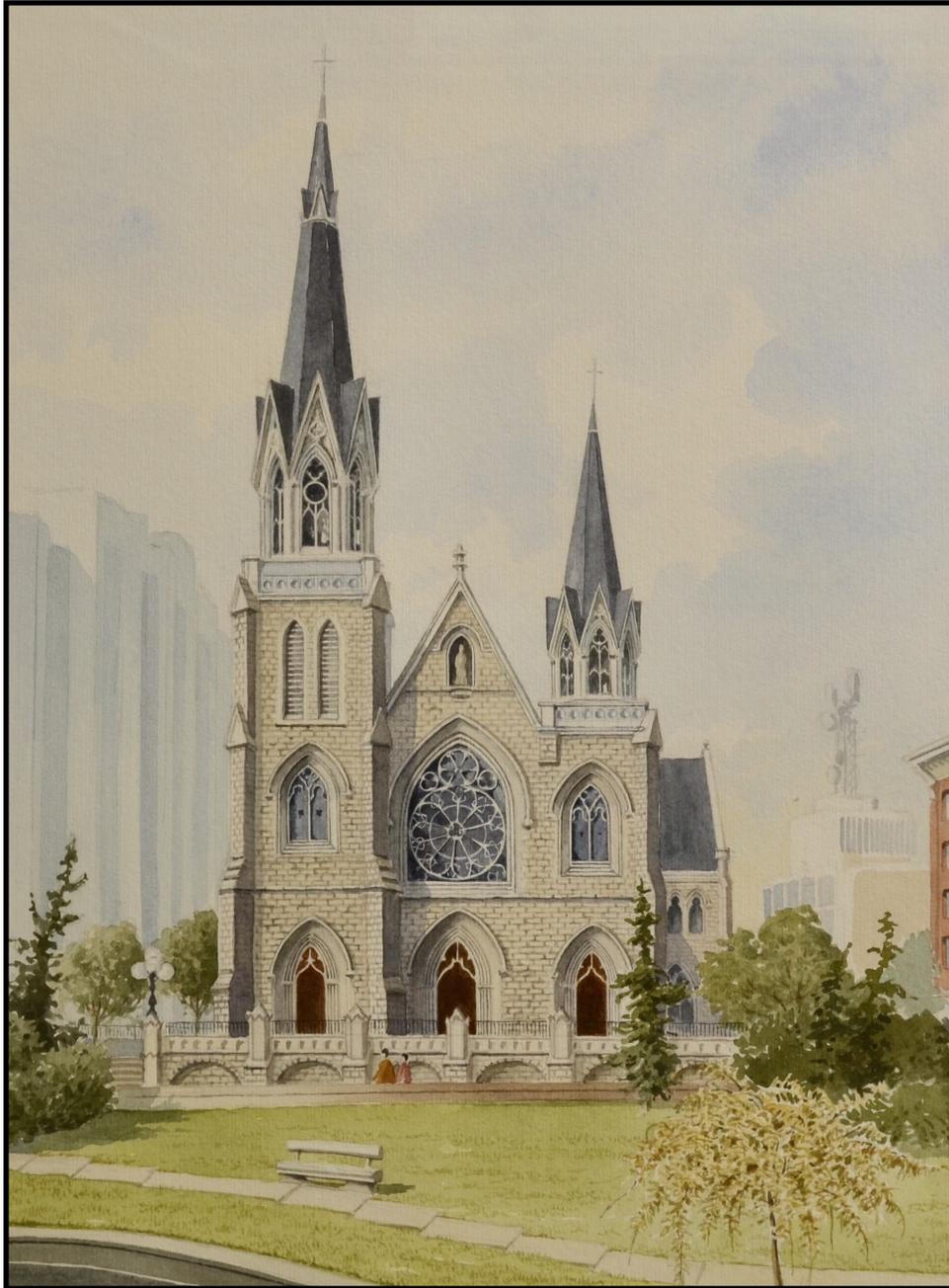


CATHEDRAL OF OUR LADY OF THE HOLY ROSARY

ARCHDIOCESE OF VANCOUVER

IV SUNDAY IN LENT

MARCH 31, 2019



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RECTOR
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Very Rev. Stanley Galvon
Rev. Anicet Pinto
Rev. Nelson Santos
Rev. Juan Lucca
Rev. Rosary Pratheep
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Rev. Jude Iloghalu (Chaplain of VGH)
Rev. Mr. Alvin Rint
Rev. Mr. Richard Chau

IN RESIDENCE
DEACONS

**646 Richards Street,
Vancouver BC V6B 3A3**

(604) 682 6774

**office@vancouvercathedral.org
holyrosarycathedral.org**



MASSES, SACRAMENTS & DEVOTIONS

SUNDAY MASSES

Saturday 5:10 PM anticipated Mass
Sunday 8 AM, 9:30 AM, 11 AM, 12:30 PM,
5 PM, 6:30 PM in Spanish, 8 PM

WEEKDAY MASSES

Monday to Friday 7:15 AM, 8 AM, 12:10 PM, 5:10 PM
Saturday 7:15 AM, 8 AM, 12:10 PM

CONFESSIONS

Monday to Friday 7:45 AM, 11:45 AM, 4:45 PM
Saturday 7:45 AM, 11:45 AM, 4 to 5 PM

DEVOTIONS

Sunday Vespers and Benediction at 4 PM
Morning Prayer Monday to Saturday at 8:30 AM
Rosary Monday to Saturday at 11:40 AM & 4:40 PM
(Except Thursday evenings when the Rosary is
at 4:15 PM)
Chaplet of the Divine Mercy Fridays 3 PM
Adoration: Thursday from 4 PM to 5 PM and
First Friday from 12:45 PM to 5 PM

MINISTERIO HISPANO

MISA EN ESPAÑOL

Domingos a las 6:30 PM.

CONFESIONES EN ESPAÑOL

Domingos: 6 - 6:25 PM.
Mier, Jue y Vier 11:45 AM y 4:45 PM.

ROSARIO EN ESPAÑOL

Domingos a las 6:05 PM.

JÓVENES ADULTOS

Edades: 19 - 35 en Rosary Hall - Miér.: 7 - 9 PM.

CATHEDRAL REGISTRATION

If you have recently moved into the downtown area, we welcome you to pick up a Cathedral registration form from the Cathedral Office. Please contact our office for Donation Envelopes.

Cover Picture: Water Colour of the Cathedral
Cathedral of Our Lady of the Holy Rosary ©

CATHEDRAL OFFICE

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Web holyroscarycathedral.org

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Assistant Secretary Maria M. Watson
Assistant Secretary Marina Ubalde
Pastoral Associate Bertilla Watanabe
Groundskeeper Peter Dziuk
Groundskeeper Rolando Dauz
Security Jojo Dauz

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Dcn. Richard Chau
FAITH FORMATION DIRECTOR
(604) 682 6774 ext. 0

Dcn. Alvin Rint
VOLUNTEER LIAISON
(604) 682 6774 ext. 0



MESSAGE FROM THE RECTOR

Sunday March 31 is the Fourth Sunday of Lent. It is also called Laetare Sunday. Father Ronald A. Franco, CSP has some helpful thoughts for us to ponder.

Our Lenten pilgrimage is already half over or, to express it more positively, we are already halfway to Easter. On this Sunday, the Church lightens the liturgical atmosphere, replacing somber violet vestments with rose colour, putting flowers on the altar, and allowing greater use of the organ. These are external symbols of the joy that we are meant to feel as we prepare for the Easter feast – whether we are new Catholics preparing to receive the sacraments of initiation at Easter or life-long Catholics called to a life of ongoing conversion.

Laetare Sunday gets its name from the opening words of the day's traditional Introit: Laetare, Jerusalem ("Rejoice, Jerusalem"). Accordingly, today's Roman station church is the Basilica of Santa Croce, "the Holy Cross in Jerusalem, a basilica built about 325 around part of the Empress Saint Helena's imperial palace in order to enshrine the relics (above all that of the True Cross) she had brought back to Rome from Jerusalem. Originally, the floor of the basilica was covered with earth from Jerusalem. Thus, the Church's unique title, "the Holy Cross in Jerusalem." The Jerusalem theme associated with this Sunday also accounts for another very venerable custom connected with this day, that of people returning home to visit (and bring flowers to) their "mother church" on this day.

For those preparing for baptism, the Church celebrates the second scrutiny of the elect on this day. "The entire Lenten Lectionary is a lesson book that prepares the elect among the catechumens to receive the Sacraments of Initiation at the Easter Vigil, just as it prepares all the faithful to renew themselves in the new life into which they have been reborn." (Congregation for Divine Worship, Homiletic Directory, 67) The theme of today's scrutiny associates baptism with light. "Awake, O sleeper, and arise from the dead, and Christ will give you light." (Ephesians 5, 14)

For the rest of us, on this mid-Lent Sunday, the liturgy is a joyful celebration of God's mercy. God, who is rich in mercy, because of the great love he has for us, even when we were dead in our transgressions, brought us to life with Christ. (Ephesians 2, 4)

THINGS TO GIVE UP FOR LENT

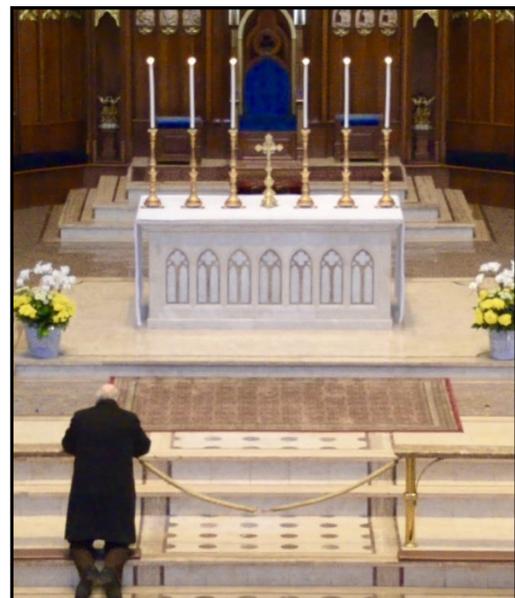
Don't eat what you want. There is a real spiritual power when you make a little act of self-denial at the dinner table. Instead of two cookies only have one. *Give something away—every day.* Offer one of your books or a gift to someone. *Don't interrupt people.* Spend more time listening to people and less time interjecting. *Stop complaining.* Find constructive ways to talk about difficulties you are facing. *Don't waste downtime.* Be more intentional about using social media – take time to breathe, pray and be present to someone around you.

WHAT TO DO FOR LENT

Spend time in the classroom of silence. Spend some quiet time each Lent day with the Rosary, a bit of Scripture and some time to listen to the Lord. *Read the Gospels.* Read a Gospel passage every day... you will realize that Jesus is not a historical figure but He is alive and with you in everything you do. *Sit in a church with Jesus.* Stop by a quiet Church every so often in Lent... just you and God... something powerful about that. *Do an act of kindness every day.* Send a kind message to someone or do a good deed to a stranger.

No matter how unworthy or sinful we are, Jesus will lead each of us to repentance and holiness, if we ask Him. St Augustine said: "Holiness is possible. Go for it. Pray as though everything depended on God's grace, but act as if everything depended on you."

(<https://dynamicatholic.com/everyday-life/creative-things-to-give-up-for-lent/> by Jennifer Miller)



CATHEDRAL NEWS



LENTEN DEVOTIONS AT THE CATHEDRAL

Stations of the Cross take place after the 5:10 PM Mass every Wednesday and Friday during Lent.

HOW TO BETTER PREPARE FOR EASTER

Lent is a time of preparation for the Holy Feasts of Easter. To better prepare many Catholics go to weekday Mass, fast and participate in works of penance. Lent is also a time when Catholics approach the Sacrament for Confession and pray the Stations of the Cross. If you would like some aids to make this Lenten season more profitable, visit our website (holyrosarycathedral.org) and follow the links for an examination of conscience and for the online booklet for stations of the Cross. It is the same booklet we use at the Cathedral.

CWL - LENTEN DAY OF RECOLLECTION, APRIL 6

Lent is a time of purification and preparation to encounter our Risen Lord. Please join us on this Lenten journey towards "Eucharistic Love" on Saturday, April 6th from 9 AM - 12 PM in Holy Rosary Hall. Guest speaker Sr. John Mary Sullivan, FSE. Hosted by the CWL and the Cathedral Community. Admission by Donation. Everyone is welcome. For more information please call (604) 682-6774 or send an email to office@vancouvercathedral.org.



ARCHDIOCESAN NEWS

RACHEL'S VINEYARD RETREAT

Have you felt the tugging on your heart inviting you to receive God's healing after having suffered greatly from an abortion loss? Your Rachel's Vineyard team understands that need, as well as the fear to reach out for healing. Next retreat is May 2019. For information/register call (604)525 0999.

SEMINARY LIVE-IN

On the weekend of April 5 - 7, there will be a Vocation Live-In for boys and young men interested in the priesthood or the consecrated life, at the Seminary of Christ the King, Mission, BC. For more information call 604-826-8715.

STATIONS OF THE CROSS AT QE PARK, APRIL 19

All are welcome to join Communion and Liberation for a special Stations of Cross on Good Friday, April 19. Departure at 10 AM at the fountain next to Bloedel conservatory parking lot. We will walk through the trails of the park with prayers, meditations and singing. For more information contact communionliberationvancouver@gmail.com.

PERMANENT DIACONATE INFORMATION SESSIONS

Men between the ages of 35 and 60 interested in ordained ministry, along with their spouses, can learn more about the permanent diaconate this spring! Sessions will be held in April and May in Vancouver and Langley. To learn more contact deacons@rcav.org.

VOCATIONS HOLY HOUR APRIL 10 AT 7 PM

Archdiocesan Holy Hour for Vocations to the Priesthood. Join Fr. Rodney Nootebos, Director of Vocations, along with other members of the faithful throughout the Archdiocese, in a monthly Holy Hour of prayer, intensely focused on asking the "Lord of the Harvest to send forth labourers into the harvest." This month's Holy Hour will take place at Christ the Redeemer Parish in West Vancouver.

SUNDAY MASS

IV SUNDAY IN LENT
MASS READINGS

FIRST READING Joshua 5, 9a, 10 - 12
Having entered the promised land, the people of God celebrated the Passover.

RESPONSORIAL Psalm 34
R. Taste and see that the Lord is good.

SECOND READING II Corinthians 5, 17 - 21
Through Christ, God was reconciling us to himself.

GOSPEL Luke 15, 1 - 3, 11 - 32
This brother of yours was dead, and has come to life.

MASS REFLECTION

This man welcomes sinners. (Luke 15:2)

Isn't it ironic that this story, which is one of the best loved in all of Scripture, has a somewhat misleading title? Rather than calling it the parable of the prodigal son, we should call it the parable of the forgiving father. This is not a story only about one son. It's a story about two sons and their father. And as a parable, this story tells us about our heavenly Father's infinite love for us.

The parable of the prodigal son has two distinct goals: it shows us that God wants everyone to know his love, and it shows us that God wants those who know his love to experience it more deeply.

In a sense, the prodigal son was "dead" because of the sins he had committed when he was away from home. But the moment he came back, it's as if he had come back to life. Jesus used this fellow to describe people who have not accepted the love that God has for them. They need to turn and come home to him. They need what we would call an "initial conversion."

These are the people God asks us to lift up in prayer in a special way—especially our loved ones who are far from the Lord. May they all experience an initial conversion!

The prodigal son's older brother, however, was already "alive." He was faithful and hardworking. But he also needed a conversion. He may have been obedient to his father, but a lot of sinful thoughts still occupied his mind. This fellow needed "ongoing conversion," a deeper turning away from his habits of resentment, anger, and self-righteousness.

Even if we believe in Jesus, pray every day, and go to Mass regularly, we still need ongoing conversion. We can be trying our best to live good lives and to care for our families. But we can fall into judgmental, self-righteous, self-centered ways of thinking. And so God asks us to keep turning to him for help and healing. God welcomes home everyone who comes to him. No matter how big or small our sins, he is always waiting with open arms.

"Thank you, Father, for welcoming me home."

The Word Among Us

MUSIC NOTES



Cathedral Organist & Music Director

Denis Bédard (604) 322 5995

Assistant Organist & Music Administrator

Catherine Walsh (604) 222 8072

**MUSIC PROGRAMME FOR THE 11 AM MASS
Sunday, March 31, 2019**

Organist: Denis Bédard

Organ Prelude: Variations on the Chorale "When Jesus hung upon the Cross" - S. SCHEIDT

Kyrie, Sanctus, Agnus Dei:

Mass of Wisdom - S. JANCO

Offertory: Offertory for the Fourth Sunday in Lent (Choir) - J. GRUBER

Communion:

1. Largo e spiccato from Concerto in D minor (Organ) - VIVALDI-BACH

2. Inclina ad me

(Soloist and Choir) - F. H. HIMMEL

Organ Postlude:

Little Prelude and Fugue in D minor - J. S. BACH

MUSIC PREVIEW FOR APRIL 7, 2019

Missa Brevis II - D. BÉDARD

Ecce quomodo - J. HANDL

Hide not thou thy face from us - A. BATTEN

Turn Thy face from my sins - T. ATTWOOD

Adoramus Te - G. P. PALESTRINA

P Ó-pu-lus Si-on, * ec-ce Dó-minus vé-ni-et

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CATHEDRAL LIFE

BAPTISMS

Baptisms are held on most Sundays at 2 PM. Preparation classes are held on the second Saturday of each month. Please call the Cathedral office to find out more.

MARRIAGES

Bookings should be made at least six months in advance. Couples please contact the Cathedral office for information.

ALTAR SERVERS

The Cathedral has a team of dedicated men who are scheduled to help at specific Masses. Contact: Fr. Juan Lucca, jlucca@rcav.org.

CATHEDRAL BELL RINGERS

Our eight bells are rung by hand by a dedicated band of bell ringers. New ringers, experienced and learners, are always welcome. Visit www.vscr.ca for more information.

CATHEDRAL GIFT SHOP

The Gift Shop aims to be open before and after the noon, and evening weekday Masses, Sunday morning and evening Masses, & is staffed by a crew of dedicated ladies. Thank you for your support.

CATHOLIC WOMEN'S LEAGUE

The Catholic Women's League of Canada is a national organization, rooted in Gospel values, which calls its members to holiness through service to the people of God. We organize a wide variety of spiritual and social events and good works. Please contact Jane Rosenthal at janemrose@telus.net

CHURCH CARE & CLEANING

The church is given a thorough cleaning from 9 - 11 AM on the last Saturday of each month. More hands are needed. Contact the parish office at office@vancouvercathedral.org

USHERS & GREETERS

Help is needed to distribute bulletins, take up the collection, welcome all who come to Mass and generally be ready to serve with a smile! Contact: Bertilla Watanabe, Email: bwatanabe@holyroscarycathedral.org

CHOIRS

Three choirs offer a variety of music repertoires to enrich our prayer experience. Find out which of our choirs is right for you. Contact: Catherine Walsh at (604) 222 8072 .

VANCOUVER GENERAL HOSPITAL CHAPLAIN CONTACT

Fr. Jude Iloghalu is the Chaplain at Vancouver General Hospital. He resides at the Cathedral. In case of medical emergencies please contact him at (604) 230 7217.

HRC YOUNG ADULTS

HRC Young Adults is the Cathedral's young adult group. We welcome Catholics in their 20's - 30's to join us as we cultivate our faith and create friendships through fellowship as well as educational and service opportunities. Contact: hrcyoungadults@gmail.com; <http://facebook.com/hrcyoungadults>

LECTORS

If you are a regular at the Cathedral and if you are a practicing Catholic, you may apply. We are always looking for new lectors. For more information please contact David Cuan by e-mail: lector.hrc@gmail.com

EXTRAORDINARY MINISTERS OF HOLY COMMUNION

If you are a regular at the Cathedral and if you are a practicing Catholic, you may apply. Please contact Shirley Wang (604) 879 8295.

HANDMAIDS OF THE LORD

This is an all-women ministry of the Couples for Christ. Please contact: Grace Inonog, graceaka44@yahoo.com.

KNIGHTS OF COLUMBUS

The K of C is a fraternal benefit society founded on the principles of charity, unity and fraternity. For more information please contact: Grand Knight James Faulkner, (778) 881 1937 or holyrosary.council14652@gmail.com

LEGION OF MARY

The men & women of the Legion are a well-established organization at the Cathedral. They serve in all areas of cathedral life as greeters, ushers and prayer leaders. For more information: Rufina Amandiz, (604) 544-3358.

HISPANIC COMMUNITY

The weekly Spanish Mass now caters to the Spanish-speaking community in our parish. If you would like to get involved please contact: comunidadhispanahrc@gmail.com

COMMUNION AND LIBERATION

An ecclesial movement whose purpose is the education to Christian maturity of its adherents and collaboration in the mission of the Church in all the spheres of contemporary life. Learn more at clonline.org or contact us at communionliberationvancouver@gmail.com



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