



ST. MARY'S ROMAN CATHOLIC CHURCH
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SEPTEMBER 2, 2012

Pastor's
 Corner

FORGIVING MYSELF

Today, I want to share with you some of the discoveries I made about forgiving oneself. Two books helped me. One is, "The Art of Forgiving" by Lewis B. Smedes; the other is "To Forgive is Divine" by Fr. Robert DeGrandis.

When I don't forgive myself, I don't show courage, faith and love of God and others. I keep myself paralyzed by guilt and shame. It is like saying to Jesus, "What you did on the cross is not enough to transform me. I would rather punish myself forever than receive your love and forgiveness.

But God does not want any of that. To help you receive and internalize God's forgiveness, I invite you to do the following exercise as many times as you need it. This is from Fr. DeGrandis "To Forgive is Divine:"

At this time, let us recall the one thing in life that you are most ashamed of- your biggest fault, your biggest sin, your biggest failing. Ask the Lord to give you the grace to forgive yourself by using this short meditation.

Picture yourself standing in front of a mirror- a full length mirror- and Jesus is standing behind you with His hands on your shoulders, smiling, and you are looking at Him through the mirror and He says, "Now, forgive yourself for that one thing in life that you are most ashamed of. I have forgiven you. Now I am asking you to do the same so that my Spirit may move more mightily in your life." Just tell the Lord that you do forgive yourself for that one thing that you can think of which you consider to be the greatest area in your life that needs to be healed through forgiveness.

Pastor's Corner Continued...

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Feel the Lord's Love flow from His hands in your shoulders, down into your arms and into your chest. Feel the healing Spirit of Jesus going through and through your whole being, purifying you, cleansing you, washing you clean.

If you really believe in the God of the Bible, what can you believe about yourself?

1. *1. I am OK, as I am- not as I was or might be. I am lovable just as I am, with all my good points, weaknesses and sins, everything included.*
2. *2. God does not insist that I be perfect but that I give myself to Him as fully as I can right now.*
3. *3. Guilty feelings tear down my self-image. God doesn't want me to feel guilty about things I can't change because they are in the past. God does want me to work through the things I can change.*
4. *4. I can admit openly mistakes, problems and weaknesses without loss of self-respect. It is learning from my mistakes and facing my problems that really counts. I see my failures as learning experiences.*
5. *5. I am worthwhile regardless of what others say or think about me; even the people in my life that I hold in highest esteem cannot destroy my importance or dignity.*

God Bless you, Fr. Pierre

PARISH NEWS

FLAME (grades 10-12) – BBQ PARTY

We are waving goodbye to summer but that's no reason to be sad. FLAME is making sure the fun continues with the first event of the new school year: BBQ Party for youth in grades 10-12. If you have been with us before we hope to see you again, and if you have never been to any of our events (maybe because you are shy or don't know anyone) we promise to pleasantly surprise you at your first event. So make sure to join us on Friday, September 7 at 6:30pm in the school gym for an evening of delicious food, great fun and fellowship.



PARISH NEWS

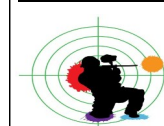
YM BASKETBALL

Youth Ministry Basketball League is starting. Do you want to be a part of it? We have a Sr. YM Team for grades 8 to12. The team is co-ed and your skill level doesn't matter at all. Practices will be on Saturdays from 10am to 12pm in the school gym starting on September 15. If you are interested please register with Arda so you can join our Youth Ministry Basketball Team. Call 604-435-9611 ext. 6 or e-mail: arda@marysyouth.com.



YOUNG ADULT GROUP (ages 18-35) – PAINTBALL

Ready, aim, shoot!!! Are you ready for some fun? St. Mary's Young Adult Group is back in action and we invite all young adults (18-35) to join us on Saturday, Sept 8 for paintball. The cost for the event is \$5 plus the cost of paintballs and includes CO₂ for the day, paintball gun, goggles and shield. Registration deadline is Tuesday, Sept 4 at 1pm. Join us for paintball and a quick bite to eat, and your weekend will be one to remember. Contact Arda at arda@marysyouth.com for more info or to register.



LOOKING FOR CREATIVE THINKERS!

Are you passionate about your faith? Does evangelization excite you? St. Mary's Parish is looking for people who are creative thinkers- inside and outside of the box! We need to redefine the role of the pastoral council in a growing parish where new ministries are being created every year. Do you have the attributes and the desire to be part of a short term committee (3 mos), with a goal to create a mission statement for the new pastoral council? If so, come out and meet the challenge! Send us your contact information, along with a few lines about yourself to the parish office at parish.smarv@rcav.org.

CWL & TALITHA KOUM WALKATHON

The CWL and Talitha Koum will be on Sept.15 in Central Park, with proceeds going to Talitha Koum. Pledge forms are available in the foyer. Please contact tere-sa.lung@telus.net or me@pollyannasher.org for more details. Thank you for your support.

PARISH NEWS

PROJECT ADVANCE 2012

We are now at 70% of our Parish goal so please send in your pledges or register as new donors. Please continue to drop off your pledges through the Sunday collection basket. Thank you for your generous support!

ST. MARY'S R.C.I.A. STARTS SEPTEMBER 6TH

Are you an adult who would like to join the Catholic Church? Perhaps you are a baptized Catholic, but lack the Sacrament of First Communion or Confirmation. Maybe you have been a Catholic your whole life and would like to understand more about your faith. Welcome to St. Mary's Rite of Christian Initiation of Adults! Please contact the coordinator at soberg@rcav.org or 604-435-9611 (ext. 5) to register for the program.

P.R.E.P. VOLUNTEER OPPORTUNITIES

Do you enjoy teaching children? Are you knowledgeable and passionate about your Catholic faith? We are looking for teachers, assistant teachers and an administrative assistant for Tuesdays. The classes are every Tuesday and Wednesday evening starting the second week of Sept. If you are interested, please contact the coordinator at soberg@rcav.org.

R.C.I.A. SPONSORS NEEDED

Have you ever desired to help someone journey toward faith in Jesus Christ and His Holy Catholic Church? St. Mary's Rite of Christian Initiation of Adults is looking for devoted, faithful Catholics to be sponsors for inquirers who want to learn about the Catholic Faith. If you sense the Lord calling you to this important ministry, please contact soberg@rcav.org for more information.

FR. VINCENT HAS A NEW BOOK


Former St. Mary's pastor, Fr. Vincent Travers, has written a new book titled, "youngandrestless@god.com." The book may be pre-ordered through the signup sheet in the foyer. **The book must be prepaid** at a cost of \$10 each. Place the payment in an envelope marked "FR. VINCENT'S BOOK" into the Sunday collection basket. When the books arrive, it will be announced in the bulletin for pick up.


THIS WEEK IN OUR PARISH


Sun Sep 2: 9:00am YFC (Church Basement Library)
1:30pm YFC (Church Basement)
2:00pm CFC-YFL (Rectory Basement)

Mon Sep 3: PARISH OFFICE CLOSED
6:00pm Bingo (School Gym)
7:00pm Lay Apostle (Church)

Tue Sep 4: 6:30pm Knights of Columbus (Church)
7:30pm Ablaze (Church Basement)

Wed Sep 5: 10:45am Fairhaven Mass (7557 Sussex Ave)
 1 Novena Our Lady of Perpetual Help (Church)
7:00pm Mass/Adoration/Confession (Church)
7:00pm Neo Catechumen (Church Basement)
7:40pm Healing Prayer (Crying Room)
9:00pm Benediction (Church)

Thu Sep 6: 6:30pm Knights of Columbus (Seminar Room)
 7:00pm Mass/Adoration (Church)
7:00pm RCIA (Church Basement)
9:00pm Benediction (Church)

Fri Sep 7: 3:00pm & 6:15pm Divine Mercy (Church)
 6:30pm Sr YM - FLAME (School Gym)
7:00pm Mass/Adoration/Confession (Church)
7:40pm Healing Prayer (Crying Room)
9:00pm Benediction (Church)

Sat Sep 8: 9:30am DNA (Rectory Basement)
9:30am Handmaids (Seminar Room)
10:00am Light of Jesus (School Gym)
3:00pm Legion of Mary (Church Basement)
6:00pm CFC-FFL (Rectory Basement)
6:30pm CFC (School Gym)
7:30pm Neo Catechumen (Seminar Room)

Sun Sep 9: 10:00am Migrant Ministry (School Gym)
1:00pm CFC (Church Basement)
2:00pm Light of Jesus (School Gym)
2:00pm CFC-YFL (Rectory Basement)

PARISH INFORMATION

WEEKDAY MORNING MASS: Monday - Friday: 8:00am

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

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

SATURDAY MASS: Our Lady's Mass 8:30am

SUNDAY MASS: 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: 8:30am

FIRST FRIDAY: Adoration throughout the day after morning Mass
CONFESSION:

Weekdays: After all Masses (except Thursday Evening Mass)

Saturday: 9:00am-9:30am, 4:15pm- 4:55pm, 6:10pm- 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.

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

MARRIAGE: One of the couple must be Catholic and a 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.

RCIA: Rite of Christian Initiation for Adults. Contact soberg@rcav.org.

PREP: Catechism Program for children attending public schools on

Tuesdays or Wednesdays 6:30pm-8:00pm

Coordinator: Stefan Oberg E-mail: soberg@rcav.org.

TEEN PREP: Interactive Catechism Sessions for Teens on Tuesdays

6:30pm-8:00pm

Coordinator: Stefan Oberg E-mail: soberg@rcav.org.

YOUTH MINISTRY: E-mail: arda@marysyoung.com

Coordinator: Arda Akoglu Website: www.marysyoung.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

E-mail: parish.smarv@rcav.org

Website: www.stmarysvancouver.ca

PASTORS & STAFF:

Pastor

Fr. Pierre Leblond, O.P.

Assistant Pastor

Fr. Gabriel de Chadarevian, O.P.

Assistant to Pastors

Vesna Jankovic

Office Manager

Ossie Fernandes

Youth Ministry/Volunteer Coordinator Arda Akoglu

Youth Ministry Assistant

Ana Alfonso

RCIA/PREP Coordinator

Stefan Oberg