

PRAYER KNOCKS, FASTING OBTAINS, MERCY RECEIVES

From a sermon by St Peter Chrysologus.

There are three things, my brothers and sisters, by which faith stands firm, devotion remains constant, and virtue endures. They are prayer, fasting and mercy. Prayers knocks at the door, fasting obtains, mercy receives. Prayer, mercy and fasting: these three are one, and they give life to each other.

Fasting is the soul of prayer, mercy is the lifeblood of fasting. Let no one try to separate them, they cannot be separated. If you have only one of them or not all together, you have nothing. So if you pray, fast; if you fast, show mercy; if you want your petition to be heard, hear the petition of others. If you do not close your ear to others you open God's ear to yourself. When you fast, see the fasting of others. If you want God to know that you are hungry, know that another is hungry. If you hope for mercy, show mercy. If you look for kindness, show kindness. If you want to receive, give. If you ask for yourself what you deny to others, your asking is a mockery.

Let this be the pattern for all men when they practice mercy: show mercy to others in the same way, with same generosity, with the promptness, as you want others to show mercy to. Therefore, let prayer, mercy and fasting be one single plea to God on our behalf, one speech in our defense, a threefold untied prayer in our favour. Let us use fasting to make up for what we have lost by despising others. Let us offer our souls in sacrifice by means of fasting. There is nothing more pleasing that we can offer to God, as the psalmist said in prophecy: A sacrifice to God is a broken spirit; God does not despise a bruised and humbled heart. Offer your soul to God, make him an oblation of your fasting, so that your soul may be a pure offering, a holy sacrifice, a living victim, remaining your own and the same time made over to God. Whoever fails to give this to God will not be excused, for if you are to him yourself you are never without the means of giving.

To make these acceptable, mercy must be added. Fasting bears no fruit unless it is watered by mercy. Fasting dries up when mercy dries up. Mercy is to fasting as rain is to the earth. However much you may cultivate your heart, clear the soil of your nature, root out vices, sow virtues, of you do not release the springs of mercy, your fasting will bear not fruit.

When you fast, if your mercy is thin your harvest will be thin; when you fast what you pour out in mercy overflows into your barn. Therefore do not lose by saving, but gather in by scattering. Give to the poor, and you give to yourself. You will not be allowed to keep what you have refused to give to others.

Saint Joseph's Catholic Church

20676 Fraser Highway
Langley, BC V3A 4G5

Ph: 604-534-3303 Fax: 604-534-6458

Email: parish.sjl@rcav.org website: stjlangley.rcav.org
Fr. Lawrence Donnelly www.didobonaparte.wordpress.com

We celebrate today the 4th Sunday of Lent. You will find the readings for the mass on page 213 in the Blue missal in the pews.

Pastor:	Fr. Lawrence Donnelly	Secretary:	Pat Wright
Assistant Pastor:	Fr. Jude Onwana	Bookkeeper:	Trina Tang
Deacon:	Dan Ritchie	Catechism Coordinator:	Kris Blair
Music Coordinator:	Arthur Medina	Youth Coordinator:	Daniel Wack

Office Hours: 9:00 a.m. – 5:00 p.m. Mon – Fri Closed for Lunch: 12:30 – 1:30 p.m.

SACRAMENTS

SUNDAY MASSES

Saturday 5:00 p.m.
Sunday 9:00 a.m., 11:00 a.m., 8:00 p.m.
Spanish Mass (1st Sunday of the Month) 5:30 p.m.
Children's Liturgy of the Word during the 11:00 a.m. Mass

WEEKDAY MASSES

Monday to Friday: 8:00 a.m.
Friday Evening 7:00 p.m.
Saturday and Holidays 9:00 a.m.

CONFESSIONS

30 MINUTES PRIOR to Sunday Mass:
8:30 AM, 10:30 AM and 7:30 PM.
Saturday 4:00 – 5:00 p.m. and 30 minutes before the weekday Masses.

ADORATION OF THE BLESSED SACRAMENT

Fridays 8:45 a.m. – 7:00 p.m.
Mon – Thurs. 8:45 a.m. – 10:00 a.m.
Saturday 9:45 a.m. – 11:00 a.m.

MARRIAGES

Six months' notice is normally required. Archdiocesan marriage preparation is mandatory.

BAPTISMS

Must attend the monthly Baptism Preparation Class. Call Parish office to register

WANT TO KNOW MORE ABOUT THE CATHOLIC CHURCH.

Contact: Adrian Fengler: faithjourney.saintjosephs@gmail.com

SCHOOLS:

ST. CATHERINE'S ELEMENTARY

20244 – 32nd Avenue
Langley, BC V2Z 2E1
Phone: 604-534-6564
School Fax: 604-534-4871
Principal: Jeff Brophy
www.stcatherines.ca modonnell@stcatherines.ca

ST. JOSEPH'S PRESCHOOL

20244 – 32nd Avenue
Langley, BC V2Z 2E1
Phone: 604-530-4288
www.stjosephschurchpreschool.com

ST. JOHN BREBEUF REGIONAL SECONDARY

2747 Townline Road, Abbotsford, BC V2T 5E1
1-604-855-0571 www.stjohnbrebeuf.ca
Principal: Mr. Gianni Bittante

HOLY CROSS REGIONAL SECONDARY

16193 – 88th Avenue, Surrey, BC V4N 1G3
604-581-3023 www.holycross.bc.ca
Principal: Mr. Chris Blesch

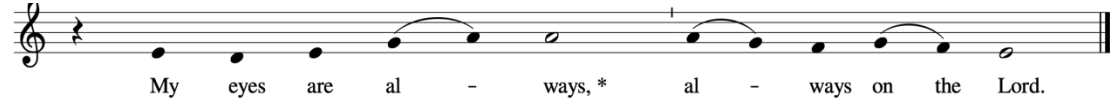
ST. JOSEPH'S HOMESCHOOLERS' CHOIR

Contact: 778-233-4049

MASS ANTIPHONS FOR THE FOURTH SUNDAY IN LENT YEAR B

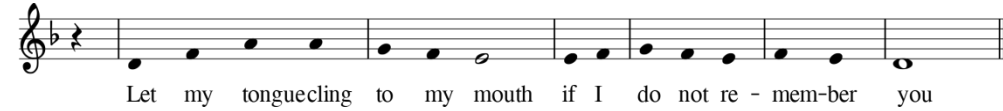
ENTRANCE ANTIPHON

Psalm 25



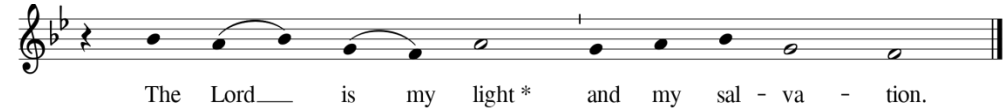
RESPONSORIAL PSALM ANTIPHON

Psalm 19



COMMUNION ANTIPHON

Psalm 5



March 11, 2018

WELCOME TO ST. JOSEPH'S

Join us for Coffee and fellowship in the Parish hall after the 9 a.m. & 11 a.m. masses.

PARISH ACTIVITIES

Bake Sale – today following the 9 a.m. & 11 a.m. mass in the Parish hall. Hosted by The Homeschooling Choir families. Proceeds to “Chalice” a Catholic Organization that supports children in foreign countries. There will be lots of tasty treats available as well as savoury and healthier options if you are avoiding sweets during Lent.

Baptism Preparation Class: 7:00 pm March 13 for parents wanting their babies baptized. Call the parish office to register.

CWL General Meeting Tuesday, March 13, 7:00 p.m. held in the parish hall. **Ladies of the parish.** You are invited to join us to ‘make a difference’ in your Parish & community:

Knights of Columbus Monthly Meeting 6:30 p.m. Rosary followed by Meeting

Stations of the Cross: Fridays of Lent, 6:30 p.m. followed by mass.

Bible Study at St Joseph's:

Gospel According to John



Come and join us for the study of John's Gospel. Thursdays 7 PM at St Catherine's School OR Saturdays 10 AM in the Parish Hall.

Second Quarter, a group for those in their "second quarter" (after undergraduate, before middle age!). For more info, Facebook group or email David at sj2ndquarter@gmail.com

PARISH NEWS

Feast of St. Joseph – Parish Feast Day Celebration Sunday March 18:

Come to the Hall after the 11 a.m. Mass for our Feast Day Luncheon Celebration. The Parish will provide Vegetarian Chilli, parishioners bring finger foods of their liking sweet or savoury. This is a perfect time for us to officially welcome Fr. Jude to our St. Joseph's family.

Penitential Service:

Tuesday, March 20 7:00

p.m. with several priests to hear confessions. This is your best opportunity to receive the sacrament of reconciliation during Lent. Check out the Penitential poster for other parishes in the area.

The Couples for Christ (CFC) is inviting you to attend the **Christian Life Program**, an integrated course that leads into a renewed understanding of God and a Spirit-filled Christian life. This 12

week program will be held at the St. Joseph Parish Hall, starting April 7, 2018 (Saturday) from 1:30 - 4:00pm.

40 Days for Life

During Lent, a peaceful prayer vigil is taking place near BC Women's Hospital where abortions take place. This prayerful witness in many locations worldwide have been the cause of many women/families to choose life at the last minute for their unborn child.

We invite all to do the same for one hour on *Monday, March 12, between 8 am to 8 pm* at West 32nd Avenue and Willow Street in Vancouver, Sign-up sheet will be in the back of Church. Consider offering up one hour this Lent to pray for an end to abortion at this location with us. For more information, please call Cathy, 604-576-1506.

Baby Bottle Fund Raising: Mark your calendars: the return date for the bottles is SUNDAY, MARCH 25.

Spanish Mass for the month of April will be held 5:30 p.m. Sunday April 8. Mark your calendars!

YOUTH EVENTS

Edge: Fruit - Gr 6/7

Our next Edge night is This Friday March 16th! We'll be having food, games, fun. If you're in grade 6 or 7 make sure you plan to come out to the parish hall, you won't want to miss out!!!

Life Teen: The Connection - Gr 8-12

March 11th is our next Life Night!! In the parish hall. We're going to be discussing the Sacraments and what it looks like to make them personal! Come out from 6-8pm in the parish hall!!

Life Teen: Thinkfast Retreat - Gr 8-12

If you're in grade 8-12 plan to come out to our Thinkfast retreat which is taking place, from Good Friday - Holy Saturday! @ St. Joe's! We fast for 24 hours to prepare for the Resurrection of our Lord! We also play a lot of games & have a lot of fun in the process! If you want to register, email: saintjosephs.youthmin@gmail.com

Learn more and sign up for updates at stjlangley.rcav.org/youth

SCHOOLS

St. Catherine's School- Walkathon:

Students will be collecting pledges after masses April 14/15. Please help support this fundraiser. Students will be walking 5/10km on April 20 to support their school. Thank you

Save The Date: It's St. John Brebeuf High School's Silver Anniversary! Come and celebrate 25 years of Catholic education in the Fraser Valley at our Gala Dinner and Dance on Saturday, April 28, 2018. Tickets will go on sale mid-March. For more information, please contact office@stjohnbrebeuf.ca.

Holy Cross High School Volleyball Camp: Junior Crusader Volleyball program is geared for girls currently in grades 4&5 who want to increase their volleyball skills and love of the game. Cost is \$80. Program runs every Saturday 9:30-11:00 April 7-June 9 @ Holy Cross Regional High School. To secure a spot email bgrandia@holycross.bc.ca before March 9.

OTHER NEWS

Living Well, Leaving Well workshop. Let us help you get your ducks in a row. What you, your spouse, children and executor should know! Co-Sponsored by the Gardens of Gethsemani and Kearney Funeral Services, join us on Wednesday, March 14 at St. Nicholas Parish, 20675 87th Avenue, Langley at 1pm or 6pm. RSVP to m.garisto@kearneyfs.com

Retrouaille (A Lifeline for Marriages) helps married couples get back to a loving relationship, providing the tools you need to get your marriage back on track. For confidential information or to register for the program at the beautiful Barnabas Landing on Keats Island on the weekend of April 13 - 15, 2018, call Marc and Candice at [604-530-6710](tel:604-530-6710), email us vancouverbc@retrouaille.org or visit our website www.retrouailllevancouver.com

Worldwide Marriage Encounter Weekend April 28-29, JPII Pastoral Centre (Non-residential) Marriage Encounter is designed to deepen and enrich the joys a couple shares together whether they have been married a short time or many years. For more information or to register, contact; Steve & Mary Bohnen – 604 876-7298 or wwwmevancouverbc@gmail.com or wwme.org