

MARCH 9, 2025

BULLETIN

Stewardship Reflection First Sunday of Lent

Prayer, Fasting, Almsgiving

Prayer, Fasting and Almsgiving: these are the three pillars of Lent, that is, they are the three main activities we do to help us grow in sanctity.

Prayer – Of course we pray. We pray not only during Lent; we pray all the time. But we're **not talking about more prayer, but better prayer.**

What is prayer and how can it be better?

*"Prayer and converse with God is a supreme good: it is a partnership and union with God. As the eyes of the body are enlightened when they see light, so our spirit, when it is intent on God, is illumined by his infinite light. I do not mean the prayer of outward observance but **prayer from the heart**, not confined to fixed times or periods, but continuous throughout the day and night. Prayer is the light of the spirit, true knowledge of God, mediating between God and man."*
(St. John Chrysostom: a homily about prayer around the year 400.)



In other words, pray always! Have a conversation with God anytime or at all times, whenever we have the urge to speak with him. Kickstart the conversation for the day by saying thank you in the morning, and thank you in the evening for all that I have and all that I am.

Fasting – In this week's Gospel passage, in which Jesus is tempted by the devil for 40 days. *"He ate nothing at all during those days, and when they were over, he was famished."* After 40 days, famished? Quite the understatement. The point is that Jesus knew he was going to begin his public ministry, and "the Holy Spirit led him into the wilderness." And he fasted for 40 days. He needed all the spiritual weapons he had at his disposal. The Collect on Ash Wednesday reads:

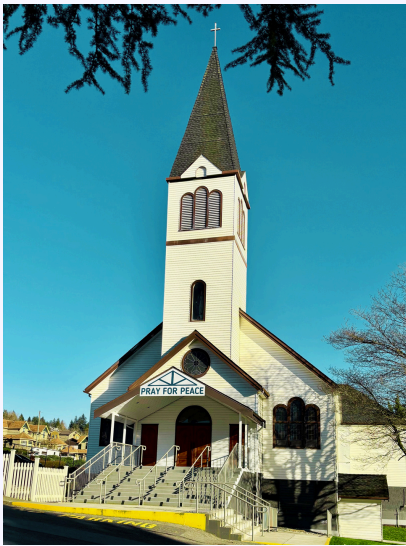
*"Grant, O Lord, that we may begin with holy fasting...so that, as we take up battle against spiritual evils, **we may be armed with weapons of self-restraint.**"*

If Jesus needed those weapons of self-restraint, how much more do we need them?

What God really wants is for us to tear open our hearts. And so what we do is **use our bodies to help focus our souls on God.** That's what fasting is about. When our bodies start screaming at us after fasting for a morning, we become more alert and remember why we are fasting. It gets our mind away from pleasing our bodies and brings our mind to thinking about repentance for sin and about God and our relationship to him. It helps us to pray and to focus, a prayerful state of spiritual alertness. Fasting is a very powerful way to unite our soul and our body. It becomes a perpetual reminder of the season of Lent, a new liturgical season leading up to the greatest of Mysteries, the Resurrection of Christ.

Almsgiving – It really means to give of ourselves. It's not just about giving money. It is about sharing. Sharing or time, our life experiences, our spirituality, our talent. It is sharing who we are for the love of God and our neighbor.

Peace,
Father Larry



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WELCOME


We welcome all visitors. If you are new to the Parish, please fill out the registration form available at the entrance to the Church. And please introduce yourself to our pastor, Father Larry.

Our Lady Of Lourdes Parish | Paroisse Notre-Dame de Lourdes

Pastor: **Fr. Larry Lynn**

 llynn@rcav.org

Admin. Assistant: Leanne Penco

 office@olol.ca



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Stations of the Cross

Everyone is invited to come to the church every Friday evening during Lent. We will begin with the **Stations of the Cross at 6 pm, followed by Mass at 7 pm.** You are welcome to come for Mass only, the Stations only or both. Praying and reflecting on the 14 Stations of the Cross of Christ's Passion is a powerful way to grow closer to Jesus, especially during Lent. Father Larry will lead all those gathered and prayer booklets are provided.



Launched! Mustard Seed

Be part of it! Drop your offering in the Sunday collection basket.

40 Days for Life is a focused pro-life campaign to access God's power through prayer, fasting and peaceful vigil, with the purpose of repentance, to seek God's favor to turn hearts and minds from a culture of death to a culture of life, thus bringing an end to abortion and euthanasia and promoting the dignity of life at all of its stages throughout Canada and the world.



Please consider including 40 Days for Life into your 40 days of Lent by selecting one or more of the following:

☐

Nightly Rosary 8PM by Zoom link on [Behold Vancouver](#)

☐

Daily prayer of Reverence for Life

☐

Attend Eucharistic Adoration for 40 Days for Life every Wednesday - 9AM to 4PM

☐

Join us for one hour of Prayer Vigil at Women's Health Centre on **March 26 and April 5**

Resisting Temptation

Temptation is the desire to do what is wrong or unwise or that causes us to be unfaithful to God. We have all experienced it in one form or another. What can we do to resist temptation? 1st) Recognize that it is a temptation. Sometimes we are blind to it, especially when we are tired or stressed. 2nd) Pray and ask for God's strength and grace. It will surely come. 3rd) Don't dwell on the temptation but turn your mind (or body) elsewhere, forcefully if necessary. As St. Padre Pio says, "Temptations belong to the devil and hell. Don't voluntarily dwell on what the devil presents to you." 4th) Avoid the people, places or situations where temptation is likely. The tempting thought itself is not sinful but acting on it is. Remember the profound love God has for you. He is pleased when we turn our back on any temptation. Submit yourselves to God. Resist the devil and he will flee from you. *James 4:7*

Concert Fundraiser



Save the date! We are hosting a fundraising concert in the church on the evening of **April 5**. There will be beautiful choral, jazz and gospel music by local professional musicians. Details to come.

WEEKDAY MASS

Mon. to Sat.: Rosary at 7:55am and Mass at 8:30am
There is no morning Mass, Confession or Adoration on the First Saturday of the Month.

SUNDAY MASS

English: Sat.: 5:00pm and Sun.: 9:00am
English/French: Sun.: 11:00AM

FIRST FRIDAY OF THE MONTH

Masses: 8:30am and 7:00pm
Adoration: 9:00am - 10:00am and 5:45pm - 6:45pm

CONFESSION SCHEDULE

Tues. to Fri. at 8:00am until 8:25am
Sat.: 4:00 - 4:45 pm. Or by appointment.

ADORATION

Tues. to Sat. starting at 9:00am (following Mass). The Church will remain open until 6:00pm.

HOLY COMMUNION

Anyone who is not able to attend Mass and wishes to receive the Eucharist, please contact the parish office.

BAPTISM

By appointment only.

MARRIAGE

All couples planning to be married in this Parish should contact the pastor at least 6 months in advance. Non-parishioners must obtain written permission from your parish.

FUNERAL

Contact Parish Priest before making arrangements.

SACRAMENTALS

For blessing of cars, religious articles and house blessings, please contact the Parish Office.

THIS WEEK'S MASS INTENTIONS

Do you Love Flower Arranging?

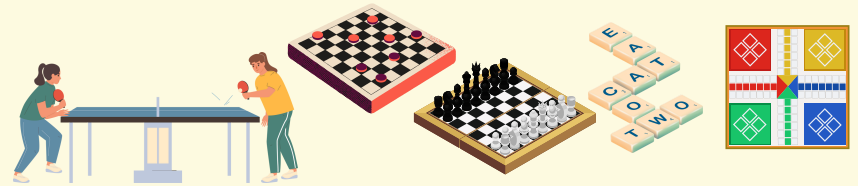
The parish is looking for someone to assist with the flowers in the church. Many thanks to Apple and Fortunata and others for their beautiful arrangements over the past few years! During Lent there are no flowers in the sanctuary but we need to have people in place for Palm Sunday. If you love flowers, have a gift for arranging, and are able to help out, please contact the parish office.

| | | | | |
|--------|-----------|----------|-----|----------------------------------|
| 8-Mar | Saturday | 5:00 PM | ✝ | Borgonos family |
| 9-Mar | Sunday | 9:00 AM | INT | Our Lady of Lourdes Parishioners |
| 9-Mar | Sunday | 11:00 AM | ✝ | Carmen H Odulio |
| 10-Mar | Monday | 8:30 AM | ✝ | Julie & Joseph Morris |
| 11-Mar | Tuesday | 8:30 AM | INT | Michelle Agon |
| 12-Mar | Wednesday | 8:30 AM | ✝ | Kazimiera Dabrowska |
| 13-Mar | Thursday | 8:30 AM | INT | Gilberte Knapp |
| 14-Mar | Friday | 8:30 AM | ✝ | Paul Hanlon |
| 15-Mar | Saturday | 8:30 AM | ✝ | Elizabeth Moore |

To book Mass Intentions, please contact the parish office.

LOL Youth Night

Come on out for a fun and informal night every Friday at 6:30 pm in the Upper St. Anne Hall. All youth are welcome! We've expanded to include a variety of board games as well as table tennis. You'll never be "board". Come and join the fun!



Anchored in Hope Lent Retreat

This Lent provides us with an opportunity to dive even deeper into the themes of the Jubilee Year of Hope. We often are tempted to seek our security in things such as comforts, relationships, and attachments rather than finding it in Christ. Fr. Davide Lanzani will lead retreatants to make hope the anchor of their souls. At St. Jude Parish on Saturday **April 5 from 9:00 am to 4:00 pm**, lunch included. Register by April 1 at beholdvancouver.org/events.

St. Joseph's Society Second Collection

This Sunday's second collection supports our retired priests who have dedicated their entire life to the Church. Your generous support ensures a comfortable living environment, quality medical care, and other essential services for our retired priests. You can make a tax-deductible donation to St. Joseph's Society in-person at the parish or online at rcav.org/joseph.

BELONG: Catholic Men's Retreat

This half-day retreat is a chance to step away from the busyness of life and meet other men who share your desire to grow in faith and virtue. Deacon Tim Kostamo will offer insights on the adventure of faith and God's call to men, and Archbishop J. Michael Miller will celebrate Mass. Through honest conversations and shared experiences, you'll build meaningful relationships that last beyond the event. At Mary Pattison Chapel at Pacific Academy, Surrey, on **Saturday April 12 from 9:00 am to 12:30 pm**. Register at beholdvancouver.org/events.

PRAYER FOR THE SICK

Please remember in your prayers our parishioners who are ill, especially:

Kathleen Lauzon, René & Gilberte Collette, Father Lucien Larré, Fernand Finnigan, Ozina Finnigan, Father Alan Boisclair and Jose (JoJo) Alonco.

Through the intercession of St. John Paul II we ask that you heal them O Lord. Give them love and strength, we pray, through Christ our Lord.

COFFEE & DONUTS AFTER MASS

Come and join us for coffee after the 9:00am and 11:00am Masses on Sundays. Celebrate with each other and get to know your fellow parishioners. This weekend we thank the **CWL** for sponsoring.

PARISH MINISTRIES

Alpha Anthony Marroquin
Altar Servers Alex Lim
ACRSS Rep. Irenaeus Lim & Elga Gonzalez
CWL Josephine (Dollie) Basa
Choir Roger De Villa & Agnes Wan
Couples for Christ Jet & Jane Sarmiento
K of C Anthony Marroquin
Lector Thelma Papas
Prayer Group Alex & Nancy Lim
PREP Marilyn Sarte
Pro-Life Ting and Nercy Barona
Project Advance Kathy Gorkoff & Francis Gutierrez
Sacristan Alex Lim
Ushers Robert Tang & Terry Charbonneau
Contact parish office for info.

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Birthright Volunteers Needed

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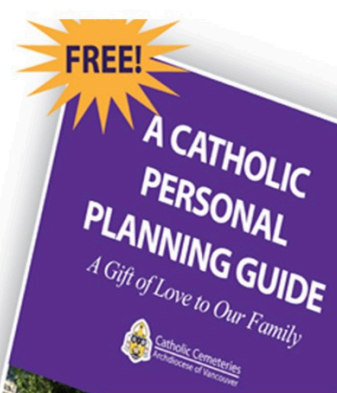


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