-9611 ext. 7 or email smpacc@telus.net. Tax receipts will be issued for your donations, which will be treated as strictly confidential.

DIOCESAN & COMMUNITY NEWS

WEARY? BURDENED? JESUS WILL GIVE YOU REST...

Come to the Catholic Charismatic Conference on Friday, Sept 23 from 7pm-10pm and Saturday, Sept 24 from 8:30am-6pm at the Broadway Church, 2700 East Broadway, Vancouver featuring Bro. Lalith Perera as main speaker. Prayer teams available. Tickets are \$20 each and will be sold after all Masses in the Church foyer. Tickets are also available on Tuesday evenings from 7:30pm- 9pm at Mission Ablaze in the Church Basement. For more info: www.vccrs.ca or 604-597-8227.



SPECIAL EVENTS AT OUR LADY OF MERCY PARISH

Lalith Perera and his team from the Community of the Risen Lord will offer a special Couples Retreat on Thursday Sep. 22nd 6pm to 9:30pm that will bring deepening, healing and even restoration of marriages. Sunday Sep. 25th 1pm to 6pm there will be a retreat for the whole family that will show how the profound benefit from 'Quiet Time' with God in our busy worlds. Contact Ashanti 604-961-7589.

UNDERSTANDING MASS ANEW WITH THE NEW MISSAL

St. Mark's College Continuing Education will offer students a renewed understanding of the source and summit of our faith in the Mass. Fr. Bill Burke, the Director the of National Office of Liturgy for the CCCB, is a dynamic teacher who will help students to unpack the meaning of the Mass as we celebrate it today as well as give us the tools to incorporate the changes coming in Advent 2011. Oct. 15- 9am to 4pm at St. Mary's. For more info, email: continuinged@stmarkscollege.ca; call 604-822-4463; <http://stmarkscollege.ca/news>.

THIS WEEK IN OUR PARISH

- Sun. Sep 18:** Eucharistic Miracles Exhibit (9am-3:30pm)
- Mon. Sep 19:** 6:00pm Bingo (School Gym)
6:30pm JR YM- Spark (Church Basement)
- Tue. Sep 20:** 6:45pm Bible Sharing (Rectory Dining)
7:00pm Christian Meditation (Rectory Basement)
7:00pm Catholic Forum (Church)
7:30pm Ablaze (Church Basement)
- Wed. Sep 21:** 5:00pm L'Arche Mass (7401 Sussex)
 6:00pm Novena Our Lady Perpetual Help (Church)
7:00pm Mass/Adoration/Confession (Church)
7:40pm Healing Prayer (Crying Room)
9:00pm Benediction (Church)
- Thu. Sep 22:** 7:00pm Mass/Adoration (Church)
 7:00pm RCIA (Church Basement)
7:00pm Ignatian Spirituality (School Gym)
9:00pm Benediction (Church)
- Fri. Sep 23:** 3:00pm & 6:15pm Divine Mercy (Church)
 7:00pm Mass/Adoration/Confession (Church)
7:00pm CWL Trivia Night (Church Basement)
9:00pm Benediction (Church)
- Sat. Sep 24:** 9:45am Bible Study (Church Basement)
2:00pm CFC-YFL (School Gym)
3:00pm Baptism (Church)
3:00pm Legion of Mary (Church Basement)
7:00pm CFC (School Gym)
- Sun. Sep 25:** 2:00pm Light of Jesus (School Gym)

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 8:30am

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: 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 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 9:45am

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: Stefan Oberg E-mail: stmarys.prep@yahoo.ca

MIGRANT MINISTRY: (604) 355-9611 stmarysmigrant@yahoo.com

YOUTH MINISTRY (YM) E-mail: stmarys_ym@yahoo.com

Coordinator: Arda Akoglu Website: www.saintmarysyouth.com

ST. MARY'S ELEMENTARY SCHOOL

Principal: Ms Brenda Krivuzoff Website: 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 Chadarévian, O.P.

Executive Assistant to Pastor Vesna Jankovic

Office Manager Ossie Fernandes

Youth Ministry/Volunteer Coordinator Arda Akoglu