



**PARISH OFFICE:**

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Website: [starofthesea.ca](http://starofthesea.ca)

**OPEN:** Monday – Friday

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**Weekday Mass**

Monday—Saturday 9AM

EVERY FRIDAY during Lent 6:30PM

followed by STATIONS OF THE CROSS

**Weekend Mass**

Saturday 5PM

Sunday 9AM 11AM 7PM



LIVESTREAM Mass 11AM

**Confessions**

Wednesday 6:30PM

Saturday 10AM

**STAR OF THE SEA CHURCH**

1153 Fir Street, White Rock, BC V4B 4A8

**Weekend Mass**

Saturday 4PM

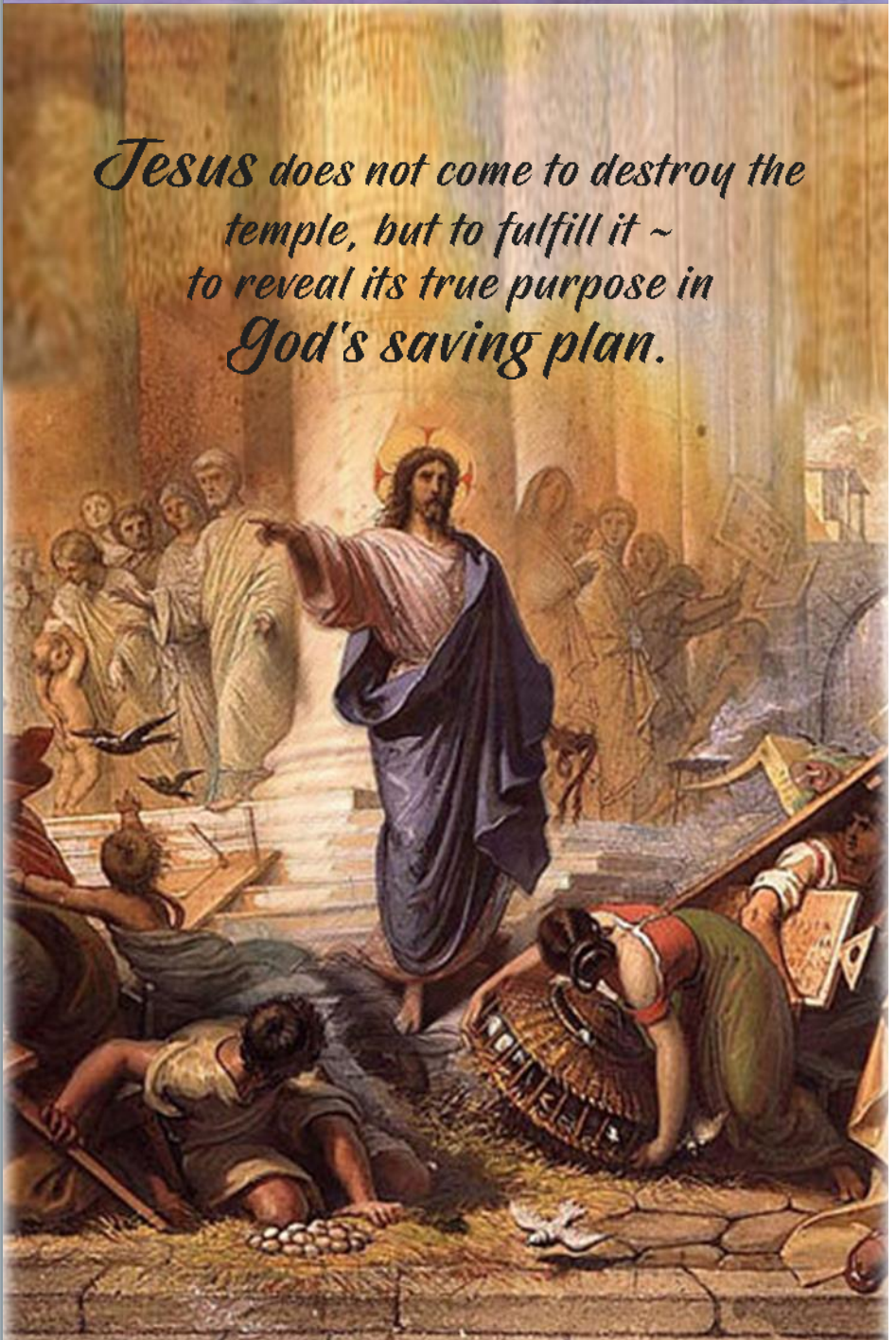
Sunday 10:30AM

STAR OF THE SEA PARISH

*Welcome*

*Third Sunday of LENT—March 3, 2024*

*Jesus does not come to destroy the  
temple, but to fulfill it ~  
to reveal its true purpose in  
God's saving plan.*



**MISSION STATEMENT:**

*To follow Jesus Christ and to  
invite others to do the same.*

## **PARISH STAFF:**

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### **FACILITIES MANAGER:**

Tom Cremer  
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Dear Parishioners,

This past week, we had all our children preparing to receive their First Eucharist this year come for their First Confession. We had the theme of Jesus, the Good Shepherd who searches for us when we go astray, bringing us back to the fold in joy through the Sacrament of Reconciliation. And that's exactly what this sacrament of healing is: restoring us to what He created us for—freedom, joy, love.

As we continue on our Lenten Journey, I want to invite everyone to come experience God's Mercy in the Sacrament of Confession. I especially want to invite those who have been away for a long time. Jesus asked the man lying at the pool of Bethesda: "Do you want to be healed?" And he asks the same of you: Do you want to be healed? To be restored? To experience the freedom for which you were created?

Instead of just seeing Confession as forgiveness of sins (which it is), see it as part of your journey to healing and wholeness, so that on Easter morning, you too will be resurrected! For a deeper understanding of this great sacrament of healing, take advantage of our parish library resources—see this month's library feature. Pope Francis said:

***"The transformation of the heart that leads us to confess our sins is a gift from God ... it is 'His work.' As we leave the confessional, we were his strength that restores life and rekindles the enthusiasm of faith. After confession we are reborn."***

To give everyone greater access to the Sacrament of Reconciliation during these remaining weeks in Lent, Fr. Francis and I will be hearing Confessions at these additional times \*:

Wed. March 6	6:30pm	- regular Confessions
Sat. March 9	10am	- regular Confessions
Wed. March 13	6:30pm	- regular Confessions
Sat. March 16	10am	- regular Confessions
Wed. March 20	NO regular Confessions (priests are assisting other parishes during Lenten Penitential Service week)	
Thurs. March 21 *	7pm	- Parish Lenten Penitential Service when 6 priests will be at Good Shepherd Church hearing Confessions
Fri. March 22 *	10am	- Additional Confessions
Sat. March 23 *	10am	- Additional Confessions
Wed. March 27	NO regular Confessions (priests are at the Chrism Mass at Holy Rosary Cathedral)	
Good Friday, March 29 *	10am	- Additional Confessions (this is the last opportunity for Confessions before Easter)



***Our Lady,  
Star of the Sea,  
Pray for us!***

*Fr. Augustine*



## This Sunday's Mass Readings:

Reading 1: [Exodus 20:1–17](#)

Psalm: [Psalm 19:8–11](#)

Reading 2: [1 Corinthians 1:22–25](#)

Gospel: [John 2:13–25](#)

POPE FRANCIS—Angelus, 8 March 2015 [www.vatican.va](http://www.vatican.va)

Today's Gospel presents the episode of the expulsion of the merchants from the temple (Jn 2:13-25). Jesus made *"a whip of cords, he drove them all, with the sheep and oxen, out of the temple"* (v. 15), the money, everything. Such a gesture gave rise to strong impressions in the people and in the disciples. It clearly appeared as a prophetic gesture, so much so that some of those present asked Jesus: *"What sign have you to show us for doing this?"* (v. 18), who are you to do these things? Show us a sign that you have authority to do them. They were seeking a divine and prodigious sign that would confirm that Jesus was sent by God. And He responded: *"Destroy this temple, and in three days I will raise it up"* (v. 19). They replied: *"It has taken 46 years to build this temple, and you will raise it up in three days?"* (v. 20). They did not understand that the Lord was referring to the living temple of his body, that would be destroyed in the death on the Cross, but would be raised on the third day. Thus, in three days. *"When therefore he was raised from the dead, his disciples remembered that He had said this; and they believed the Scripture and the word Jesus had spoken"* (v. 22).

In effect, this gesture of Jesus and His prophetic message are fully understood in the light of his Paschal Mystery. We have here, according to the evangelist John, the first proclamation of the death and resurrection of Christ: **His body, destroyed on the Cross by the violence of sin, will become in the Resurrection the universal meeting place between God and mankind.** And the Risen Christ is Himself the

universal meeting place — for everyone! — between God and mankind.

For this reason, his humanity is the true temple where God is revealed, speaks, is encountered; and the true worshippers, the true worshippers of God are not only the guardians of the material temple, the keepers of power and of religious knowledge, [but] they are those who worship God *"in spirit and truth"* (Jn 4:23).

In this time of Lent we are preparing for the celebration of Easter, when we will renew the promises of our Baptism. **Let us walk in the world as Jesus did, and let us make our whole**

**existence a sign of our love for our brothers, especially the weakest and poorest, let us build for God a temple of our lives.** And so we make it "encounterable" for those who we find along our journey.

When we are witnesses of the Living Christ, many people will encounter Jesus in us... But we must ask — each one of us ask ourselves — **does the Lord feel at home in my life? Do I allow Him to "cleanse" my heart and to drive out the idols, those attitudes of worldliness, jealousy, envy, hatred, laziness and indifference, those habits of gossiping and tearing down others. Do I allow Him to cleanse all the behaviours that are against God, against our neighbour, and against ourselves, as we heard today in the first Reading?**

Each one, ask yourself in the silence of your heart: **"Do I allow Jesus to**

**make my heart a little cleaner?"** "Oh Father, I fear the rod!" But **Jesus never strikes. Jesus cleanses with tenderness, mercy, love. Mercy is the His way of cleansing. Let us, each of us, let us allow the Lord to enter with His mercy — not with the whip, no, with His mercy — to cleanse our hearts.** Let us open to Him the gates so that He will make us a little purer.

Every Eucharist that we celebrate with faith makes us grow as a living temple of the Lord, thanks to the communion with His crucified and risen Body. Jesus recognizes what is in each of us, and knows well our most ardent desires: that of being inhabited by Him, only by Him. Let us allow Him to enter into our lives, into our families, into our hearts. May Mary most holy, the privileged dwelling place of the Son of God, accompany us and sustain us on the Lenten journey, so that we might be able to rediscover the beauty of the encounter with Christ, the only One who frees us and saves us. Amen!

### ADORATION CHAPEL

OPEN Every Day 9AM - 9PM



*"Guide me in your truth and teach me, for you are God my Saviour, and my hope is in you all day long.  
(Psalm 25:5)*

As we enter into this 3<sup>rd</sup> week of Lent let us make concrete resolutions to improve our spiritual life . . . more frequent visits to the Adoration Chapel (bring a friend or family member with you), praying the rosary or Divine Mercy Chaplet . . . encouraging others to do the same.

Hours in need of a weekly visitor:

**Sunday, 7:00pm-8:00pm**

**Monday, 9:00am-10:00am**

Monday, 12:00pm-1:00pm

Monday, 5:00pm-6:00pm

Tuesday, 3:00pm-4:00pm

Tuesday, 4:00pm-5:00pm

Wednesday, 5:00pm-6:00pm

Thursday, 2:00pm-3:00pm

Thursday, 4:00pm-5:00pm

**Friday, 11:00am-12:00pm**

**Friday, 3:00pm-4:00pm**

**Saturday, 2:00pm-3:00pm**

**Saturday, 3:00pm-4:00pm**

**Saturday, 4:00pm-5:00pm**

Hours in need of a Substitute:

Sun., Mar. 17, 24, 31

– 5:00-6:00pm

Fri., Mar. 8, 15, 22

– 11:00-12:00pm

Fri., Mar. 8, 15 – 1:00-2:00pm

Fri., Mar. 8 – 3:00-4:00pm

For more information or to schedule a Holy Hour of adoration please call:  
Donna Sali 604 542 3070

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As a Eucharistic Minister, you are called to have and maintain a strong faith, a sense of awe, and an inclusiveness of others—this is the foundation for this ministry. Eucharistic Ministers may also be asked to bring Holy Communion to people within the parish community who are sick and/or homebound.

*You are invited* to consider this privileged ministry at a workshop: **Saturday, Mar 9th, 10AM-Noon**  
Good Shepherd Church Meeting Room.

For more information or to register email: [emhc@starofthesea.ca](mailto:emhc@starofthesea.ca)

## Men's Lenten Retreat

**Saturday, March 16**

**10:00AM—4:00PM**

at Star of the Sea Church and Hall  
15262 Pacific Ave, White Rock

*LIAR? LUNATIC?*  
**LORD! WHO IS**  
**JESUS CHRIST**  
**FOR ME AS A MAN**  
**IN THE 21ST CENTURY**

Retreat Speaker:

**Fr. Mark Gazin, CSB**



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<https://beholdvancouver.org/events/men-s-retreat-at-star-of-the-sea>





**Come pray the Stations of the Cross following 6:30 MASS on ALL FRIDAYS during Lent at Good Shepherd Church:**

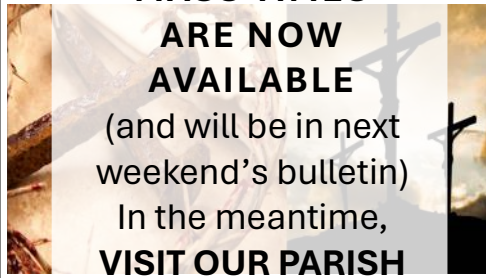
Mar 8 - led by CWL  
Mar 15 - led by LEGION OF MARY  
Mar 22 - led by TRUE LIFE PRAYER GROUP

### *Please pray for*

Trudy Bishop, Theresa Desrochers, Margaret Benoit, Maria Lee, Givon Santos, Rose Cruz, Byrne Turner, Claude Vézina, Bernie Karoway, Murray Carpenter, Patrick Hamilton, Marilyn Wolfe, Jason Eddleman, Delia Antunovich, Julia Nadon, Ken Prout, Mercedes Sandoval, Judy Nault, Maria Kasprzyk, Jola Melone, Brian Hickey, Jack Plain, Danilo Sonido, Otto Witteveen, Charles Lefaive, Anna Schott, Peter Kingsland, Fern McCann, Nancy Murchison, Karine Tardif, Stephanie Wideski, Angus Heaps, Bob Keith, Edward Drabik, Rob McLellan, Glenn Brooks, Carmina Raponi, Susie Bencherif, Marci Nunez, Adria Tate, Wolf Mashohn, Amelia Solomon, Guilherme & Isaura da Ponte, Lydia McGrann, Theresa Kim, Manal Ibrahim, Dirk Post, Marian Nadelko, Maureen McLaren

### *Please pray for the Repose of the Soul*

of: Dorothy Baena



**Feb 14 - Mar 24, 2024**

#### **Evening Zoom Rosary:**

nightly rosary at 8PM on  
Meeting ID: 876 0450 7223  
Passcode: 243024

#### **Closing Rally:**

Sunday, March 24, 2024 at  
2:00pm at Willow St./32 Ave:  
Fr. Mark McGuckin, pastor of  
St. Francis de Sales Parish will  
be coming to encourage us.

Everyone is welcome!  
Bring your Rosary.  
Contact 40DFL Coordinator:  
[Vancouver40days@gmail.com](mailto:Vancouver40days@gmail.com)

**Our Parish is in need of a coordinator with a special heart for the PROLIFE cause. Please prayerfully consider that YOU might be the one called !**

Please join us on  
**Tuesday, March 5<sup>th</sup>**  
**6:30pm at Good Shepherd Church** for our  
**March CWL Council meeting.**



We will be in the Gathering area again and light refreshments will be served. We are pleased to announce our guest speaker will be **Scott Roy, Acting President, Catholic Pacific College.** His presentation is about improving our Catholic faith formation.



While our current social climate has revealed many things to us, one thing is crystal clear: ***we must fight to improve our faith formation!***

Tragically, many people are drawn to conform their lives to the world, rather than to Christ. However, as a centre for Catholic formation, Catholic Pacific College (CPC) has much to offer our Archdiocese in that fight. Beginning with young adults, and expanding to reach the greater community, CPC is successfully forming Catholics to engage our times fearlessly and faithfully. Join us and come and see!

### **INTERDENOMINATIONAL LENTEN LUNCH THURSDAYS 12pm-1pm**



Mar 7 St. Mark's Anglican  
12953 20 Ave, Surrey

**Mar 14 Star of the Sea Catholic  
15262 Pacific Ave, WRock**

Mar 21 St. John's Presbyterian  
1480 George St, WRock

Everyone is welcome—Lunch is by donation, with proceeds going to charities.



# Sacrament of Penance and Reconciliation

*Confession is an act of honesty and courage - an act of entrusting ourselves, beyond sin, to the mercy of a loving and forgiving God.*  
- Saint John Paul II

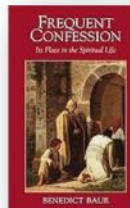
**The Untapped Power of the Sacrament of Penance: A Priest's View** (234.4 Wal 2005) will help you understand how priests cherish the sacrament of reconciliation as a powerful movement of God's healing love. If you have abandoned the confessional out of fear or apathy or the conviction that you don't have any "real" sins to confess, this book will put you back on track.

## **Frequent Confession: Its Place in the**

**Spiritual Life** (234.4 Bau 1984) explains the purpose of frequent Confession and shows how frequent

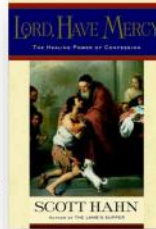
Confession can help you conquer sin (including venial sin), imperfections, self-love, and lukewarmness as well as improve your prayer life and give you growth in sacramental grace.

**7 Secrets of Confession** (234.4 Fly 1986) addresses a concern that any Catholics see confession as a means to an end: cleaning us up from sin so we can receive Communion, instead of seeing it as part of a journey to healing and holiness. If you do not yet look forward to Confession in the same way you look forward to Communion, this will change your life. **FORMED** has a discussion with the author under the same title.



## **Lord, Have Mercy: The Healing Power of Confession**

(234.4 Hah 2003) Scott Hahn explores the sacrament of reconciliation and shows why it is the key to spiritual growth, particularly in these times of intense anxiety and uncertainty. Drawing on the history, the writings of the early Church, and the lives of the saints, he reveals the Church's teachings on penance, forgiveness, and reconciliation.

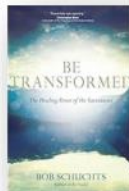


## **How to Make a Good Confession: A Pocket Guide to Reconciliation with God**

(234.4 Kan 2001) This practical guide shows you how to transform your confessions from embarrassing moments in a dark room into profound experiences of God's love. It will help you renew your sense of God's mercy and examine your conscience to bring your life into greater conformity with the light of the gospel.

## **In Be Transformed: The Healing Power of the Sacraments**

(234 Sch 2017) Bob Schuchts explains how all our sacraments can fuel your emotional and spiritual healing and bring you closer to God, including how reconciliation restores purity and releases us from shame.



**FORMED** has several digital options including **Forgiven: The Transforming Power of Confession**, a video series that explores the grace and healing offered in Confession and shows

how this sacrament of mercy reveals the depth and bounty of God's love. It is available in both Spanish and English versions. Fr. Mike Schmitz's audio presentation, **Could God Ever Love Someone like Me?**, debunks the lies we often believe about not being good enough to approach Jesus for reconciliation. Other audio-only talks include **Freedom through Forgiveness: The Sacrament of Confession**, which provides examples and insightful stories, **Confession: Answering Common Objections**, which responds to objections to this sacrament, and **The Sacrament of Penance** which reminds us that confession is the ordinary means for the forgiveness of mortal sins after baptism and a veritable treasury of graces and spiritual strength.

Brother Francis will help you introduce this sacrament to your children with the video **Forgiven: The Blessings of Confession**

available on both **FORMED** and in the children's DVD section (234.6 Fra 2012).



Contact us at [library@starofthesea.ca](mailto:library@starofthesea.ca) to join our newsletter list. Six times a year you will receive lists of new books & DVDs, spotlight topics, recommendations, links of interest and more!

The library is open from 8:30 am to 4:30 pm Monday to Friday and after Mass on Saturday and Sunday. All items can be borrowed for one month.



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