



Our Lady of Good Hope Catholic Church

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(604) 869-5382

Email: ologhope@telus.net Web: ologhope.rcav.org

7th Sunday in Ordinary Time February 19, 2023

TALK TO US

Pastor: **Fr. Dennis O. Flores**
dflores@rcav.org

Secretary:
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(604) 869-5382



MASS TIMES

Sunday Mass:

Saturday Mass of Anticipation - 5:30 pm
Sunday Mass - 8:30 am

Weekday Mass:

Tuesday - 9:00 am
Wednesday - 9:00 am

You are invited to join St. Anthony of Padua Parish - Agassiz for daily livestreamed Masses on their Facebook Page

MASS INTENTIONS

Saturday: February 18th - 5:30 pm
Carissa & Teo

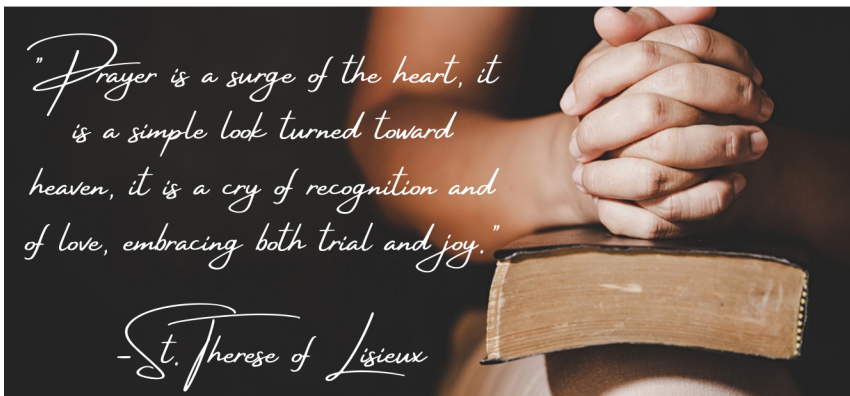
Sunday: February 19th - 8:30 am
Nelson T. Domerez (priestly ordination in the Philippines)

Tuesday: February 21st - 9:00 am
Ramin & Annet Locsin

Wednesday: February 22nd - 9:00 am
Ash Wednesday

+Felicitas & Dominator Cabanayan

Saturday: February 25th - 5:30 pm
Jamin Pinto Family



"Prayer is a surge of the heart, it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy."

- St. Therese of Lisieux

Every morning I pray for the grace to recognize the face of God in each person I will encounter that day. Does that include someone who disagrees with me, or dislikes me, or even seeks to harm me? Jesus's Gospel is clear and uncompromising: "Love your enemies and pray for those who persecute you." These are surely among the most challenging words in scripture!

Stewardship Reflection

"But I say to you, love your enemies and pray for those who persecute you..." - MATTHEW 5:44

Love your enemies, easier said than done. But, remember, the foundation of stewardship is prayer. When we are in close communication with God, it opens our heart and it turns our attention away from "me" and moves it towards God and others. It changes my heart and actions, allowing for a little more empathy for "my enemy". When we pray for others, even our enemies, it may soften their hearts as well.

*Ash
wednesday*

Please remember to bring your old palms from previous years for burning on Tuesday, before Ash Wednesday.



Among the most beautiful, meaningful and solemn ceremonies of the Catholic Church is the gathering of the faithful on Ash Wednesday, which this year falls on February 22nd. This special day begins our Lenten journey. It is the start of 40 days of prayer, fasting and almsgiving as we prepare ourselves to celebrate the resurrection of our Lord Jesus Christ on Easter. Please remember to bring your old palms from previous years for burning on Tuesday, before Ash Wednesday.

The season of Lent begins on Ash Wednesday, which this year falls on March 2nd. Lent is a time for us to change our lives and grow in holiness. Through the three pillars of Lent - fasting, almsgiving, and prayer, we endeavor to develop a closer relationship to God.

The practice of fasting is a form of penance that predates Christianity. In the Old Testament, fasting is associated with prayer. In the Book of Tobit, it states, "Prayer is good when accompanied by fasting, almsgiving, and righteousness" (Tob 12:8). The Psalms say, "When I humbled my soul with fasting, it became my reproach." (Ps 69:10)

Almsgiving is the act of donating money or goods to the poor or performing other acts of charity. The Catholic Church considers almsgiving "a witness to fraternal charity" and "a work of justice pleasing to God." Giving alms is essential to fostering a deep spiritual life because it allows us to step outside of ourselves and focus on the needs of others. To give alms is to unite ourselves to Christ in His poverty.

Prayer is our communication with God—the Father, Son, and Holy Spirit. It is a relationship of both listening and speaking. Ideally, our prayer life would be rooted in the Sacraments. Going to Confession and Mass to receive the Eucharist gives us the grace to grow closer to God and fall deeper in love with Him.

We are not called to do only one, but all three pillars to prepare our hearts for Christ on Easter. Lent is the time in the liturgical calendar to remind the faithful of humility and sin. This is a special time to reflect on God's grace and change ourselves to become as God calls us. Only through God's grace and mercy will we make it to our ultimate goal of Heaven.



Although the Stations of the Cross is a popular devotion, and while you may pray it with your parish every Lent, it's helpful to understand how praying the Stations of the Cross can affect not just your own faith, but your daily life. Here are five reasons to pray the Stations of the Cross:

They offer strength in times of suffering.

Praying the Stations of the Cross reminds us that we are not alone in our suffering: Jesus suffers with us. He chose to embrace every aspect of human life, including suffering and death.

They instill in us a compassion for those who suffer

We see in the Stations of the Cross how some people mocked Jesus, revealing the worst reactions to the suffering of others. Yet we also have the example of Mary, who stayed close to her Son throughout. In the Stations of the Cross, we are gifted with the ability to see Jesus in those who suffer and therefore to treat the suffering with compassion.

They remind us of the vast love of God

Seeing the horror of Jesus' suffering reminds us of something wonderful: how much He loves us. Jesus endured His Passion because of the love He had for each individual person that would ever live, and so the Stations of the Cross remind us of how much we are loved.

They give us a sign of great hope

We know why Jesus suffered and we know what happened afterwards. His suffering and death was not the end of the story. He came back in glory. This is a powerful reminder that for us too, suffering and death are not where it ends. There is so much more.

They enable us to feel Jesus' suffering

For our faith to grow, we need to be able to empathize with Jesus suffering on the cross and feel His pain as though it were happening to ourselves or someone we care deeply about. The Stations of the Cross help us do this by giving us fourteen focal points to meditate on.

COFFEE

Coffee after Mass is ongoing. Please come for fellowship and refreshment. Also we are looking for more parishioners who would be willing to help organizing the coffee after mass.

YOUR OFFERINGS RECEIPTS

The offering and donation receipts for 2022 are ready. Please pick them up on the table at the church's main entrance.

CHURCH CLEANING

Church cleaning is on Saturday at 9 am. Please come. Many hands make light work.

CATECHISM CLASSES

Catechism classes every Wednesday at 3:20 pm

ADMIN ASSISTANT NEEDED

Our Parish is looking for a part time secretary/admin assistant. Please contact Fr Dennis for details.

