

Message from Father Jessi

This weekend, we have our Monthly Socials following all Masses. I encourage you to come down in our hall to share a meal, and to meet new members of our parish family as well as appreciate each other and all our parish volunteers.

Kindly note that this coming Wednesday is Ash Wednesday: Mass will be at 7:00 pm only. All are encouraged to attend the first day of Lent. We will have a collection with the proceeds going to the Shepherds of Good Hope (our community Food Bank). Ash Wednesday marks the beginning of the Season of Lent and it is a day of fasting and abstinence.

As we did during the Season of Lent in prior years, we will pray the Stations of the Cross every Friday in the church at **7:00 pm starting this coming Friday, February 28**. You are encouraged to take part in this special Lenten devotion.

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We pray for God's healing:



Lina Peters; Pauline Doyle;
Deacon Norm; Roy Conrod;
Aurelio Balaba; Ike Ukwu; Sylvia Carter;
Jim Sutton; Alicia and Frank Gutschi;
Ron Delaney; Donald MacKenzie;
Jane Dominic; Simon Jacques;
Marilyn D'Amour

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Office Information

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Rev. Mr. Norm Levesque, Deacon
Robella Folliet, Bookkeeper
Louise Levesque, Office Manager

Office Hours

Tuesday and Wednesday – by appointment only
Thursday and Friday – 9:30 am to 12:00 pm
Weekends – before and after all Masses

Seventh Sunday in Ordinary Time



Intention and Schedule

✠ Denotes Repose of the soul

Saturday, February 22

11:00 am ✠ Amancio Rosales
4:30 pm For the people

Sunday, February 23

9:00 am ✠ David Graham by his family
✠ Loreto, Adela and Gertrudes Lumabi
by Eusebia
10:00 am Monthly Socials in Hall
11:00 am ✠ Raymond Henry
by Barry Kapcala
✠ Keith Moffett
by the Kapcala Family
12:00 pm Monthly Socials in Hall
4:15 pm Bisaya Mass

Tuesday, February 25

12:00 pm Mass intention available

Wednesday, February 26 – Ash Wednesday

12:00 pm No noon Mass
7:00 pm Ash Wednesday Mass

Thursday, February 27

9:00 am Mass intention available

Friday, February 28

9:00 am Mass intention available
7:00 pm Stations of the Cross

Prayer to Saint Michael the Archangel

St. Michael the Archangel,
defend us in battle.
Be our safeguard
against the wickedness
and snares of the devil.
May God rebuke him,
we humbly pray; and do you,
O Prince of the heavenly host,
by the power of God cast into hell
Satan and all the evil spirits
who wander through the world
seeking the ruin of souls.
Amen.

Fasting and Abstinence

Days of fasting and abstinence:

- Ash Wednesday and Good Friday.
- Fridays in Lent are days of abstinence, but special acts of charity or piety can be substituted.

Who is bound to observe these Lenten Practices?

The law of abstinence binds all Catholics, beginning on the day after their 14th birthday.

The law of fasting binds all adults (beginning on their 18th birthday). Adults over the age of 59 need not fast.

Adults who are ill need not fast.

What is forbidden and allowed to be eaten?

On days of fast, only one full meal is allowed.

Two other meatless meals, sufficient to maintain strength, may be taken, but together they should not equal another full meal.

Any form of meat, including soup or gravy made from meat, may not be used.

Eating between meals is not permitted, but liquids, including milk and fruit juices, are allowed.

Penance Suggestions for Lent

Penance is integral to Lent and to the spiritual life. Through penance, we repair the spiritual damage we have done, healing our wounded souls and our relationship with Jesus.

Fasting – Fasting is the traditional penance of the Church. You can fast from a meal, dessert, smoking, alcoholic beverages or anything else you enjoy. Be sure to simultaneously spiritually fast from sin, or your bodily fasting will be meaningless.

Extra attention – Many times, we don't give others our full attention, whether it's the spouse, kids, or coworkers. Make an effort to pay attention to the words and concerns of others.

TV and social media fast – Many times, we focus our souls in media noise. We have no time to reflect because of the constant input of Facebook, Twitter, music, or TV. Minimize or cut these out and spend more time reading a spiritual book with meditation and reflection, as well as more time in praying.

Family Prayer for Ash Wednesday

God of goodness and mercy, hear our prayer as we begin this Lenten journey with you.

Make us sincere with ourselves as we look into our hearts and souls, remembering the times we turn away from you. Guide us as we humbly seek to repent and return to your love.

May humility guide our efforts to be reconciled with you and live forever in your abundant grace.

Transform us this Holy Lent, heavenly Father, and grant us the strength to commit ourselves to grow closer to you each day. Amen.



Liturgical Calendar at a Glance

February 26	Ash Wednesday Mass at 7:00 pm only
March 1	1 st Sunday of Lent
March 8	2 nd Sunday of Lent
March 15	3 rd Sunday of Lent
March 22	4 th Sunday of Lent
March 29	5 th Sunday of Lent
April 2	Thursday at 7:00 pm to 8:00 pm Lenten Individual Confessions with a guest priest
April 5	Palm Sunday of the Lord's Passion: Sunday Mass - 10:00 am only
April 7	Tuesday at 7:30 pm Chrism Mass at the Cathedral
April 9	Holy Thursday Mass - 7:00 pm
April 10	Good Friday Service - 3:00 pm
April 11	Easter Vigil Mass - 8:00 pm
April 12	Easter Sunday Mass - 10:00 am only
April 19	Divine Mercy Mass - 10:00 am only