



The Parish Bulletin.

FOR ALL NEWS AT ST.MARY'S PARISH VANCOUVER

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PASTOR'S CORNER

ELEVATE YOUR LENT: FASTING FOR SPIRITUAL ENRICHMENT

This week we will be entering the Lenten season; the season of fasting, or the season of "giving something up." During Lent, the custom is to give something up as a sacrifice until Easter begins. In addition, Catholics do not eat meat on Fridays (some every day of lent). We practice fasting from food on Ash Wednesday and Good Friday leading us to a deeper spiritual experience, a true encounter with God, and an in depth understanding of ourselves and to be of help to the needy.

"For we fast for three purposes: (1) to restrain the desires of the flesh; (2) to raise the mind to contemplate sublime things; (3) to make satisfaction for our sins. These are good and noble things, and so fasting is virtuous."
—ST. THOMAS AQUINAS

"Fasting cleanses the soul, raises the mind, subjects one's flesh to the spirit, renders the heart contrite and humble, scatters the clouds of concupiscence, quenches the fire of lust, kindles the true light of chastity."
—ST. AUGUSTINE

Quenching the fires of lust, is a very good reason to fast and can do much good in our generations battle against pornography addiction, and sexual promiscuity.

"Fasting represents an important ascetical practice, a spiritual arm to do battle against every possible disordered attachment to ourselves. Freely chosen detachment from the pleasure of food and other material goods helps the disciple of Christ to control the appetites of nature, weakened by original sin, whose negative effects impact the entire human person."
—POPE BENEDICT XVI | LENT 2009

"This exercise of bodily mortification—far removed from any form of stoicism—does not imply a condemnation of the flesh which sons of God deign to assume. On the contrary, mortification aims at the "liberation" of man, who often finds himself, because of concupiscence, almost chained by his own senses. Through "corporal fasting" man regains strength and the "wound inflicted on the dignity of our nature by intemperance is cured by the medicine of a salutary abstinence."
—POPE BENEDICT XVI | PAINITEMINI (On Penance)

Here are some suggestions for your Lenten Journey

HOW TO FAST: Fasting should not put you out completely, it is more so a challenge and difficulty that allows you to focus more on God than yourself.

AVOIDING MEAT ON FRIDAY: Until recently, it has always been a practice in the Catholic Church to abstain from meat on Friday. Although this has been relaxed, many Catholics still observe the Friday fast. Start here. No meat this Friday.

GOING AN EXTRA MILE: "For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven." (Mt 5:20)

Let's kick it up a notch and choose a day of the week. May be Wednesday is a good day, because it is tradition in the Church to be a fasting day. (Ash Wednesday). Or a Friday is convenient. Below are some different fasts you can try:

- Eat nothing but bread and water for 24 hours.
- Skip breakfast and lunch. Water and drinks are fine.
- Skip snacks in between meals. You don't need a Cliff bar.
- No sugary drinks, like soda, juices, or Gatorade.
- Skip dessert

OFFER IT UP AND FOCUS Now that we have learned some ways we can fast, let's look at how we can fast with a purpose. There may be a certain sin, demonic force, or trouble in our lives or our loved one's lives that we are dealing with. Commit to fasting for a certain amount of time. You could choose 1 week. 1 month, 90 days....choose what you think fits best.

Fast during this time from something and offer this up to God as penance and suffering so that He may use this for good.

In Mark chapter 9, Jesus teaches us that some demons are only cast out through prayer and fasting. Use this time to focus more on your prayer life, get in front of the blessed sacrament, and offer up your fasting to our Lord. He will reward you.

I wish us all a fruitful, spirit-filled and meaningful Lenten season!

Fr. Joseph



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IN CHRIST WITH MARY
TOGETHER IN HOPE

6TH SUNDAY OF ORDINARY TIME

FEBRUARY 11TH, 2024

UPCOMING EVENTS

Feb 14 - WED
Ash Wednesday
(see page 2 for schedule)

Feb 16 - FRI
Alpha Program

March 3-8
Lenten Retreat
Fr. Claudio Piccinini

Oct. 19
Mass Wedding

SUNDAY MASS READINGS YEAR A

FIRST READING
LEVITICUS 13: 1-2, 44-46

RESPONSORIAL PSALM
PSALMS 32: 1-2, 5, 11

SECOND READING
1 CORINTHIANS
10: 31 - 11: 1

GOSPEL
MARK 1: 40-45

@stmarysvancouver





2024 YEAR OF PRAYER AS DECLARED BY HIS HOLINESS POPE FRANCIS

SUNDAY MASSES (AND SATURDAY)

SAT 05:00 pm (anticipated mass)
SUN 08:00 am | 09:30 am | 11:15 am | 01:00 pm
03:00 pm (Tagalog) | 05:00 pm | 07:00 pm

DAILY MASSES

 MON - FRI 08:00 am
 SAT 08:30 am
WED-FRI 07:00 pm

CONFESSION

SUNDAY before & after mass | WEEKDAY after mass

DEVOTIONS

MON - FRI 07:15 am Rosary & Lauds
WED 06:00 pm Novena: Our Lady of Perpetual Help
THU 06:00 pm Rosary & Prayer for Vocations
FRI 03:00 pm Divine Mercy
06:00 pm Novena: Two Hearts of Jesus & Mary
07:00 pm Adoration of the Blessed Sacrament
09:00 pm Benediction
SAT 07:45 am Rosary & Lauds

Eufrocian Costiniano

Eternal rest grant unto her O Lord, may perpetual light shine upon her, may she rest in peace, Amen

ANNOUNCEMENTS UPDATES | NEWS | EVENTS

We're running Alpha! | Feb 16, 2024 - Fri 7:00 pm
Hosted by FFCC | At St. Mary's Parish Vancouver

Alpha creates a space where you can simply invite a friend to explore their questions over some food, a video talk, and small group discussion. The rest is up to God. Register now!

Friday, Feb 16, 2024 | 7:00pm
@St.Mary's Parish - Vancouver
Register via link or scan the QR
forms.gle/KWarwyXdHYH2Ed5B7



REGISTER

Line Dancing | Thursdays - 2pm - 4pm
Catholic Women's League
CWL is hosting weekly line dancing sessions every Thursday from 2pm to 4pm at the church basement. Don't miss out on a great opportunity of friendship, fun, and exercise.
Suggested donation of \$2 | Enter through Euclid Ave basement entrance

Christian Life Program | Feb 4 - Mar 24 (On Sundays)
CFC - Handmaids of the Lord Ministry | @St.Mary's Parish
Free to attend, every Sunday.
Listen to talks and allow Jesus to reveal His call to you.

Every Sunday
till Mar.24
@10 am - 12 pm

Flora - 778-388-1938 | leetconstantino@gmail.com
Leonora - 604-728-4424 | nora.ramos@gmail.com

Kindergarten 2024-2025 | Accepting Applications
St.Mary's Elementary School - stmary.bc.ca
Now accepting applications for the kindergarten 2024-2025 school year. Child must be born in 2019 and turn 5 by Dec 31st.
Apply/ info contact **604 437-1312 | office.smarv@cisva.bc.ca**

We need you! Singers, Guitarists, Bassists, cajon players
5PM Sunday Youth Choir
Looking for youth and young adults who want to offer their musical talents. **Weekly Practice (except 3d week of the month):**

THURS 7:30PM - Rectory basement
SUN 4:15PM - St.Mary's Parish choir area

Wen | 604-780-2830 | seals.stmarys@gmail.com

Save the Date Seniors! | Next events Feb.16th, 1-3pm for a Fred Astaire movie and snacks
More info: smvanseniors@gmail.com or **604-435-9611 ext.200**

Volunteer Opportunities | Let's make an impact!

Sancta Maria House a Healing/Recovery Home for women is inviting female volunteers to consider joining our team. We need assistance with household management, arts and crafts, social activities and gardening. Please consider sharing your gifts and talents.
santamariahouse@agapestreetministry.org

Agape Street Ministry is calling on compassionate individuals like you to join our dedicated team of volunteers! Together, let's make a difference in the lives of the working women on the streets by telling them "Jesus loves them". info@agapestreetministry.org

St.Mary's Street Ministry is looking for those who have a heart in homeless outreach, organizing events, communication, and making a difference Contact Mildred at **778-885-9611 or email mmoy_ca@yahoo.com**

Looking to advertise? If your business is looking to promote, we still have spaces the bulletin! For more info **Teresa: tky.lung@telus.net**

Ash Wednesday Mass Times - Feb. 14
Tues - Feb 13
6:30pm - PREP Mass (open to public)
Wed - Feb 14
8:00 am
9:30 am - School Mass (open to public)
5:30 pm
7:30 pm

Our Lady of Fatima Junior Praesidium | Youth Program
Legion of Mary | @ St Mary's Parish Church
Inviting youths ages 6 - 18 years old to join the Our Lady of Fatima Junior Praesidium. Guided by senior legionaries, learn about prayers, works of the Legion, and deepen your relationship to the Blessed Virgin Mary.

We invite parents and guardians to join their children to grow and start their journey in the care of the Blessed Virgin Mother.
If interested, we have a sign-up sheet at the foyer!

Hope on the Horizon | Summer Program | Aug 6-21
Catholic Street Missionaries

CSM is launching a new young adult multi-week homeless outreach and leadership program. Registration is now open! If you're interested, checkout our website at...

catholicstreetmissionaries.org/horizon

St. Mary's Parish Mission | March 3-8
By Fr. Claudio Piccinini, C.P.
Seize the opportunity, feel God's presence in your life.
Mar.3 Retreat Mass | Mar.4-8 Mon- Fri there are 2 sessions + daily mass @ 8:00 am & 7:00 pm. For more info/volunteer:
Mildred | **778-885-9611**
Parish office | reception.smarv@rcav.org / **604-435-9611 ext. 0**

Mass Wedding | Join us Oct 19, 2024
St.Mary's Project Cana

Married outside the Catholic Church? Desire to regularize your union for sacramental access? Join Fr. Joseph D'Souza, OP, in celebrating the Mass Wedding for civilly married couples. A cost-effective, communal celebration awaits!
For more info rcia.smarv@rcav.org or **604-435-9611 ext. 205**

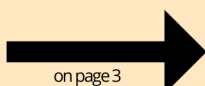
Donations | Your generosity is greatly appreciated.

CSM | Homeless winter supplies
Wrapped bite-size chocolates, new men's socks, blankets, sleeping bags, winter clothing. Label donations as "Street Ministries" and drop off to either ushers or the parish office during regular hours.

Knights of Columbus Food Drive | Now till - June 30
Canned goods, packaged noodles/ramen, and other non-perishable food items until in specially marked boxes located in the Church foyer. *St.Mary's Council 13072*
All collected food items will be delivered to The Door Is Open at the end of June 2024.

Check out our Ministries!

St.Mary's offers a diverse range of faith groups, for all ages to get involved with and grow in Christ.



on page 3

PARISH MINISTRIES

PADRE PIO PRAYER GROUP & Fr. David Bellusci **NEXT MEET FEB 15 - THU**

Next topic: **Psalms | Who wrote them and why?** Join us and find out!
Online Bible Study Feb. 15, 2024, Thurs @ 7:00 pm (ZOOM)
 Learn the spirituality of St. Padre Pio with catechism led by Fr. David
 For more info + zoom link: pppgvancouver@gmail.com

St. Mary's Youth Ministry **NEXT MEET FEB 23 - FRI**

Join us for **LAUGH & LEARN GAME NIGHT!** 6:15PM – 8:00PM
 A space where youth can make memories, ask deep questions, and learn how to grow in the faith with the fellowship of your friends!
Open to gr 7-12 | Catholics and non-Catholics are welcome!

DNA Discipleship | aNd | Accountability **NEXT MEET FEB 24 - SAT**

D.N.A. is a men's Group meeting on the **2nd and the 4th Saturday of every month**, at **9:30am**, in the Parish Rectory basement. For more info reach out to **Fr. Gabriel** at: [604-435-9611](tel:604-435-9611), ext. 202 | fathergabriel1@outlook.com

MISSION ABLAZE **NEXT MEET FEB 13 - TUE**

Come join the Mission Ablaze Prayer Group
 Meet and experience the power and love of the Holy Spirit
Every Tues @ 07:30 PM - 09:00 PM at the church hall **IN-PERSON & ZOOM**
 Email: missionablazesmvm@gmail.com

CHRISTIAN MEDITATION *I will come to you in the Silence... Be still and know that I am God... Come and rest in Me* **EVERY TUE & WED**

Join us for meditation and prayers once a week either:

In-person: Wednesday 7:00 pm @ Rectory Basement.
 Contact Cora Alcuítas - calcuítas@gmail.com
Online: Tuesday 7:00 pm
 Contact Maeve Slein - mms3018@gmail.com

PARISH RESOURCES

PARISH LIBRARY

Have you checked out the collection of books, CDs, and DVDs in our library? View online catalogue at stmarysvancouver.ca/ministries/library
 To borrow any resources Email our librarian,
Bill Murphy | wwmmurphy@hotmail.com

FORMED THE CATHOLIC FAITH. ON DEMAND. formed.org/signup

1. Go to the formed site and Search by postal code: V5R 4G8
2. Select "St. Marys Vancouver 5251 Joyce Street"
3. Register with your name and email address
4. Check your emails for a link to begin using FORMED!

CATECHISM & SACRAMENTS



MARRIAGE
 Lorna | ext.204

One of the couple must be Catholic and a parishioner of St. Mary's Parish. Contact us at least six months prior to the wedding. Make no wedding arrangement until you have met with the priest.

RCIA
 Edwin | ext. 205
rcia.smarv@rcav.org

Rite of Christian Initiation for Adults is for adults in need of Baptism, First Communion, or Confirmation, or who want to learn more about the Catholic Faith.

VANSPEC
 Christina | vanspec.smarv@rcav.org

One-on-one special needs catechism. Vanspec classes are led by volunteer catechists and aides who, with the assistance of the Program Director, adapt the content of each lesson and learning materials to the needs of the individual student.

INFANT BAPTISM
 ext.200
reception.smarv@rcav.org

For infants 5 years old and younger. Family must be registered parishioners or must reside within parish boundaries. Non-parishioners must obtain permission from the pastor of their parish.

PREP
 Edwin | ext.205
prep.smarv@rcav.org

Parish Religious Education Program. Catechism for children who are attending public schools. Registration opens in the summer of 2023 for SY 2023/24.

ANOINTING OF THE SICK & FUNERALS

Please contact the parish office to schedule a visit, to speak to a priest or to arrange a service.

ST. MARY'S ELEMENTARY SCHOOL - VANCOUVER BC

Principal: Ms. Brenda Krivuzoff
 604-437-1312 Fax: 604-437-1193
office.smarv@cisva.bc.ca
 website: stmarys.bc.ca

Stewardship Reflection

February 11, 2024 - 6th Sunday in Ordinary Time

"Brothers and sisters, whether you eat or drink, or whatever you do, do everything for the glory of God." - 1 Corinthians 10:31

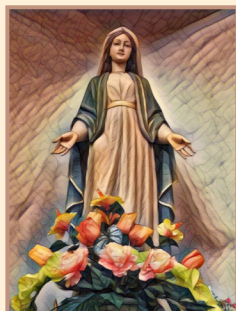
Do a quick check of your priorities. Where does God rank in that list? If He's not first, you have some work to do. Putting God first in everything helps us from putting other "gods" (like our pride, ego, money and possessions) before God. Before making a decision, ask yourself, "Am I doing this for the glory of God or for the glory of me?".

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PARISH OFFICE

Office Hours:
 Monday to Friday
 9:00 a.m. to 5:00 p.m.
 604-435-9611 (phone)
 604-439-9413 (fax)
 Located in the Rectory which is the red brick house next to the church on Joyce Street. Buzz Reception.

EXT. 201	Parish Priest	Fr. Joseph D'Souza, OP	jdsoza@rcav.org
202	Assistant Pastor	Fr. Gabriel de Chadarévian, OP	gabrielmariedominique@gmail.com
203	Assistant Pastor	Fr. Gilles Simard, OP	gsimard@rcav.org
-	Resident Pastor	Fr. David Bellusci, OP	davidbellusci@yahoo.ca
204	Pastoral Assistant	Lorna Acosta	parish.smarv@rcav.org
205	PREP & RCIA Director	Edwin Cruz	prep.smarv@rcav.org rcia.smarv@rcav.org
209	Youth ministry Coord	Joyce Villaverde	youth.smarv@rcav.org
-	Vanspec	Christina Reyes Ocampo	vanspec.smarv@rcav.org
207	Finance and Property	Michael Gabas	smpacc@telus.net
200	Reception	Priya Menezes	reception.smarv@rcav.org



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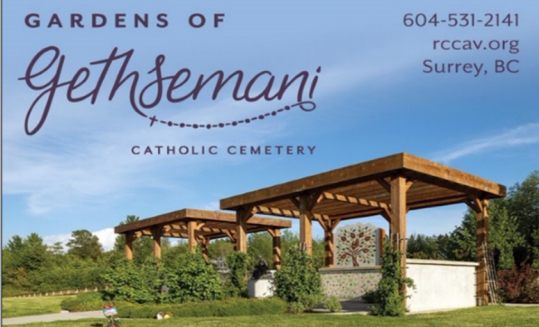
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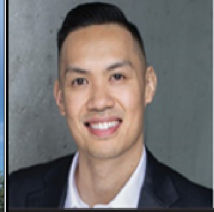
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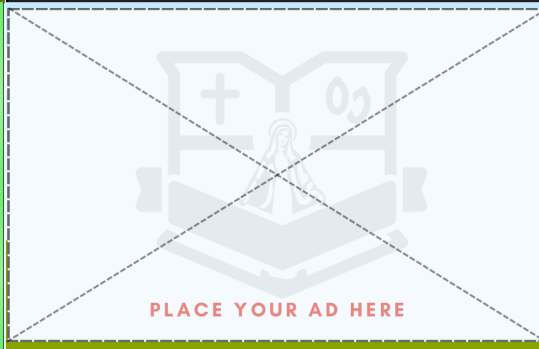
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