

**PASTOR:** Fr. Wilfred Gomes

**ADMINISTRATOR:**

Fr. Vincent Hawkswell

☎ (604) 671-5301

✉ [vhawkswell@rcav.org](mailto:vhawkswell@rcav.org)

**PARISH DEACON:** Dcn. Tony Gray

**ACCOUNTANT:** Elizabeth Bell

**ADMIN ASSISTANT:** Cleiser Oliveira

## MASS SCHEDULES

### SUNDAY MASS:

Saturday 4:30 pm

Sunday 8:30 am, 10:30 am

### WEEKDAYS:

Monday - Saturday: 9:00 am

1st Friday: 6:30 pm

### CONFESSIONS:

Monday - Saturday: 8:30 - 8:50 am

Saturday: 3:30 pm - 4:15 pm

### ADORATION:

Friday: 9:30 am - 4:00 pm

1st Friday of the month

9:30 am - 4:00 pm &

7:00 pm to Saturday 8:00 am

Sign-up sheets located in vestibule

### BENEDICTION:

Friday: 4:00 pm

1st Friday : 4:00 pm and the following

## ONLINE GIVING OFFERTORY

SCAN WITH MOBILE PHONE OR CLICK  
THE QR-CODE



### Saint Anthony's Parish

2347 Inglewood Avenue  
West Vancouver, BC V7V 1Z9  
Tel: (604) 926-6881

Email: [parish.sawv@rcav.org](mailto:parish.sawv@rcav.org)

Web: [www.stanthonywestvan.com](http://www.stanthonywestvan.com)

### OFFICE HOURS:

Mon - Fri: 9:30 am - 4:00 pm



**FOLLOW US**

@stanthonyswv

# ST. ANTHONY'S PARISH WEST VANCOUVER

3RD SUNDAY OF LENT

MARCH 03, 2024



## PARISH ACTIVITIES & EVENTS

MON — SAT	8:15 AM — 8:30 AM	MORNING PRAYERS
MON	10:00 AM	CATHOLIC FAITH IN PLAIN ENGLISH
TUE	7:00 PM	CHRISTIAN MEDITATION
WED	4:00 PM	MARIAN MOVEMENT CENACLE
WED	6:00 PM	PREP
THU	1:00 PM	CRAFT GROUP
THU	7:00 PM	ALPHA SERIES
THU	7:15 PM	RCIA
<b>FRI, MAR 1</b>	<b>6:30 PM</b>	<b>FIRST FRIDAY EVENING MASS</b>
<b>FRIDAYS DURING LENT</b>	<b>7:00 PM</b>	<b>STATIONS OF THE CROSS</b>
FRI	9:30 AM—4:00 PM	ADORATION OF THE BLESSED SACRAMENT
FRI	3:00 PM	DIVINE MERCY
FRI, MAR 17	11:00 AM	DOOR IS OPEN COLLECTION
<b>SAT, MAR 9</b>	<b>9:00 AM</b>	<b>PARISH LENTEN MISSION</b>
<b>SUN, MAR 10</b>	<b>10:30 AM</b>	<b>PARISH STUDENT MASS</b>

## PARISH LENTEN

**DATE:** Saturday, March 9, 2024

**"Lent: A Season of Abundance"**

How is Lent a Season of Abundance?  
Join the parish family for a morning of  
reflection led by;



*Sister Maria Serra Garcia, FSE, and Sister John Frances LaFever, FSE.*

The Mission will commence with Mass at 9:00 am, followed by a reflection,  
and will conclude with a luncheon in the parish hall.

Please **RSVP** to the parish office or email [parish.sawv@rcav.org](mailto:parish.sawv@rcav.org)

# News in and around the Parish

## MASS INTENTIONS

FEBRUARY 4 TO MARCH 10, 2024

### Monday, March 4

**St. Casimir**

9:00 am - *Sp. Int. of Deacon Tony & Wendy Gray*

### Tuesday, March 5

9:00 am - † Ida Godi

### Wednesday, March 6

9:00 am - *Sp. Int. of Elizabeth Holman*

### Thursday, March 7

**Sts. Perpetua and Felicity**

9:00 am - † Beatriz Burton

### Friday, March 8

9:00 am - † Unolfo Campolucci

### Saturday, March 9

9:00 am - Pro-Life Intentions

4:30 pm - *Sp. Int. of Sader Family*

### Sunday, March 10

**3<sup>rd</sup> Sunday of Lent**

8:30 am - Parishioners

10:30 am - *Sp. Int. of Eamon Concannon*

**DAY:** Every Thursday

**TIME:** 7:00 - 8:30 pm

**LENGTH:** 11 weeks

**COST:** FREE

Alpha provides a space to ask all your questions about life, faith, and meaning in a friendly environment.

**Registration is EASY:**

Through one of the **ALPHA Sign-up Sheets** available at the church or office or **ONLINE**.

**SIGN-UP ONLINE**

SCAN with mobile phone or CLICK the QR-CODE



For more information, email: [stanthonywvalpha@gmail.com](mailto:stanthonywvalpha@gmail.com)

## The Alpha Course

Alpha

Got Questions?

Is there more to life than this?

Does God exist?

What happens next?

Join the adventure

Alpha.org  
#TryAlpha

Alpha

## ALTAR FLOWERS AT EASTER

Beginning this weekend you will find yellow envelopes in each pew.

These envelopes allow you to make a donation toward the flowers which adorn the Church during the Easter season.

As always, we thank you for your support and generosity.

## CWL CORNER

### The CWL Annual Weekend Retreat

**THEME:** The Last Seven Words of Christ

**WHEN:** March 15 to 17, 2024

**WHERE:** Westminster Abbey, Mission, BC

**COST:** \$190 per person

**RT LEADER:** Dcn. Tony & Wendy Gray

**CONTACT:** Pat Battensby, 604 926 4291,

### MEMBERSHIP

See our membership table at masses this weekend (\$45 or \$60 included Domestic Abuse services membership).



# 40 DAYS FOR LIFE

## Choose Life

**Evening Zoom Rosary:** Nightly at 8:00 pm until Sunday, March 24, 2024. Register on Behold Vancouver 40 Days For Life Nightly Rosary

### MID-WAY RALLY

**When:** Sun, March 3 at 2:00 pm

**Location:** Willow St and 32nd Ave (outside of St. Joseph Residence)

**Speaker:** Colleen Roy

### CLOSING RALLY

**When:** Sun, March 24 at 2:00 pm

**Location:** Willow St and 32nd Ave (outside of St. Joseph Residence)

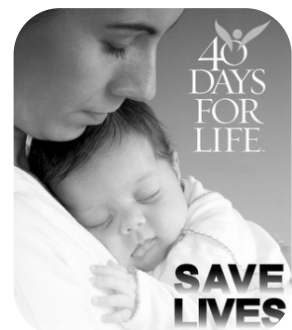
**Speaker:** Fr. Mark McGukin

## 40 DAYS FOR LIFE 2024 CAMPAIGN

St Anthony's Day for the 40DFL vigil date is:

**Friday March 22  
10am-3 pm**

Please join us in praying for the end of abortion, sign up for an hour of prayer at the vigil sight, Willow Street and 32nd, or pray in the church.



# News in and around the Parish

## ST. PHILOMENA PRAYER GROUP



**SATURDAY, MAR 16, 9:30 AM**

You are most welcome to join us in the Hobson Room for prayer.

*St. Philomena, pray for us!*

## PARISH STUDENT MASS

St. Anthony's Parish will have the Parish Student Mass on, **MARCH 10<sup>TH</sup> AT 10:30AM.** You are all welcome!

## MEN'S SHELTER DONATIONS

In addition to hot meals, cookies, squares, muffins, bananas and oranges, sandwiches etc needed. Home made baking would be a real treat and store bought would also be welcome. Delivery at the church parking lot

**DATE:** Saturday, March 2nd

**TIME** 1:00 to 1:30 pm

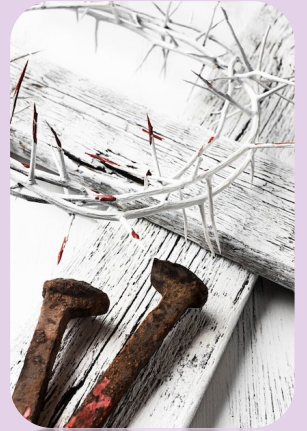
For more information please contact Nan at [nanthomas@shaw.ca](mailto:nanthomas@shaw.ca)



## FRIDAYS DURING LENT

6:30 PM Mass

7:00 pm Stations of the Cross



## FIRST FRIDAY ADORATION

**Friday, March 1, 2024**

All Night Adoration and Prayer Vigil after 6:30pm Mass and Stations of the Cross.

Friday, 7:30 pm until Sat, 8:00 am.

**ALL ARE CALLED AND WELCOME!**

Remembering the words of Jesus

*"Could you not keep watch with Me for one hour? Keep watching and praying that you do not enter into temptation: the spirit is willing but the flesh is weak" Matthew 26:40. 41*

*Sign-up sheet in the parish vestibule*



## PRAY FOR OUR SEMINARIANS THIS LENT

### Prayer for Seminarians

*Father, thank You for the generosity of our seminarians. Safeguard them as they prepare for the priesthood. Keep all evil far from them, so they may become strong Christian men who are faithful to prayer, diligent in their studies, open to spiritual direction, and docile to all aspects of seminary formation. Above all, enflame their hearts with love so they will be ardent and gentle shepherds for Your Church. We make this prayer through the great High Priest, Jesus Christ our Lord.*

Amen

## CATHOLIC FAITH IN PLAIN ENGLISH

Catholic Faith sessions every

**MONDAY at 10 am - 12 pm**

in the hall. Catholics & non-Catholics are welcome to join us even for a few sessions.

**Session 25: March 4, 2024**

THE LAST SEVEN COMMANDMENTS



# News in and around the Parish

## CELEBRATIONS AT ST. ANTHONY'S

Congratulations to  
Marcus James Battiston  
&  
Carolina Lucina Battiston  
Who will receive the sacrament of  
**Baptism on March 2, 2024.**

May our Lord's gift of the Holy Spirit keep you strong in faith, hope and love.



## PARISH OFFICE CORNER

### TAX RECEIPTS 2023

**Parish and Project Advance donation tax receipts** are now available for pick-up in the vestibule.

### SUNDAY OFFERING ENVELOPES

Please be aware that envelope numbers change every year. Do not use expired or left over envelopes from previous year.

The annual **St. Anthony's Parish Financial Statement** is now available in the office.

## CHRISTIAN MEDITATION

St. Anthony's Christian Meditation group will meet in the church on the **following days and time:**

**DATE: February 27-to- March 26**

**DAY: every Tuesday**

**TIME: 7:00 pm**

**WHERE: St Anthony's Church**

## SUNDAY REFLECTION

Aristotle has written, "It is easy to become angry. Anyone can do it. But to become angry at the right moment, to the right degree, for the right purpose, in the right manner, is difficult. Only the wise person can accomplish it." What is implied in Aristotle's words is the realization that there are different kinds of anger. There is a destructive anger, which is unfocused, irrational, and wasteful. But there is also a constructive anger that is precise, appropriate, and useful. Aristotle believed that constructive anger is valuable. So did Jesus.



In today's gospel we see Jesus using constructive anger to motivate himself in the dramatic action in the temple. Now we are not completely sure what Jesus was angry at. He was not angry at the temple itself, for as a good Jew the temple was the center of his religious life, and he prayed in the temple often. He could not be angry at the fact that people were selling animals, because animals were required by Jewish law for sacrifice. Perhaps he was angry at where the animals were being sold or how they were being sold. Perhaps they were sold in an unfair way that discriminated against the poor. Whatever the reason was, it is clear that Jesus perceived in the action of selling some injustice, and his response to that injustice was anger. Anger motivated Jesus to act against what he believed was wrong.

The example of Jesus reminds us that, as children of God, we are required to do more than pray quietly and promote a peaceful inner disposition. We are also required to act on behalf of what is right, to oppose every evil, oppression, and discrimination. We do these things because we believe that they are contrary to God's kingdom. In this action against evil, there is a kind of anger that is very useful. Constructive anger is a virtue when it is exercised on behalf of the kingdom. Now this can surprise us, because some of us were taught that anger is a sin. But only destructive anger is sinful. Constructive anger is not a sin. It is a positive and valuable part of human life.

Look at your own life over the past year. If you cannot think of any time when you were angry, that is not necessarily a good thing. Never being angry does not make us holy; in fact, it might indicate that we are indifferent, indifferent to the injustice and evils that are a part of our world. If, on the other hand, you look over the past year and realize that you are always angry, that is not a good thing either. When we suddenly burst into rage at the slightest comment, when we explode without any reason, when we discover that we are living constantly with an internal tension, that is an indication that there are unresolved issues in our life that need to be faced. That is a sign that destructive anger controls us. And destructive anger needs to be eliminated.

But contrary to never being angry or always being angry, constructive anger is healthy. It helps us identify what is wrong, and it motivates us to work against it. If you recognize in your life a growing tendency toward self-indulgence and self-centeredness, constructive anger can motivate you to act, to turn things around. If you realize that you are experiencing abuse or manipulation in a relationship, constructive anger can force you to demand a change or to abandon the relationship altogether. If you recognize that the policies of your job, of your church, or of our society discriminate against the poor or oppress the weak, constructive anger can cause you to speak out, to organize, to work for doing what is right.

There is no doubt that Jesus is the Prince of Peace. But he is also the Lord of Justice. Jesus did not sit meekly by when he saw evil being imposed on others. Jesus was not afraid of constructive anger. He used it to build the kingdom. So should we.

*Fr. Joseph*