

THIS WEEK'S MASS INTENTIONS

Mon	Mar 3	Weekday in Ordinary Time 9:00 am RIP: Gloria Manalo
Tues	Mar 4	St. Casimir 7:00 pm RIP: John Gielty
Wed	Mar 5	Ash Wednesday 8:00 am INT: Rosa Han
Thur	Mar 6	Lent Weekday 8:00 am INT: Poor Clare Sisters
1st Fri	Mar 7	St. Perpetua & St. Felicity 7:00 pm RIP: Manuel Feijo
Sat	Mar 8	St. John of God 5:30 pm RIP: Lucy Luterbach

The complete Mass time schedule is listed on the front page.

PRAYERS FOR THE SICK

Please pray for the sick of our Parish particularly: Teresita Drexler, Ares Stroszyn, Suzanne Dubeau, Don Rowe, Eliuterio Rodrigues, Alice T. Arce, Enrigue Salgado Sr., Danielle Hault, Irene Munro, Irene Hanson Monnie, John Sousa, Matthew McKinnon, Catherine O'Donnell, Annette Riley, Cecilia Vidar, Daryll Hummel, Joseph Slacik, Matt Essman, Carol Berry, Cecilia Obcena, Thomas Chlebak, Art Samson, Sarah Gielty, Chloe Castro, Wendy Castro, Maria Han & Bob Commins.

ST. JOSEPH'S PARISH GROUPS

Altar Servers:	Parish Office	604 461-1369
Abp. Carney School Rep:	Mary Pisko Dubiensi	604 469-4894
Bible/Prayer Group:	Jocelyn Rochard	604 469-0713
Choirs: Youth/10 am:	Jeff Cabralda	604 812-3178
Saturday Evening:	Norbert Haunerland	604 469-2845
Sunday 12 noon:	Ed Robles	604 838-3628
CWL:	Louanne Richards	778-712-0890
Fundraising Committee:	Erica Penner	604-722-3604
Knights of Columbus:	Mark Pan	604-782-9612
Lectors:	Effie Garcia	604 761-1724
Legion Of Mary:	Norma Reyes	778 285-8721
Parish Building:	Patrick Hing	604 468-2977
Parish Council:	Alice Arce	604 937-3802
Pro-Life:	Terry O'Neill	604 464-5679
RCIA /SSVP & Youth Group	(Parish Office)	604 461-1369

ARE YOU THINKING OF A CAREER & A VOCATION TO TEACH IN THE CATHOLIC SCHOOLS OF BC ?

Saint Mark's is pleased to offer a pre-professional program designed for teachers to begin this September 2014. Students in a two-year education track have the option to transfer into this third and fourth year program. Graduates are welcome to apply to the Bachelor of Education program at UBC in order to become fully certified teachers to teach in Catholic and Public schools in BC. Graduates will be certified to teach English and History and they will also have the same number of credits in Catholic thought and practice. There will be two informational sessions on March 3 and March 24 at 6pm at the College.



FASTING AND ABSTINENCE

From the Code of the Canon Law of the Catholic Church

- Canon 1250, All Fridays through the year and the time of Lent are penitential days and times throughout the entire Church.
- Canon 1251, Abstinence from eating meat or another food according to the prescriptions of the conference of bishops is to be observed on Fridays throughout the year unless they are solemnities; abstinence and fast are to be observed on Ash Wednesday and on the Friday of the Passion and Death of Our Lord Jesus Christ.
- Canon 1252, All persons who have completed their fourteenth (14) year are bound by the law of abstinence; all adults are bound by the law of fast up to the beginning of their sixtieth (60) year. Nevertheless, pastors and parents are to see to it that minors who are not bound by the law of fast and abstinence are educated in an authentic sense of penance.

The Church laws demand the children of God to fast and to do penance, not because She wants us to suffer pains, but rather to taste true freedom. Freedom from the worldly attachment of seeking only earthly desires, at the cost of the supernatural. The devil loves it when we indulge, hates it when we discipline our body and soul. Indulgence traps us into web of sins. Discipline sets us free.

Obviously fasting is more than a way to develop self-restrain. Fasting helps us in our prayers, as the pain of hunger remind us of our hunger for God. Also, this hunger reminds us to be in solidarity with the poor and needy of this world, who seldom affords meat for their meals. Abstinence can create a spiritual link to those whose diets are sparse and simple. Fasting can help us to understand those who suffer every day in our world. Thus, fasting should lead us to greater efforts to alleviate that suffering. From the Catechism of the Council of Trent: "All kinds of satisfaction are reducible to three heads: prayer, fasting and alms deeds, which correspond to three kinds of goods which we have

THIS WEEK, March 5, is ASH WEDNESDAY. There will be three Masses, 8:00 am, 4:00pm, and 7:00pm

Weekly **STATIONS OF THE CROSS** during Lent on **Fridays at 7pm** with the exception of First Fridays; March 7th Stations will take place before the 7pm Mass at 6:30pm. On Friday, Friday, April 4: Mass at 9am, no evening Mass as we be hosting the Handel Society's presentation of the **St. John Passion** at 7:30pm



St. Joseph's LENTEN PENITENTIAL SERVICE, April 3, 7pm

SOCIETY OF ST. VINCENT DE PAUL



Jesus tells us that our heavenly Father knows all that we need, and so we need to let tomorrow take care of itself as today has troubles enough of its own. This month through your gifts, the Society of Saint Vincent de Paul will assist the needy in our community. Thank you. Next monthly meeting: Thursday, March 13, at 7:00pm.

A GENTLE REMINDER

This Sunday, March 2, there is a Society of Saint Vincent de Paul collection. **Please make your cheque payable to Society of Saint Vincent de Paul.** We now have our own Revenue Canada Charity Number and will issue you a tax receipt at the end of the year for your 2014 Income Tax Return. Thank you and God bless you for your continued support and generosity.

EASTER FOOD HAMPERS

On Saturday, April 12, we will be delivering approximately 25 food hampers to needy families. To help us defray our costs, we would appreciate donations of non perishable food items. Some suggested items: peanut butter, cereal (hot or cold), granola bars, crackers/cookies, jam, pasta sauce, tuna, salmon, Heinz Beans in Tomato Sauce, can fruit, can soup, Jello, instant pudding mix, or any other non perishable items you wish to donate are always appreciated. Thank you. Items accepted up to and including April 9, 2014.

CATHOLIC WOMEN'S LEAGUE



All ladies of this parish are welcome to attend the next general meeting March 25th at 7pm in the portable. We will be having our Easter Lily Sale again this year. Details next week; also the website as well <http://cwpm.org>

KNIGHTS OF COLUMBUS BURSARIES AVAILABLE



BC/Yukon Knights of Columbus have 30 \$500 post-secondary bursaries available. Apply before June 30, 2014 go to: kofcbc.org/files/2013/08/Bursary-Terms-of-Reference-2014.pdf

TWO POPES, TWO SAINTS!



On Divine Mercy Sunday, April 27, Popes John XXIII and John Paul II will be canonized in Rome, and the Archdiocese of Vancouver will be celebrating in a big way! Everyone is invited to our canonization celebration at PNE's Pacific Coliseum, starting at 2 pm Archbishop Miller and Canada's new Nuncio Archbishop Luigi Bonazzi attending. Please save the date (the Sunday after Easter) - invite your friends & family to this wonderful free event. Details to come as well at rcav.org/two-popes

Is Your Marriage in Crisis?

Repair your marriage, rediscover romance and gain the tools you need for healthy, loving communication! **Retrouvaille** is a Catholic peer ministry which offers a two-month program for married couples with difficulties of all kinds, including years of misery, infidelity, separation, or even divorce. It is not too late!! For confidential information or to register for the Lower Mainland program beginning the weekend of April 25 - 27, 2014, or the Nanaimo program beginning May 9 - 11, 2014, call 604-530-6710, email: vancouverbc@retrouvaille.org or visit www.retrouvaille.org

St. Joseph's Parish will be playing host to the Handel Society's presentation of the St. John Passion by J. S. Bach



Friday, April 4, 7:30 pm

Choir and Orchestra conducted by

Johan Louwersheimer, artistic director
Nancy Washeim, soprano - Sonya Sweeney, alto
Christopher Simmons, tenor ~ Evangelist
Willy Miles-Grenzberg, bass ~ Christus
Robert Gelderman, bass ~ Pilatus

Tickets are \$20 general admission and \$15 for seniors and students, and are available from the parish office and at the door. Refreshments will be served at intermission. For more ticket information, call 604-461-1369.

For more general information, visit www.handelsociety.ca



Congratulation to Pat & Esther Davis on their 60th Wedding Anniversary

Pat & Esther have been active parishioners of St. Joseph's Parish for 46 years.

May God bless you and grant you joy. May He deepen your love for each other. May He bless you and your family, and lead you to unending happiness in Heaven.

9 PM TWILIGHT MASS FOR MARCH

Once a month, we gather around the altar, in the still of night, to celebrate and share the Eucharist. Please share this with those who can't find the time to go to church. Or, bring them with you. All are welcome to join us tonight, Sunday, March 2/9pm, at Immaculate Conception Church, Vancouver

WORLD DAY OF PRAYER: Egypt, Streams in the Desert



Please join us for a world day of Prayer for Egypt Saturday, **March 8, 2014** from 11 am to 2:00 pm at St. Edmund's Catholic Church, North Vancouver.

YOUNG ADULT RETREAT: MARCH 7-8 AT ST. PATRICK PARISH IN VANCOUVER

"Hearts on Fire: Living Faith in Daily Life with Spiritual Exercises of St. Ignatius of Loyola," A Team of Young Jesuit Presenters, A Group of Young Adults, A Thousand Graces, One Heart. Dynamic presentations, methods of prayer in daily life, Friday evening Coffee house with live music! For single young adults ages 23-35. Come Friday evening (go home overnight) and come back for Saturday - Start time 6:30 pm Friday, ends with 4:30 pm Vigil Mass on Saturday. Learn more, register online: apostleshipofprayer.org/heartsonfire

WORLDWIDE MARRIAGE ENCOUNTER WEEKEND



Couples: Have you lost that lovin' feeling? It's not gone forever if a spark is still there. Rekindle your love by making a Worldwide Marriage Encounter Weekend. Lower Mainland Weekends are scheduled for: **April 4-6**, July 18-20, and Nov. 14-16. Kelowna Weekend: October 24-26 Phone Steve & Mary Bohnen 604-876-7298.