

Our Lady of Good Hope Roman Catholic Church

P. O. Box 159, 671 Water Ave., Hope, BC V0X 1L0
Parish phone number: 604-869-5382 Parish email: ologhope@telus.net
Parish website: ologhope.rcav.org

Father Gordon A. Cook, OMI

First Sunday of Lent – March 1, 2020

Weekday Masses

Tuesday to Saturday 9:00 AM

Sunday Masses

Saturday – 4:30 PM (anticipated Mass)
Sunday – 9:00 AM

Confessions

Weekdays Tuesday to Saturday – 8:30 AM to 8:45 AM
Saturday - 3:30 PM to 4:00 PM
Always available upon request.

Please pray for all our parishioners who are ill, at home, or in the hospital, in particular:

May Our Lord sustain, comfort and heal them through their faith.

Marilyn McKay, Galdino Berti, Yunha Kim, Dolores Azevedo, David De Beer, Brian Sparkes,
Maxwell Paller, Art Pottie

Last Sunday Offering

\$ Envelopes Number of envelopes:
\$ Loose
\$ Weekly Anticipated Expenses

Thank you for your generous support of your Parish.

Come and Pray the Stations of the Cross every Friday during Lent after the 9:00 AM Mass

The most important reason for reviving the practice of making the Stations of the Cross is that it is a powerful way to contemplate, and enter into, the mystery of Jesus' gift of Himself to us. It takes the reflection on the Passion of Christ out of our head, and makes it an imaginative exercise. It involves our senses, our experience and our emotions. To the extent we come to experience the love of Jesus *for us*, to that extent the gratitude we feel will be deep. Deep gratitude leads to real generosity and a desire to love as we have been loved.

Come, says Jesus, and walk with Me on My final hours on earth.

World Day of Prayer

Friday March 6 at 7:00 PM at Our Lady of Good Hope Parish.
Followed by refreshments in the Hall and a short video.

**Come and join the Christian Church communities of Hope in praying and supporting
the women of Zimbabwe.**

The World Day of Prayer is observed annually on the first Friday in March. It is an invitation for Christians to pause and pray together ecumenically and recalls our Christian responsibility to be sensitive to the signs of the times so that we might bring a more authentically Christian dimension to the concerns of our world, our country, our community. Sponsored by the Women's Inter-Church Council of Canada and its national counterparts around the world, it is celebrated in approximately 165 countries.

First Friday Exposition of the Blessed Sacrament
March 6th – 9:30 AM to 11:00 AM
Everyone is invited to spend an hour with Our Lord

The Month of March is traditionally dedicated to St. Joseph – Feast Day March 19

Prayer to Saint Joseph

O Saint Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in thee all my interests and desires.

O thou Saint Joseph, do assist me by thy powerful intercession, and obtain for me from thy Divine Son all spiritual blessings, through Jesus Christ, Our Lord; so that, having engaged here below thy heavenly power, I may offer my thanksgiving and homage to the most loving of fathers.

O Saint Joseph, I never weary contemplating thee, and Jesus asleep in thy arms; I dare not approach while He reposes near thy heart. Press Him in my name and kiss His fine head for me, and ask Him to return the kiss when I draw my dying breath.

Saint Joseph, Patron of departing souls, pray for me. Amen.

St. Patrick's Day Tea
Tuesday – March 17th – 1:00 PM to 3:00 PM
Admission: \$7.00 per person

The Mystery of Lent

Lent is the penitential season of 40 days set aside by the Church in order for the faithful to prepare for the celebration of the Lord's Passion, Death and Resurrection. During this holy season, connected to the Paschal Mystery, the Church members prepare for Easter by a recalling our Baptism and by works of penance, that is, prayer, fasting and almsgiving.

Even in the early Church, Lent was the Season for prayerful and penitential preparation for the feast of Easter. Though the obligation of penance was originally only imposed on those who had committed public sins and crimes, by medieval times all the faithful voluntarily performed acts of penance for their sins.

Ash Wednesday is the call to "Turn away from sin and be faithful to the Gospel." For the next forty days, the faithful willingly submit to fasting and self-denial in imitation of Our Lord's forty-day fast in the desert. It is in these dark and still nights, these desert-times, that the soul experiences its greatest growth. There, in the inner arena, the soul battles the world, the flesh and the devil just as Our Lord battled Satan's triple temptation in the desert. His battle was external, for Jesus could not sin; our battle is interior, but with a hope sustained by the knowledge of Christ's Easter Victory over sin and death.

Jesus' victory is our renewal, our "spring" — which is the meaning of the Anglo-Saxon word, "*lengten*" or Lent. In this penitential season we have the opportunity to make a 40-day retreat with Our Lord. Have we allowed worldly cares and the "daily drama" to obscure our call to holiness? Have self-love and materialism eroded our relationship with God? Then let us renew our efforts, and through our Lenten observance, discipline the body and master it as we "follow in the footsteps of the poor and crucified Christ" (St. Francis of Assisi).

Running From Temptations

This is a story of what we must do when we are faced with temptation. As a couple of teenage boys tried to walk through a corral, a bull saw them and began to charge. One of the boys says, "Let stop and pray." The other boy says, "**No, let's run and pray.**"

The boys didn't need to resist the bull inside of the corral. They needed to *get away from the area* where they were vulnerable. That's what we need to do when we are being tempted. **We need to get away from the temptation, that is, we need to run and pray.**

In times of temptation we are called to cry out in prayer to God to help us. Heaven has a 24/7 emergency hot line. God wants us to ask Him for assistance in overcoming temptation. Times of prayer are at the very heart of Jesus' relationship with His heavenly Father. God is waiting to hear our prayer to help defeat our temptations. At times we may feel embarrassed to ask God for help because we keep giving in to the same temptation over and over again. But God will never get irritated, bored, or impatient when we keep asking for His help. God's love is everlasting, and His patience endures forever.