

Our Lady Queen of Peace Church (1930)

SHRINE TO INFANT JESUS of PRAGUE (2003)



PARISH WEBSITE
 www.qop.ca
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PASTOR: Rev. John Domotor
 ADMINISTRATIVE ASSISTANT: Carol Molloy
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HUNGARIAN Mass: Rev. John Domotor
 SPANISH Mass: Rev. Benoit Laplante
 TRADITIONAL LATIN Mass: Rev. John Domotor

WWW.LATINMASSVICTORIA.COM

Our Lady Queen of Peace, 849 OLD ESQUIMALT Road, VICTORIA, BRITISH COLUMBIA V9A 4W9

MONDAYS: CHURCH & PARISH OFFICE ARE CLOSED

PARISH OFFICE OPEN TUESDAY – FRIDAY 9:00 – 12:00 & 1:00 – 4:15 ☎ 250.384.3884 Fax: 250.384.3664

		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
M A S S	Weekday	12:10	12:10	12:10	12:10		-
	Weekend	-	-	-	-	5:00	10:00
	TRADITIONAL LATIN	-	-	-	9:00		12:00
	SPANISH 2nd & Last Sunday of the month	-	-	-	-	-	2:00
	HUNGARIAN 1st Sunday of the month	-	-	-	-	-	2:00
ADORATION OF BLESSED SACRAMENT every Tuesday and 1 st Friday of the month		10:00	-	-	10:00	-	-
ROSARY - 1st Friday of the month - 10:30 am		11:00	11:30	11:30	11:30	-	-
Devotion to MOTHER OF PERPETUAL HELP		-	after Mass 12:10	-	-	-	-
Devotion to INFANT JESUS OF PRAGUE		-	-	after Mass 12:10	-	-	-
CONFESSIONS: 1 st Sat. of every month 3:00- 4:00pm Ring the bell and enter when GREEN light is ON.		10:15 11:30am	11:00 11:45am	11:00 11:45am	10:15 11:30am	4:00 4:30pm	9:15 9:30am

BAPTISMS: To have your child baptized at Our Lady Queen of Parish, please call the Parish Office at least 3 months in advance to arrange an appointment with the Pastor. Parents are expected to participate in the Baptismal preparation course TBA.

MARRIAGES: If you wish to have your marriage solemnized at Our Lady Queen of Peace Church, please call the office at least 6 months prior to the intended date as the preparation for this life commitment takes time, thought and considerable paper work. If you are not registered at Our Lady Queen of Peace parish have the documents prepared in your own Parish.

THE CATHOLIC WOMEN'S LEAGUE
 meets on the **2nd Wednesday of every month** after Noon Mass
PRESIDENT: ELSIE LAMBTON No meetings in July & August

KNIGHTS of COLUMBUS
Contact: Don Lambton - 250.995.1531 or lambton@shaw.ca

IMPORTANT: IN THE HOSPITAL?
If you or family member is hospitalize or is going to the hospital and would like to be visited by your PARISH PRIEST, Please call the PARISH OFFICE to make this request.

HOSPITAL EMERGENCY ONLY!
After office hours including weekends, holidays or during the night, you can call: the Hospital Chaplain: ☎250.889.3761

KEEPING IN CONTACT: We extend our hands and hearts in Christian fellowship to you here, celebrating with us, whether long time residents or newly arrived in the Parish. We thank God that you are with us. If we may assist you, please fill out the form below and place in the collection basket or mail to the PARISH OFFICE (address on top) . THANK YOU. Please mark the proper BOX (below on the left side).

<input type="checkbox"/> New Parishioner	NAME: _____
<input type="checkbox"/> Have moved here is new address	ADDRESS: _____ Postal Code _____
<input type="checkbox"/> I am home-bound and would like someone to visit me	☎ HOME ☎ WORK
<input type="checkbox"/> I am going to be in the hospital, please call on me	e-mail: _____ @ _____

SUNDAY DONATIONS can be done by using:
 boxed Sunday Envelopes or by automatic bank withdrawal. (The PARISH OFFICE can supply you with necessary documents).

'Legacies'

Our Lady Queen of Peace acknowledges with gratitude past legacies which we use to maintain the integrity of our Church.

Please include us in your 'LAST WILL', how will we survive without it?

Legacies are a way of providing assurance that the parish has income or savings in the event of unforeseen emergencies.

The monthly 'Building Fund and Collection' pays for maintenance/replacement items.

Baptism at Our Lady Queen of Peace

To have your child Baptized at Our Lady Queen of Peace Church, you must **call the office at least 3 months in advance to arrange an appointment with the Pastor.** It is assumed that the family has Our Lady Queen of Peace parish connection and practices the faith by attending Sunday Mass on a weekly basis. You may meet with the Pastor and take the course even if your child has not yet been born. **Parents are expected to participate in the Baptismal preparation.** At least one Godparent or both must be baptized and confirmed and are practicing Catholics. **Non-parishioners are required to have a Letter of Recommendation from your Pastor to have your child Baptized in our parish.**

Please Note

If you suffer from Celiac disease, we are able to offer a low-gluten Host. If you are interested, please come to the sacristy before Mass and inform the priest.

Respect Life Ministry

If you are expecting a child and are feeling confused; if you are thinking that there is no way out of this situation for you; if you want to talk to someone, call, text 250.812.0087 email: respectlifem@gmail.com

40 days for Life

40 days for Life campaign is **Feb. 14 - March 25**, anyone interested in joining us in prayer across from the Vancouver Island Women's Clinic 284 Helmcken Rd. Please **contact Anita Auger 778-533-4434.** We are also in need of Prayer Warriors, to pray for those who are praying across from the abortion clinic: that God might strengthen and guide them.

Tax Receipts

Are now available for pickup at the back of the church, please contact Carol in the parish office during working hrs. for issues on your tax receipts as soon as possible. Thank you.

Feb. 13	TUESDAY	Holy Souls in Purgatory Augustina Manguerra
Feb. 14	WEDNESDAY	"ASH WEDNESDAY"
Feb. 15	THURSDAY	Georgette Dion Carol Molloy
Feb. 16	FRIDAY	Carol Hearn+ Yves Wauthy
Feb. 17	SATURDAY	Irene Bisgrove+ Keri Hatinen

Feb. 20	TUESDAY	
Feb. 21	WEDNESDAY	Arturo de Vera Lydia de Vera
Feb. 22	THURSDAY	Carol Hearn+ Yves Wauthy
Feb. 23	FRIDAY	
Feb. 24	SATURDAY	Irene Bisgrove+ Keri Hatinen

Please remember the following persons who are ill in your prayers: Barbara Dunahee, Lorna Cue, Ann VanNoordt, Christine Stornebrink, Jean Halliwell, Fr. John's brother, Sid & Marian Wood,

Pastoral Care Outreach Training!

Victoria (2018) (9:00 am– 3:00 pm)

Saturday, February 24

Session 1: The Healing Ministry of Christ

Saturday, March 10

Session 2: Listening & Communication and
Mental Health

Sessions 1 and 2 will be held at St. Patrick's Parish

(Bring a bag lunch. Register: St. Patrick's parish office at 250.592-7391 or stpat190@telus.net)

Saturday, April 14

Sessions 3: The Grieving Process and Ministering
to Families

Saturday, May 26

Session 4: Who am I as a Pastoral Care Visitor?

Sessions 3/ 4 held at St. Joseph the Worker Parish

(Bring a bag lunch. Register: St. Joseph the Worker Parish at 250.479.7413 or sjtwoffice@shaw.ca

3rd Annual Bishop's Gala – May 5, 2018!

We're looking forward to welcoming you on **May 5**, at the **third annual Bishop's Gala.** Prepare to mix and mingle at **Our Lady of Fatima parish hall** in Victoria: catch up with friends, browse the silent auction, and prepare to bid on some exciting new live auction items—all in support of West Coast Missions. Mark your calendars now: **tickets will be available on line beginning March 15.**



Catholic Women's League

CWL meeting is on Wed. Feb. 14th

'Mark your calendars'

'World Day of Prayer'

The World Day of Prayer is a global ecumenical movement that brings Christians of many traditions together to observe a common day of prayer each



year on the first Friday of March.

The day has its origins in the 19th century, when Christian women in North America started to be involved in missions at home and in other parts of the world. Today in Canada, the World Day of Prayer is coordinated by the Women's Inter-Church Council of Canada. Each

year the focus is on a certain country, with women of that country providing art, music, prayer, and other resources to help mark the day. This day is an invitation for Christians to pause and pray together ecumenically. Each year it recalls our Christian responsibility to be sensitive to the signs of times so that we might bring a more authentically Christian dimension to the concerns of our world, our country, our community. This day of prayer, is sponsored by, the Women's Inter-Church Council of Canada, and its national counterparts around the world. It is celebrated in approximately 165 countries.

This year, the writing country is "SURINAME"

Theme is: "All of God's Creation is Very Good"

This year we are hosting the event!

A special celebration will be held on **Fri., March 2nd at 1:30pm in our church followed with refreshments in the large hall.**

Everyone in the parish is encouraged to attend.

Information about "Suriname" can be found at the back of this Bulletin.

Lenten Symposium on the Limits and Possibilities of Forgiveness with Dr. Patricia O'Rooke

March 10th, Saturday, 9 a.m. - 4 p.m.

To be held at Our Lady Queen of Peace large hall, (six spaces left).

A pre-requisite is to read The Sunflower, by Simon Weisenthal. The symposium discusses Christian-Jewish relations in light of the Holocaust. The format will consist of presentations and small facilitator led groups. Fee \$20. Brown bag lunch, for more information please

Contact: rookept@shaw.ca

Lenten Mission

Our Lady of the Rosary & St. Andrew's Cathedral

Mon. – Wed., Feb. 26 – 28 Deacon Paul Murphy, from the BC Okanagan will preach a Mission on the God's Unconditional Love and Mercy through Reconciliation and Forgiveness. This is a shared Mission with Our Lady of the Rosary Parish in Langford:

Morning Talks: St. Andrew's Cathedral

10:30 am Mission Talk - 12:10 pm Mass

Evening Talks: (repeated) at Our Lady of the Rosary

6:30 pm Mass or Devotion - 7:00 pm Mission Talk

The Mission will be introduced at the weekend Masses by Deacon Paul – Saturday 5 pm & Sunday 8:30 am at Our Lady of the Rosary Parish; 9:30, 11 and 5 pm Sunday at the Cathedral

Association of Catholic Business Leaders

Is hosting a breakfast **Feb. 27th at 7:30 am** at the Union Club, Keynote Speaker is Tim Dumas and the topic is 'Christian Leadership in a Secular World'. To register and pay at the door, please RSVP via email directly to victoriabcacl@gmail.com or call Jake Snowden at 250-882-3222. To register and pay in advance by credit card, please proceed with Eventbrite registration. Tim Dumas is the Director of Sales with JAK'S Beer Wine & Spirits. He holds a double major in accounting and marketing from Simon Fraser University in Burnaby, BC. Tim's role with JAK'S occasionally takes him to speak at various conferences, the most recent being with the Retail Council of Canada at Retail West 2017, where he spoke on Leveraging In-Store's Powerful Service Advantage. Tim, his wife Stephanie, and their six children live in Tsawwassen.

Ash Wednesday (Feb. 14) & Good Friday (Mar. 30)

Are days of fasting and abstinence throughout the universal church. Fridays of Lent are also compulsory days of abstinence throughout the universal church. In Canada, Catholics may substitute an act of charity in place of abstinence (but not fasting). **However, it is strongly encouraged that some form of penitential discipline be undertaken.** Fasting is to be observed by all 18 years of age and older, who have not yet celebrated their 59th birthday. On a fast day one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed.

Abstinence is observed by all 14 years of age and older. On days of abstinence no meat is allowed. Note that when health or ability to work would be seriously affected, the law does not oblige. When in doubt concerning fasting and abstinence, the parish priest should be consulted. Fasting, almsgiving, and prayer are the three traditional disciplines of Lent. The faithful and catechumens should undertake these practices seriously in a spirit of penance.

Day of prayer & fasting for Congo and South Sudan

VATICAN CITY - On Sunday Pope Francis announced that the first Friday of Lent would be a day of prayer and fasting for peace given the many ongoing conflicts throughout the world, particularly those in the Democratic Republic of the Congo and South Sudan. "Facing the tragic continuation of conflicts in different parts of the world, I invite all the faithful to a special day of prayer and fasting for peace Feb. 23, the Friday of the first week of Lent," the pope said Feb. 4.

He asked that the day be offered specifically for the people of the Democratic Republic of the Congo and South Sudan and invited both non-Catholics and non-Christians to join "in the ways they deem most appropriate."

"Our heavenly Father always listens to his children who cry out to him in pain and anguish," he said, and made a "heartfelt appeal" for each one of us to "hear this cry and, each one according to their own conscience, before God, ask ourselves: 'What can I do to make peace?'"

While prayer is always an effective resolution, more can be done, Francis said, explaining that each person "can concretely say no to violence to the extent that it depends on him or herself. Because victories obtained with violence are false victories, while working for peace does good for all!" South Sudan has been in the middle of a brutal civil war for the past three-and-a-half years, which has divided the young country between those loyal to its President Salva Kiir and those loyal to former vice president Reik Machar. The conflict has also bred various divisions of militia and opposition groups.

Since the beginning of the war, some 4 million citizens have left the violence-stricken country in hopes of finding peace, food and work. In August 2017 Uganda received the one-millionth South Sudanese refugee, highlighting the urgency of the crisis as the world's fastest growing refugee epidemic.

For those who haven't fled the nation, many internally displaced persons (IDPs) have sought refuge in churches for protection from violence.

Most IDPs are typically women, children and those who have lost their families in the war. Many are too fearful to stay in their homes because they know they could be killed, tortured, raped or even forced to fight. And despite successful partnerships between the local Church, aid agencies and the government, refugees in many areas still need a proper supply of food.

In terms of a humanitarian crisis, the Food and Agriculture Organization last week pointed to an "alarming food insecurity" in the country, due largely to the fact that violence has now spread into areas that were previously considered stable, such as the Kasai and Tanganyika provinces. In the past six months alone, the number of people experiencing extreme hunger has risen by 2 million, rising to about 7.7 million people, which is roughly 10% of the population.

Pope's 2018 Lenten Message

Because of the increase of iniquity, the love of many will grow cold (Mt 24: 12)

Once again, the Pasch of the Lord draws near! In our preparation for Easter, God in his providence offers us each year the season of Lent as a "sacramental sign of our conversion".[1] Lent summons us, and enables us, to come back to the Lord wholeheartedly and in every aspect of our life.

With this message, I would like again this year to help the entire Church experience this time of grace anew, with joy and in truth. I will take my cue from the words of Jesus in the Gospel of Matthew: "Because of the increase of iniquity, the love of many will grow cold" (24:12).

These words appear in Christ's preaching preaching about the end of time. They were spoken in Jerusalem, on the Mount of Olives, where the Lord's passion would begin. In reply to a question of the disciples, Jesus foretells a great tribulation and describes a situation in which the community of believers might well find itself: amid great trials, false prophets would lead people astray and the love that is the core of the Gospel would grow cold in the hearts of many.

False prophets

Let us listen to the Gospel passage and try to understand the guise such false prophets can assume. They can appear as "snake charmers", who manipulate human emotions in order to enslave others and lead them where they would have them go. How many of God's children are mesmerized by momentary pleasures, mistaking them for true happiness! How many men and women live entranced by the dream of wealth, which only makes them slaves to profit and petty interests!

How many go through life believing that they are sufficient unto themselves, and end up entrapped by loneliness!



False prophets can also be "charlatans", who offer easy and immediate solutions to suffering that soon prove utterly useless. How many young people are taken in by the panacea of drugs, of disposable relationships, of easy but dishonest gains! How many more are ensnared in a thoroughly "virtual" existence, in which relationships appear quick and straightforward, only to prove meaningless! These swindlers, in peddling things that have no real value, rob people of all that is most precious: dignity,



freedom and the ability to love. They appeal to our vanity, our trust in appearances, but in the end they only make fools of us. Nor should we be surprised. In order to confound the human heart, the devil, who is "a liar and the father of lies" (Jn 8:44), has always presented evil as good, falsehood as truth. That is why each of us is called to peer into our heart to see if we are falling prey to the lies of these false prophets. We must learn to look closely, beneath the surface, and to recognize what leaves a good and lasting mark on our hearts, because it comes from God and is truly for our benefit.

A cold heart

In his description of hell, Dante Alighieri pictures the devil seated on a throne of ice,[2] in frozen and loveless isolation. We might well ask ourselves how it happens that charity can turn cold within us. What are the signs that indicate that our love is beginning to cool?

More than anything else, what destroys charity is greed for money, "the root of all evil" (1 Tim 6: 10). The rejection of God and his peace soon follows; we prefer our own desolation rather than the comfort found in his word and the sacraments.[3] All this leads to violence against anyone we think is a threat to our own "certainties": the unborn child, the elderly and infirm, the migrant, the alien among us, or our neighbour who does not live up to our expectations.

Creation itself becomes a silent witness to this cooling of charity. The earth is poisoned by refuse, discarded out of carelessness or for self-interest. The seas, themselves polluted, engulf the remains of countless shipwrecked victims of forced migration. The heavens, which in God's plan, were created to sing his praises, are rent by engines raining down implements of death.

Love can also grow cold in our own communities. In the Apostolic Exhortation *Evangelii Gaudium*, I sought to describe the most evident signs of this lack of love: selfishness and spiritual sloth, sterile pessimism, the temptation to self-absorption, constant warring among ourselves, and the worldly

mentality that makes us concerned only for appearances, and thus lessens our missionary zeal.[4]

What are we to do?

Perhaps we see, deep within ourselves and all about us, the signs I have just described. But the Church, our Mother and Teacher, along with the often bitter medicine of the truth, offers us in the Lenten season the soothing remedy of prayer, almsgiving and fasting.

By devoting more time to prayer, we enable our hearts to root out our secret lies and forms of selfdeception,[5] and then to find the consolation God offers. He is our Father and he wants us to live life well.

Almsgiving sets us free from greed and helps us to regard our neighbour as a brother or sister. What I possess is never mine alone. How I would like almsgiving to become a genuine style of life for each of us! How I would like us, as Christians, to follow the example of the Apostles and see in the sharing of our possessions a tangible witness of the communion that is ours in the Church! For this reason, I echo Saint Paul's exhortation to the Corinthians to take up a collection for the community of Jerusalem as something from which they themselves would benefit (cf. 2 Cor 8:10). This is all the more fitting during the Lenten season, when many groups take up collections to assist Churches and peoples in need. Yet I would also hope that, even in our daily encounters with those who beg for our assistance, we would see such requests as coming from God himself. When we give alms, we share in God's providential care for each of his children. If through me God helps someone today, will he not tomorrow provide for my own needs? For no one is more generous than God.[6]

Fasting weakens our tendency to violence; it disarms us and becomes an important opportunity for growth. On the one hand, it allows us to experience what the destitute and the starving have to endure. On the other hand, it expresses our own spiritual hunger and thirst for life in God. Fasting wakes us up. It makes us more attentive to God and our neighbour. It revives our desire to obey God, who alone is capable of satisfying our hunger.

I would also like my invitation to extend beyond the bounds of the Catholic Church, and to reach all of you, men and women of good will, who are open to hearing God's voice. Perhaps, like ourselves, you are disturbed by the spread of iniquity in the world, you are concerned about the chill that paralyzes hearts and actions, and you see a weakening in our sense of being members of the one human family. Join us,

then, in raising our plea to God, in fasting, and in offering whatever you can to our brothers and sisters in need!

The fire of Easter



Above all, I urge the members of the Church to take up the Lenten journey with enthusiasm, sustained by almsgiving, fasting and prayer. If, at times, the flame of charity seems to die in our own hearts, know that this is never the case in the heart of God! He constantly gives us a chance to begin loving anew.

One such moment of grace will be, again this year, the "24 Hours for the Lord" initiative, which invites the entire Church community to celebrate the sacrament of Reconciliation in the context of Eucharistic adoration. In 2018, inspired by the words of Psalm 130:4, "With you is forgiveness", this will take place from Friday, 9 March to Saturday, 10 March. In each diocese, at least one church will remain open for twenty-four consecutive hours, offering an opportunity for both Eucharistic adoration and sacramental confession.

During the Easter Vigil, we will celebrate once more the moving rite of the lighting of the Easter candle. Drawn from the "new fire", this light will slowly overcome the darkness and illuminate the liturgical assembly. "May the light of Christ rising in glory dispel the darkness of our hearts and minds",^[7] and enable all of us to relive the experience of the disciples on the way to Emmaus. By listening to God's word and drawing nourishment from the table of the Eucharist, may our hearts be ever more ardent in faith, hope and love.

With affection and the promise of my prayers for all of you, I send you my blessing. Please do not forget to pray for me. From the Vatican, Pope Francis

1 Roman Missal, Collect for the First Sunday of Lent (Italian).

2 Inferno XXXIV, 28-29.

3 "It is curious, but many times we are afraid of consolation, of being comforted. Or rather, we feel more secure in sorrow and desolation. Do you know why?"

Because in sorrow we feel almost as protagonists. However, in consolation the Holy Spirit is the protagonist!" (Angelus, 7 December 2014).

4 Evangelii Gaudium, 76-109

5 Cf. BENEDICT XVI, Encyclical Letter Spe Salvi, 33.

6 Cf. PIUS XII, Encyclical Letter Fidei Donum, III.

7 Roman Missal (Third Edition), Easter Vigil, Lucernarium.

10 Tips for the Best Lent

FR. ED BROOM, OMV

God gives in abundance, always, in all times and in all places! His goodness manifests itself most abundantly in His Mystical Body, the Church and concretely in the Church Liturgical Year.

The two strong times of the year are Advent, which culminates in Christmas, and Lent which culminates in Holy Week and in the Risen Lord Jesus. To experience the fullness of the Paschal Mystery—the passion, death, and Resurrection of Jesus—we must live with generous heart and openness of spirit the season of Lent. Lent is both a gift and a Season of abundant graces.

Why not decide right now to live this Lent with total generosity of heart, mind, soul, body, and emotions? Let us live out these forty days of graces and blessings as if it were to be the last Lent in our lives! Our life is short and time flies by and the clock never ticks backwards.

We will offer ten simple Lenten practices so that indeed this Lent will be the best Lent in our lives. "If today you hear the voice of the Lord, harden not your hearts..."

1. Prayer

Instead of being Martha this Lent, why not try to imitate Mary of Bethany? What did Mary do, as Martha nervously and frenetically rushed to and fro? Mary simply sat at the feet of Jesus, looked at Jesus intently, listened attentively to His words, carried on a friendly and loving conversation, and simply loved Jesus. In Lent why not make the proposal- in imitation of Mary of Bethany—to pray a little bit more and better! Prayer delights the Heart of Jesus!

2. Reconciliation and Peace

If it is such that there is some person in your life that you have bitterness towards, resentment, maybe even hatred, then Lent is a most propitious time to reconcile. Build a bridge and knock down the barrier! In marriage homilies I often say to those about to be married that the three most important short phrases that couples should learn are: "I love you!" "I am sorry!" and "I forgive you!" Lent is time to throw out the old and rotting yeast and to be renewed in our social relationships!

3. Penance

Jesus said unequivocally: "Unless you do penance you will perish." Give up something you like for love of God and for the salvation of souls. By saying "No" to self, we say "yes" to the invasion of God in our hearts! Beg the Holy Spirit for light to give up what is most pleasing to God!

4. The Bible, The Word of God



In the holy seasons of Advent and Lent the Church warmly exhorts us to have a real hunger for the Word of God. Jesus in response to the first temptation of the devil responded: “Man does not live on bread alone, but on every word that comes forth from the mouth of God.” May this Lenten season be motivated by a daily meditation of the Word of God! Use a prayer method suggested by Pope Benedict XVI called *Lectio Divina*: read, meditate, contemplate, pray, and action—put into practice the good insights you have received. This will result in a transformation of life; as St. Paul asserted: “It is no longer I who lives but Christ who lives in me.”

5. Almsgiving

Lent is a time to give, especially to the poor, sick, marginalized and the rejected of society. Remember Pope Francis’ many gestures of loving the poor, kissing the repulsive and rejected of the world. “Whatsoever you do to the least of my brothers, that you do to me.”

6. The Three T’s

Following up on almsgiving why not examine your life in these three areas and see where and how you can give, as Blessed Mother Teresa said:

“Give until it hurts!” Time! Give of your time to others. Start at home because charity begins at home. Talents! We all have talents. Lent is time to conquer our laziness and work diligently to cultivate our God-given talents. “Better to wear out than rust out!” Treasures! If you have an excess of food, clothing, money and material possessions, give and give. You are giving to Jesus in the poor!



7. Joy

Be joyful! Try to implement this acronym: J. O. Y. J—stands for Jesus! O—stands for others; Y—stands for you! If we put Jesus first, then others second and finally ourselves as last then we will experience the joy of the Holy Spirit and it will overflow on the others we meet!

8. Daily Mass and Communion

By far the best way we could possibly live out the Holy Season of Lent is by drawing close to Jesus as possible. In Holy Mass and Holy Communion, not only do we draw close to Jesus, but we actually receive Him into the very depths of our being, our inner sanctuary which is our soul. However, go to Mass and Holy Communion with intentions, especially to repair for sin and prevent sin.

Why did Jesus suffer so much in His bitter Passion?

St. Ignatius of Loyola gives us the two fundamental reasons: 1) To show us the malice and evil of the reality of sin; 2) to show us the depths of His love for all of humanity and for each one of us individually. Offer your Mass and Holy Communion in reparation for your past sins as well as in reparation for the sins of your family. Morally speaking also our Holy Mass and Communion could and should be offered in reparation for the sins of abortion—shedding the blood of the most innocent and vulnerable and then in reparation for those actions which tear apart the basic building block of society—the family!

9. Conquer Your Own Devil

All of us have our own kryptonite — our weak point where we easily fall. But also we all have our own devil that attacks us— often going for our weak point. Check out where the devil attacks most. You might just go through the Capital sins and see where the devil has an opening. Gluttony? Lust? Greed? Sloth/Laziness? Anger? Envy? Pride? In Lent we are soldiers enlisted in the arm of Christ the King. Time to fight against our personal devil with the strength of Jesus the King. We are weak, but God is strong. Nothing is impossible for God!

10. Mary and Lent



Try to live a strongly Marian Lent. Pray the Sorrowful Mysteries of the Rosary as well as the Rosary dedicated to Our Lady of Sorrows. View the movie of Mel Gibson, “The Passion of the Christ” where Mary’s role is significant. Make the Way of the Cross, walking with Our Lady of Sorrows. Strive in Lent to live these holy days through the eyes of Mary and with the Sorrowful and Immaculate Heart of Mary.

In conclusion, my friends, if we can choose to live out these proposals with generosity of spirit, this will be the most holy of all our Lents. We will be able to live out the fullness of the Paschal Mystery—to suffer and die with Jesus so that we will rise with Him in the glory of the Resurrection!

ADVERTISE: Your ad can be in the bulletin. Call the parish office at: 250-388-5571 for more information. Please call **384-3884**, or email: **office@gop.ca**. We appreciate the support of these sponsors. Please support them:

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"Magalang Sa Inyo At Matagal Na Panahon Na Magserbisyo Sa Mga
Miyembro Ng Cathedral Sa Nakaraang Beinte-Singko Taos"

World Meeting of Families

Dublin & Italy Pilgrimage: Aug. 20-30, 2018 with Fr. Dean Henderson. Pricing: Double Occupancy \$4,270. Single supplement \$550. Ground only \$2,895. A deposit of \$450 is required to hold your reservation. Information call: 800.653.0017 or visit canterburypilgrimag-es.com

Canadian Badlands Passion Play

Pilgrimage & Beyond - July 11-18, 2018

Canadian Badlands Passion Play, Royal Tyrrell Museum, Horseshoe Canyon & Hoodoos, Atlas Coal Mine, Calgary Stampede Rodeo & Evening Show, Historical Heritage Park & Gasoline Alley, Cowboy Trail Scenic Drive, Head Smashed in Buffalo Jump, St. Eugene's Church, Cranbrook, Yoho & Banff National Park, Spiral Tunnels & Natural Bridge, Takkakaw & Bow Falls, Lake Louise & Moraine Lake, Banff Gondola, Cowboy Cookoutw/Horse-drawn Wagon. \$3052.51 (Dbl occupancy) For more prices, itinerary Please call Denise Buckley, Tour Leader, at 250-339-1807, or email: twoboxbucks@gmail.com Quick return plane trip Comox-Calgary, all Breakfasts/Dinners, Holy Mass daily, all site entrances.... And much more!

Island Catholic Schools

Will be accepting applications for the following positions:

- Early Childhood Educator, St. Joseph's School, Vic.
- After-School-Care Worker, St. Joseph's School, Vic
- Kindergarten – Grade 12 Teachers (in preparation for positions coming available for the 2018-2019 School Year)
- One On-Call Part-Time Bus Driver, St. Joseph's School in Victoria

Application forms and details are posted at:

<http://cisdv.bc.ca/employment-opportunities.php>

Urgent Need for SSVP Food Bank Volunteers

Looking to help those in need? Then volunteer at the SSVP Food Bank at 828 View Street. Lots of positions are available at this fun and socially-engaging agency. 3 hours weekly - serving clients, bagging food hampers and produce, or join the Green Circuit for a few hours a month picking up fruit and vegetable donations from grocery stores. **Volunteers are urgently needed.** Parking or bus ticket reimburse available. Drop by or call (250) 382-0712 and ask for Donna Ingram or email: dingram@svdpvictoria.com A police check is required.