



**PARISH OFFICE:**

2250 – 150th Street, Surrey, BC V4A 9J3

Phone: 604-531-5739

Email: [parish@starofthesea.ca](mailto:parish@starofthesea.ca)

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

**OPEN:** Monday – Friday

8:30am– 4:30pm (closed over  
lunch hour Noon-1pm)

**FOR AFTER HOURS EMERGENCIES:**

604-831-1162 or 604-541-8036



**GOOD SHEPHERD CHURCH**

2250 - 150th Street, Surrey, BC V4A 9J3

**Weekday Mass**

Monday—Saturday **9AM**

First Friday 6:30PM

**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*

*Fifth Sunday in Ordinary Time—February 4, 2024*



**MISSION STATEMENT:**

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

## **PARISH STAFF:**

### **PASTOR:**

Fr. Augustine Obiwumma  
(ext. 223)  
[aobiwumma@rcav.org](mailto:aobiwumma@rcav.org)

### **ASSISTANT PASTOR:**

Fr. Francis Mallya,  
ALCP/OSS (ext. 225)  
[fmallya@rcav.org](mailto:fmallya@rcav.org)

### **PASTOR'S ASSISTANT:**

Mario Ylanan (ext. 276)  
[mylanan@starofthesea.ca](mailto:mylanan@starofthesea.ca)

### **OFFICE ADMINISTRATOR:**

Anne-Marie D'Mello  
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[parish@starofthesea.ca](mailto:parish@starofthesea.ca)

### **ACCOUNTING:**

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[lgrange@starofthesea.ca](mailto:lgrange@starofthesea.ca)

### **EVANGELIZATION & CATECHESIS:**

Janice Hamanishi (ext. 280)  
[janiceh@starofthesea.ca](mailto:janiceh@starofthesea.ca)

### **PREP OFFICE:**

[prep@starofthesea.ca](mailto:prep@starofthesea.ca)

### **MUSIC MINISTRY:**

Trudi Stammer (ext. 222)  
[stammertrudi7@gmail.com](mailto:stammertrudi7@gmail.com)

### **FACILITIES MANAGER:**

Tom Cremer (ext. 274)  
[tomc@starofthesea.ca](mailto:tomc@starofthesea.ca)

Dear Parishioners,

I am happy to announce that we are now SOLD OUT of our Centenary Dinner and Concert tickets and at the same time, I am sorry to those who are disappointed at not acquiring tickets before they sold out. Our parish is such a large family that we clearly need a space big enough to accommodate us all.

I want to thank in advance those who will be working so hard the evening of the event to make it beautiful and memorable. May God Bless and reward you for your selflessness and generosity.

\* \* \* \* \*

This past week, Mario Ylanan, a long-time staff member has retired from his work in the parish office. We have all gotten to love and appreciate Mario for his dedicated service to our parish community. Mario worked for the parish for over 8 years and during this time, he served with a true sense of dedication and love for our parish. I admire his gentleness and willingness to serve and give generously of his time and talent. We will definitely miss his gentle smile and pleasant disposition in the office, but we also know that he will continue to serve in a volunteer capacity many of our ministries. Thank you, Mario!

\* \* \* \* \*

Also with heartfelt thanks, I want to acknowledge the parishioner who answered the call of another parishioner who was looking for affordable accommodation for herself and her 10-yr old son. I know that it may be a sacrifice for you to rent below market value... but you should know that you have made a faithful hardworking mom and her brilliant son so very happy. I thank you. This is what the first Christians, so compelled by the Good News of our Lord Jesus Christ did for one another in Acts 2: *"Awe came upon everyone, and many wonders and signs were done through the apostles. All who believed were together and had all things in common; they would sell their property and possessions and divide them among all according to each one's need."*

\* \* \* \* \*

There are a few small jobs in the running of the parish that I need help with. My staff members are all working so hard and accomplishing so much, that these jobs can be taken off their shoulders:

- I need someone who frequents COSTCO regularly for shopping to help take on some shopping from time to time.
- I also need a strong volunteer who can help us once a month with our office water bottle dispenser refills from Superstore.

If you can help with either of these, please contact Anne-Marie or Janice in the office.

*Fr. Augustine*



# This Sunday's Mass Readings:

Reading 1: [Job 7:1-4, 6-7](#)

Psalm: [Psalm 147:1-6](#)

Reading 2: [1 Corinthians 9:16-19, 22-23](#)

Gospel: [Mark 1:29-39](#)

On this fifth Sunday of Ordinary time, we continue to read from the Gospel of Mark... this gospel is rich, and so are the Old Testament readings for today. Job 7 is one of the most poignant passages in the Old Testament - it's about suffering. It's about the fact that life on earth is "drudgery" (Job 7: 1) and is really difficult...like slavery (v.2) Job is saying that being a human being is like being a hireling. Why? Well in part, back to the book of Genesis, the curse of Adam

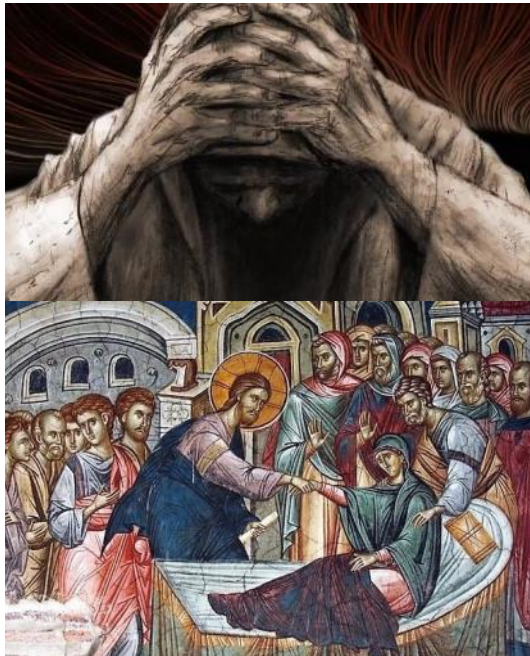
is you're going to work but the Earth is going to bring forth thorns and thistles (Gen 3: 18). In other words, fruitless toil is the lot of human beings in this life. And as a result, you're not going to make it through this life very long without tasting suffering and misery. Job here gives some powerful images: months of emptiness, nights of misery.. and maybe you can identify with that in your own life. "night drags on; I am filled with restlessness until the dawn" (v.4) says Job.. that in the mist of anxiety, or maybe when you're ill or worried, you can stay awake all night, and the night can get really long. And it's at night that we can really experience our own weakness, our own littleness, and just the reality of human suffering, and human misery in this life. And as a result, we can kind of be more in tune to the fact that, when you really get down to things, our life, as Job says, is "just a breath" (v.7) – meaning we're here for a very short while and then we're gone.

How does that reading connect with today's Gospel? The Gospel for this week is focused on the fact that Jesus doesn't just have power over the demonic, like we saw in last Sunday's Gospel; he's also Jesus the healer. He comes into this world not just to cast out the great power of the devil. He comes into this world to touch the misery of human life. He comes into this

world to heal us, even down to the very small things like the misery of a fever, of ordinary human illness.

Jesus shows he has the power to bring peace to us in the midst of our suffering and through the resurrection he's going to overcome all of that. He's not just going to overcome Satan, he's going to overcome suffering, sickness, and death itself. And so the first reading for today is a beautiful example from the Old Testament, the reality of human misery, which has its answer in the good news of Jesus Christ and in the good news of our Savior.

Today's Responsorial Psalm (Psalm 147) tells us



that, first, God heals the wounded, that he is a good God who has the power to heal our wounds, even the wounds of the heart. So if you're brokenhearted, this Sunday is for you, because you have a God who heals the brokenhearted. Secondly, Psalm 147 emphasizes God's omniscience: "He numbers the stars, and gives to all of them their names..." (v 4-5). If God is able to number the stars, if he's able to count the stars and he gives every star a name, that he knows

everything, including what you're going through. He knows about your suffering. He's not ignorant of the misery and the drudgery of human life. He is not ignorant of the illness and sickness and suffering that human beings daily experience in this valley of tears. So, the God of the Bible is not a distant God. He's a God who knows every star in the universe and so he knows the wounds of every single human heart.

This is a beautiful, beautiful truth to ponder: It's that God, the God of Psalm 147, the God who heals the brokenhearted, the God who counts the stars and who gave all the stars their names; he is the one, it is that God, who becomes man in Jesus Christ and comes into the world and touches the hand of Simon Peter's mother-in-

...continued on next page

law and says get up, be healed (Mark 1: 31). That's

the God who comes in the mission and message and the ministry of Jesus Christ, the son of God. That's what Jesus' ministry is all about.

When it comes to Jesus' identity as the physician, as a healer, our Catechism has one of the most beautiful reflections found in section on the Anointing of the Sick, which is the sacrament of suffering: (CCC 1503 and 1505)

*Christ's compassion toward the sick and his many healings of every kind of infirmity are a resplendent sign that "God has visited his people" and that the Kingdom of God is close at hand. Jesus has the power not only to heal, but also to forgive sins; he has come to heal the whole man, soul and body; he is the physician the sick have need of. His compassion toward all who suffer goes so far that he identifies himself with them: "I was sick and you visited me." His preferential love for the sick has not ceased through the centuries to draw the very special attention of Christians toward all those who suffer in body and soul. It is the source of tireless efforts to comfort them...*

*Moved by so much suffering Christ not only allows himself to be touched by the sick, but he makes their miseries his own: "He took our infirmities and bore our diseases." But he did not*

*heal all the sick. His healings were signs of the coming of the Kingdom of God. They announced a more radical healing: the victory over sin and death through his Passover. On the cross Christ took upon himself the whole weight of evil and took away the "sin of the world," of which illness is only a consequence. By his passion and death on the cross Christ has given a new meaning to suffering: it can henceforth configure us to him and unite us with his redemptive Passion.*

Illness touches all of us. It touches our families in some way, shape or form, and sometimes, in our suffering, it can feel like God has abandoned us. But the Church would remind us that yes, Christ comes in to the world to heal. He shows us his power over sickness and suffering. But his mission, his vocation by God the Father, is not to heal every single sick person. Those healings are signs of the kingdom of God. And the kingdom of God ultimately comes through his supreme victory in his death and resurrection on the cross. It's only the resurrection that every sickness, every suffering, and all death will be undone. For now, we have to recognize that God allows sickness and suffering to take place, and that for us as Christians, Christ has given a new meaning to our sickness and our suffering, by uniting it to the cross, by uniting it to his passion, so that we can actually, in union with Christ, offer our illness, offer our sufferings, for the salvation of the world in union with his redemptive passion and cross. In other words, Christ's death and resurrection not only brings the ultimate healing in the future, it also brings meaning to our

## *Please pray for*

Maria Lee, Givon Santos,  
Byrne Turner, Claude Vizena,  
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, Anne Law,  
Otto Witteveen, Charles Lefaive,  
Anna Schott, Peter Kingsland,  
Nancy Murchison,  
Stephanie Wideski, Fern McCann,  
Karine Tardif, 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 Souls of:*

Donald Malone  
Helen McLellan  
Ermenegildo Marolla





## STAR OF THE SEA CATHOLIC SCHOOL

### PANCAKE BREAKFAST & OPEN HOUSE

#### STAR OF THE SEA OFFERS:

- Faith-based education using the BC Ministry of Education Curriculum
- Community, inclusion, & family emphasis
- High-quality spiritual, academic, social, and extra-curricular programs



**WHEN: SUNDAY, FEBRUARY 11**

**WHERE: STAR OF THE SEA SCHOOL  
15024 24 AVENUE, SURREY**

**DON'T FORGET TO VISIT + SUPPORT OUR YOUNG ENTREPRENEURS!**

## Little Makers MARKET

Star of the Sea School is excited to showcase the talent of our young entrepreneurs! With over 60 kid vendors, there is something for everyone!



**Congratulations**  
**to our newest Altar Servers**  
**(and their parents)**

#### ADORATION CHAPEL

**OPEN** Every Day 9AM - 9PM

*"My sheep listen to my voice;  
I know them, and they follow  
me." John 10:27*



Encountering Christ in adoration of the Blessed Sacrament is an invitation for all people, to deepen their relationship with the Lord, and to grow in communion with His Church. In adoration, we grow in unity and friendship with Him – we learn to hear His voice, to know His will and, most especially, to know and trust the power of His love.

Hours in need of a weekly adorers:

Sunday, 12:00pm-1:00pm

Sunday, 6:00pm-7:00pm

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

Monday, 5:00pm-6:00pm

Wednesday, 4:00pm-5:00pm

Wednesday, 5:00pm-6:00pm

Thursday, 12:00pm-1:00pm

Thursday, 2:00pm-3:00pm

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

**Friday, 1:00pm-2:00pm**

**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:

Thurs., Feb. 8 – 11:00-12:00pm

Fri., Feb. 16, 23 – 10:00-11:00am

Fri., Feb. 9, 16, 23 – 1:00-2:00pm

Fri., Feb. 16 – 3:00-4:00pm

Sat., Feb. 10, 17, 24 – 2:00-3:00pm

Sat., Feb. 10, 17, 24 – 3:00-4:00pm

Sat., Feb. 10, 17, 24 – 4:00-5:00pm

Sun., Feb. 4, 11, 18 – 6:00-7:00pm

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

## Charismatic Prayer Group



**WEDNESDAYS 7:15PM**

at Star of the Sea School, 15024  
– 24th Ave (enter from the 24th  
Avenue entrance)

The Charismatic Prayer Group  
gathers as a family for the  
primary purpose of giving Jesus  
the Praise and Glory He  
deserves. Together, we learn to  
listen to the promptings of the  
Holy Spirit and to use our  
Charismatic Gifts for the good of  
the Body.

For more information, contact:  
Jae Ewing 604-536-7860  
[jae.ewing@shaw.ca](mailto:jae.ewing@shaw.ca)  
Flavianne Devuyst  
604-535-0508  
[flaviannedev@gmail.com](mailto:flaviannedev@gmail.com)



Thanks to everyone for attending  
our last meeting - It was a great  
success. The main room was so  
packed, we are moving into the  
Gathering area! If you were unable  
to attend, don't worry. You will get  
your chance again, **Tuesday,**  
**February 6th at 6:30pm**  
at Good Shepherd Church.

Do you want to grow your faith,  
serve your community, act on  
social justice issues and be  
supported by a sisterhood that  
embraces these core values?

If so....

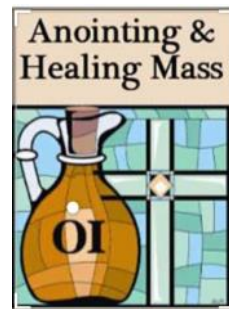
Welcome to the  
*Catholic Women's League...*  
you belong with us.  
Join us and come and see!

## SHROVE TUESDAY

Tuesday, February 13

**9AM MASS** at

**STAR OF THE SEA CHURCH**



(NOTE: NO 9AM MASS AT GOOD  
SHEPHERD CHURCH that day)

Enjoy delicious  
pancake breakfast  
at Star of the Sea  
Hall following  
Mass.



*Shrove Tuesday*

Pancake breakfast is by donation.  
*All are welcome!*



## DADS & KIDS GYM NITE

For dads of the  
parish and  
their school-age  
children (5yrs +)

**Fridays 6:45-8:00PM**

**Star of the Sea School Gym**

Contact Joseph Myers  
[Joseph.myers.j@gmail.com](mailto:Joseph.myers.j@gmail.com)  
604-866-7887 for more info



## PARENTS/CAREGIVERS COFFEE MEET-UP

**Mondays** after  
school drop-off  
**9:30am-10:30am**  
in the Welcoming Area  
at Good Shepherd Church



**Stations of the Cross**  
following **6:30 MASS**  
**on ALL FRIDAYS during**  
**Lent starting February 16**



Your PARISH DONATION  
Income Tax Receipt and your  
PROJECT ADVANCE Income Tax  
Receipt will be mailed out to  
you by the END OF FEBRUARY

## ASH WEDNESDAY

February 14, 2024

### MASS SCHEDULE

**GOOD SHEPHERD CHURCH**

**8:00am**

**9:15am**— Mass with Star of  
the Sea School

**6:30pm**

**STAR OF THE SEA CHURCH**

**9:50am**—Mass with JPII Academy

Please drop off  
your **blessed**  
**palm branches**  
from last year in  
the collection baskets at  
Good Shepherd Church  
and Star of the Sea Church  
*Thank you.*



## St. Thérèse Widows Group

Next Meeting is  
on **Monday,**  
**February 12th** in the Fireside  
Room at Good Shepherd Church  
after 9AM Mass. Everyone  
welcome!

For more info. contact  
coordinators:  
Marlene Johnston 604 538 5899



## TRUE LIFE IN GOD

### Prayer Group

is inviting you to  
pray the Holy Rosary  
with meditations.  
visit: [www.tlig.org](http://www.tlig.org)

Meetings in Good Shepherd  
Church, Fireside Room on:

**Tuesdays** 10am-11:30am  
Feb 6, 20, 27 and

**Fridays** 10am-11:30am  
Feb, 23, Mar 22

## Prayer Shawl Ministry

**Meeting** is on **Saturday,**  
**February 17,** 10AM in Good  
Shepherd Church Fireside Room

*"Prayer Shawls:  
made with the  
Love of God in  
every stitch"*



Knitted and  
crocheted by a  
dedicated group of parishioners,  
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give comfort to those suffering  
illness. Each prayer shawl has  
been blessed by a priest and has a  
holy medal attached.

Cost is BY DONATION.

Contact Rycarda  
[rycarda@telus.net](mailto:rycarda@telus.net)

# SAVE THE DATE

Star of the Sea Parish

## WOMEN'S RETREAT

**Friday, March 1**

starting with 6:30 Mass, ending at 8:30pm  
and

**Saturday, March 2**

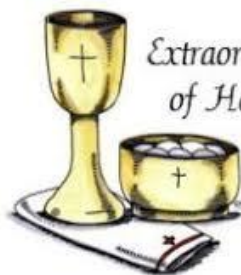
starting with 9AM Mass, ending at 4:00pm



## *Created, Redeemed and Called by Love*

*But now, thus says the LORD, who created you, Jacob, and  
formed you, Israel: Do not fear, for I have redeemed you;  
I have called you by name: you are mine.*

Isaiah 43:1



## Extraordinary Ministers of Holy Communion

Extra-Ordinary Ministers of Holy Communion  
are those parishioners who have the privilege  
of serving, distributing and administering the  
Body and Blood of Jesus Christ alongside the

priest celebrant at Mass. These Eucharistic Ministers are called not  
only to minister the Body and Blood of Christ, but to have and  
maintain a strong faith, a sense of awe, and an inclusiveness of  
others as 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.

Come consider this important ministry—you are invited to a  
workshop on **Saturday, Mar 9th** at Good Shepherd Church.

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

## February 2024 Library Feature

# Moral Theology and Bioethics

Your parish library can help you understand and grapple with the many moral issues we and our families face in modern society. Find bioethics in section **176**, and moral theology in section **241**.

*There is no morality without freedom... Although each individual has a right to be respected in his own journey in search of the truth, there exists a prior moral obligation, and a grave one at that, to seek the truth and to adhere to it once it is known.*

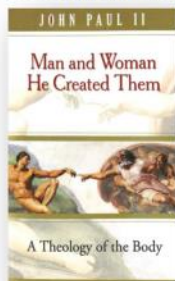
-- Pope John Paul II  
in Veritatis Splendor

**Catholic Social Teaching Collection** (241.2 Wor 202) draws from the Old and New Testaments, the Church Fathers, Church's encyclicals and the saints to reveal the breadth of Catholic social teaching, and most importantly its metaphysical heart, God.

**Christian Social Principles** (241.6 Obr 2021) delves into the Church's teachings on human dignity and explains when individual liberties must trump social control and when they must not.

**Our Moral Life in Christ** (241.2 Fer 1997) draws from the Catechism and JPPI's encyclicals *Veritatis Splendor* and *Fides et Ratio* to help us live a moral life.

**Man & Woman, He Created Them: Theology of the Body** (241.6 JPPI 1997) John Paul II's seminal work on the bodily dimension of personhood, sexuality, marriage, and celibacy provides insight into the



modern "split" between the person and the body. He presents an integral image of the human person, one rooted in Sacred Scripture and the Church's living tradition.

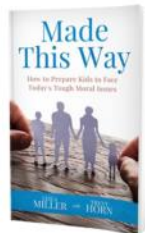
**The Virgin Mary and Theology of the Body** (241.6 Cal 2007) shares insights on how Mary illuminates the message of the Theology of the Body in a profound way.

**Why Humanae Vitae was Right** (FORMED e-book) is a collection of 21 essays and articles that show how Humanae Vitae is widely neglected and misunderstood.

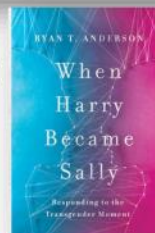
**The Art of Living: the Cardinal Virtues and the Freedom to Love** (241.4 Sri 2021 & FORMED audiobook & FORMED six-part series) reveals the connection between growing in the virtues and growing in friendship and community with others.

**Made This Way: How to Prepare Kids to Face Today's Tough Moral Issues** (241 Mil Hor 2018)

Gives crucial techniques to form children with the understanding they need act appropriate to their age and maturity level to meet the world's challenges. It provides kid-friendly ways to help communicate how the right way to live is rooted in the way we're made.



**Integrity Restored: Helping Catholic Families Win the Battle Against Pornography** (241.5 Kle 2014) presents an alarming view of the pornography epidemic that is ruining lives, marriages, families, and careers—and hindering relationships with God.



**When Harry became Sally: Responding to the Transgender Movement** (176 And 2018) draws from biology, psychology and philosophy to provides answers to the

many questions raised about this transgender ideology. It reveals a grim contrast between the media's sunny depiction and the realities of gender-identity struggles.

**Dysconnected: The Real Story behind the Transgender Movement** (176 Joh 2022 and on FORMED) This video exposes of the transgender tsunami sweeping the world and irreversibly altering hundreds of thousands of lives. It provides compelling evidence against cultural winds that push children into thinking they can change their gender.

**A Guide to Discussing Assisted Suicide** (176 All Van 2017) makes the case that it is our duty to the suicidal to try to prevent the ultimate self-harm of suicide. By asking challenging questions and appealing to cultural common ground on suicide prevention and human rights, we can change hearts and minds on assisted suicide.

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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Scott McFarlane  
Owner & Funeral Director

Christian Nat  
Owner & General Manager

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Funeral Director

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