

**Mass Times:** Saturday: 7:00pm, Sunday: 9:00 am and 11:00 am— Tuesday to Friday at 9:00am

**Reconciliation:** Saturdays 6:15pm, Sundays 8:15 am or by Appointment.

Pastor: Father Arulldhas Lucas, SAC.

Mailing address: 1088 Gillett Street, V2M 2V3—Office hours: Monday to Friday 9:00am to 4:00pm

Website: stmaryspg.ca—E-mail: stmarys.parish@shawcable.com

*We acknowledge that St. Mary's Parish rests on the unceded traditional territory of the Lheidli T'enneh*



THE ROMAN  
CATHOLIC DIOCESE  
OF PRINCE GEORGE

Bishop: Most Rev.  
Stephen Jensen



## PALM SUNDAY OF THE PASSION OF THE LORD

MARCH 24TH, 2024



### CHRISTIAN POWDER

Comedian Yakov Smirnoff, who emigrated from Russia to the U. S., tells his first experiences in an American grocery store: I saw milk powder and told my friend that we got milk from cows and sheep in Russia. My friend explained that if we put milk powder in hot water it becomes milk. Then I saw “orange powder” and told my friend how we picked oranges from orange trees. Then to my great astonishment I saw the packet “baby powder,” and asked my friend if Americans get babies by putting it in hot water! Next Sunday, when my friend took me to his Church, the preacher told the congregation that instant Christian can be made from “Christian powder” by just accepting Jesus as Lord & Savior and confessing our sins to him, just as we use milk powder and orange powder to get milk and orange juice. — But Jesus’ teaching is “Whoever wishes to come after me must deny himself, take up his cross and follow Me.” (Mt 16:24). On Good Friday, we reflect on the question of why Jesus died on the cross.

### READINGS AND LITURGY

*Isaiah 50.4-7; Psalm 22:7-8, 16-19, 22-23;  
Philippians 2.6–11; Gospel: Mark 14.1-15.47.*

In the Gospel for the procession, Jesus enters Jerusalem amid an enthusiastic crowd. In the first reading, Isaiah speaks for the Lord, despite opposition. In the second reading, Paul writes to the Philippians that Jesus emptied himself, becoming obedient to the point of death. Mark’s Gospel tells the story of Jesus’ passion and death.

*Faith Catholic*

## Welcome to Our Church!

*To all who mourn or need  
comfort,  
To all who are weary and  
need rest,  
To all who seek friendship,  
To all who desire to grow in  
Relationship with God,  
To all who yearn to pray,  
To all who need a Saviour,  
And who ever will worship,  
This Church of St. Mary’s  
opens wide its doors,  
And in the name of  
Christ our Lord, says:*

## WELCOME!

### KING FOR A DAY

Once upon a time, before television, there was radio. One of the most popular daytime radio programs in those days was called Queen for a Day. Each day four or five women from the studio audience would tell the host what they would like to do if they could be “Queen for a Day.” Then, on the basis of applause, one woman was chosen, and insofar as they were able, the sponsors fulfilled her wildest desires. She was given a number of valuable prizes and for one day she reigned as “Queen.” — That sounds like what happened to Jesus, doesn’t it? Jesus was crowned “King for a Day” on that first Palm Sunday.

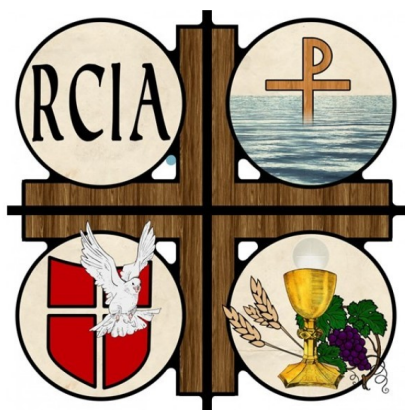


# MASS INTENTIONS

Sat	Mar 23	7:00 pm	RIP Maria Camba
Sun	Mar 24	9:00 am 11:00 am	Int for all our Parishioners RIP Mandica & Ante Furlan
Tue	Mar 26	9:00 am	Int for D'Silva Family
Wed	Mar 27	9:00 am	Int for a Parishioner
Thu	Mar 28	7:00 pm 8:00 pm	RIP Michael Quinn <b>Mass of the Lord's Supper</b> <b>Adoration at the Altar of Repose</b>
Fri	Mar 29	2:00 pm 3:00 pm	<b>Stations of the Cross</b> <b>Passion of the Lord</b>
Sat	Mar 30	8:00 pm	Int for Pereira Family <b>Easter Vigil</b>
Sun	Mar 31	9:00 am 11:00 am	Int for all our Parishioners RIP John and Serafina Furtado

## PRAYER REQUESTS

Please pray for the intentions of: Brigitta Betz, Eldon Gauthier, Maria Levar, Beverly Stuart, Rizal Advincula, Grace Noblette, Minnie, Blair, and Korena Peters and family, Garry Kaulbach's daughter, Birdie Froment, Mia Savic and family, Manae Peters, Ruth, Wark family, Jose Ferreira, Peter Dasilva, and Ruth Henwood.



## Rite of Christian Initiation for Adults

### RCIA

Alex Ovien will be receiving his Sacraments of Baptism, Confirmation, and the Eucharist at the Easter Vigil. Our Candidates who have already been Baptised, Lucas Stewart, Alexandra Gilbert, and Shane Sienaert will be receiving their Sacraments of Confirmation and Eucharist at the Easter Vigil. Please keep our Elect and our Candidates in your prayers as they continue their journey through the RCIA.

## HOLY WEEK SCHEDULE

Please see the back of the bulletin for an article on the Sacred Triduum.

Date	Celebration	Time
Holy Thursday March 28th	Mass of the Lord's Supper Adoration at the Altar of Repose	7:00 PM 8:00 PM
Good Friday March 29th	Stations of the Cross Passion of the Lord	2:00 PM 3:00 PM
Holy Sat March 30th	Easter Vigil	8:00 PM
Easter Sun March 31st	The Resurrection of the Lord	9:00 AM 11:00 AM

## HOLY THURSDAY AND EASTER VIGIL

Please remember to bring your bells to ring during the Gloria on Holy Thursday and at the Easter Vigil.

## HOLY SATURDAY MORNING PRAYER & BLESSING OF EASTER BREAD

Please join us at 10am on Holy Saturday for Morning Prayer and bring your Easter Bread to have it Blessed by Fr. Aruldas. During Morning Prayer we will also be celebrating the First Anointing with the Oil of Catechumens for Alex, who will be Baptized at the Easter Vigil.

## ALTAR OF REPOSE

### SIGN UP FOR HOLY THURSDAY

Please sign up to spend a half-hour or hour of prayer with our Lord present in the Blessed Sacrament on Holy Thursday evening at the Altar of Repose. We will have an opportunity for Adoration at the Altar of Repose in the St. Eugene Room from 8pm-12am. Sign-up sheets are available at the back of church.

## TAIZE PRAYER

We will be having a Taizé Prayer Evening at St. Mary's during Holy Week on Tuesday, March 26th at 7pm. Taizé is a prayerful form of music that takes the structure of a simple melody that repeats and provides a space where prayer can move from the mind to the heart. For information on the Ecumenical community of Taizé, please visit: [www.taize.fr](http://www.taize.fr).

## ST. MARY'S FREE FORMED SUBSCRIPTION

Sign up for your free FORMED subscription courtesy of St. Mary's Parish & School: <https://formed.org/signup>  
Enter St. Mary's Parish Postal Code: V2M 2V3.

**Formed recommendation this week: Triduum: A Spiritual Pilgrimage.** Triduum: A Spiritual Pilgrimage, cinematically walks through the locations of the Holy Week story, representing the most important days of human history. Immersed in the real and sacred places of the Holy Land, the pilgrim faithful is brought tangibly nearer to the story, the landscape, and the reality of the Passion, Death, and Resurrection of Jesus Christ.

<https://watch.formed.org/videos/triduum>

## SHC—LENTEN RECONCILIATION

Sacred Heart Cathedral invites you to attend at least one of the evenings of their Parish Lenten Recollection. It will be from Holy Monday to Holy Wednesday (March 25-27). Please see below:

**6:00 PM** - Evening Prayer and recollection talk from a priest about a particular theme.

**6:30 PM** - Exposition and Adoration of the Blessed Sacrament with simultaneous celebration of the Sacrament of Reconciliation (several priests available).

The Recollection facilitators are:

Holy Monday - Fr. Miguel Rabino

**The Heart of Discipleship, John 12:1-11**

Holy Tuesday - Fr. Ken Anderson

**"It is good for us to be here." Mark 9:5**

Holy Wednesday - Fr. Michael Ebomuche, MScC

**God's Mercy, Luke 15**

## 40 DAYS FOR LIFE—LENTEN CAMPAIGN

The Right to Life Society of Prince George invites you to participate in the upcoming 40 Days for Life Lenten Campaign. This year's campaign began on **Ash Wednesday, February 14**, and will end on Sunday, **March 24**. Each day, we will gather along the footpath at the intersection of Ferry Avenue and Hwy 16 W from 1:00-2:00 PM. Since 2007, 40 Days for Life has played a pivotal role in saving the lives of 24,239 unborn children and in the closing of 148 abortion clinics. Your prayerful presence will be a visible witness to the sanctity of the lives of the unborn and help to save many more lives. Please come and join us whenever possible.

## CATHOLIC INDEPENDENT SCHOOLS DIOCESE OF PRINCE GEORGE

We ask for your prayers and help to find Catholic, certified teachers for our 8 Catholic Schools. All 8 schools have vacancies including the Principalship at Sacred Heart School in Prince George. CISPG hires non-Catholics with the expectation they understand and are respectful to Catholic values and lifestyle.

Teaching vacancies and the application forms can be found at <http://cispg.ca/careers/>

Please share this with anyone you may know that could be teaching in our vibrant Catholic Schools!

## WOMEN'S SILENT RETREAT

On April 26-28, 2024. With retreat director Fr. Kenneth LeBlanc LC. At Domano Renewal Centre, Prince George. More details to come.

## SOCIETY OF ST. VINCENT DE PAUL CLOTHING DONATION NEEDED

Our St Vincent's Thrift Store (1645 3rd Avenue, Prince George, 250-562-5136, store manager Colleen) requires clothing, all types, infants to adults. Our thrift store is open Mondays to Saturdays, see our Facebook Page, St Vincent De Paul Society PG as well. All our proceeds go to feed and clothe the needy.

Additionally, we are in need of volunteers to work alongside our staff, Mondays to Saturdays, with flexible schedules—especially suitable for retirees, or young folk needing volunteer experience. Thank you,  
- Joseph P. Creegan, President, SVDPPG.

## WORLD WIDE MARRIAGE ENCOUNTERS

Even when a marriage is going smoothly, there are always opportunities to make it work better. The Marriage Encounter experience is a heart haven that helps you listen, share, and connect more deeply. There is no group discussion. It's just about the two of you learning to be the best, most loving and thriving couple you can be.

**April 19 – 21, 2024**

Virtual Experience

Edmonton based (Mtn Time)

Questions?

Doug & Candice Chappell

778-479-7900

[Doug.candice.chappell@wwme.org](mailto:Doug.candice.chappell@wwme.org)

## RACHEL VINEYARD RETREATS

Spring retreats for the BC interior. For emotional and Spiritual Healing. Rachel Vineyard weekend retreats offer a supportive and non-judgmental environment where women and men can express, release and reconcile painful post-abortion emotions to begin the process of restoration, renewal & healing. Registering now. Confidentiality assured.

**Kelowna retreat April 12–14.** Contact Vicki at 250-762-2273 or [www.rachelsvineyardkelowna.com](http://www.rachelsvineyardkelowna.com) / Facebook: Rachels Vineyard Kelowna.

**Meritt retreat April 30–May 2.** Contact Nancy at 250-867-5081 phone or text [rvkamloops@yahoo.ca](mailto:rvkamloops@yahoo.ca).

## INVITATION TO YOUTH CAMP

EVENT: YOUTH CAMP

Date: April 5-7, 2024.

Location: Domano Retreat Centre.

Fee: \$65 for initial child and \$20 for any subsequent child from the nuclear family.

For more information, please contact: Mark and Ann-Marie Macapinlac at Cell: 778-998-3714.

Email: [markmacapinlac@protonmail.com](mailto:markmacapinlac@protonmail.com)

*This event is in partnership with CFC-Youth for Christ.*

## GRIEF TO GRACE RETREAT

Through a retreat program facilitated by mental health professionals and centered on Jesus Christ, Grief to Grace helps those who have endured neglect, physical, emotional, sexual, and/or spiritual abuse in their family of origin, their community, from spouses/partners, and/or coworkers or supervisors, find healing and journey to wholeness. The next retreat in Canada is **May 14 - 18, 2024 in Kelowna**. For more information please email [griegtograncelowna@gmail.com](mailto:griegtograncelowna@gmail.com) or make a confidential call to 250-808-6403.



# Everything You Need to Know about the Sacred Triduum

by Gretchen Filz

Holy Week is the most solemn and glorious week in Christianity, the pinnacle of the liturgical year. It's more sacred than Christmas! This is because Holy Week commemorates the final week of Our Lord's life, the very purpose for which Christmas happened. Holy Week begins with Palm Sunday (when Jesus made his final entrance into Jerusalem) and culminates with Easter Sunday. As Holy Week progresses to its final days the solemnity heightens.

## THE SACRED TRIDUUM

Sundown on Holy Thursday to sundown on Easter Sunday is considered the most solemn part of the liturgical year. This three-day period is referred to as the *Easter Triduum*, also known as the *Sacred Triduum*, or *Paschal Triduum*.

The word "triduum" comes from the Latin word *triduum*, which comes from *tris* ("three") + *dies* ("day").

Basically, the Sacred Triduum is one great festival recounting the last three days of Jesus' life on earth, the events of his Passion and Resurrection, when the Lamb of God laid down his life in atonement for our sins.

## HOLY THURSDAY

The evening Mass on Holy Thursday is referred to as *The Mass of the Lord's Supper*. This is where the Church re-lives the institution of the Eucharist and the Holy Sacrifice of the Mass at the Last Supper, as well as the institution of the priesthood, which took place the evening before Jesus was crucified. After the homily there is an optional "washing of the feet" ceremony, where the priest washes the feet of others to signify his role as servant—just as Jesus did with his disciples. Extra hosts are consecrated at this Mass to be used on Good Friday when no Mass will be celebrated.

The Mass of the Lord's Supper on Holy Thursday concludes with a procession of the Blessed Sacrament to the "altar of repose," a place where the consecrated Host is kept, away from the main altar where Mass is normally celebrated.

Many parishes will create space for people to stay and pray with the reposed Eucharist at this altar of repose late into the night, remembering Jesus' request in the Garden of Gethsemane for someone to "watch and pray" with Him.

## GOOD FRIDAY

Good Friday is a mandatory day of fasting and abstinence. This is the day of the crucifixion, the day Jesus died for the sins of the world. The parish altar looks very different on Good Friday: it is plain and bare. There is no consecrated Host in the tabernacle at the main altar of the church; it was carried away on Holy Thursday night to the "altar of repose" to signify Jesus' death. The candle by the tabernacle is blown out, and the tabernacle doors are left open to show that it is empty. Jesus is gone. This is quite dramatic, reminding us that Good Friday is a solemn day of mourning and prayer. The ceremony on Good Friday is not a Mass—it is a communion service using the consecrated hosts from Holy Thursday. Good Friday is the only day of the year on which no Masses are offered. These Good Friday services often take place at 3 p.m., the hour that Jesus breathed his last on the cross. Often the priest will begin the service by prostrating himself in front of the altar. Veneration of the Cross usually takes place at this service, in which the priest and the faithful kneel before a cross and kiss it.

## HOLY SATURDAY

On this day Christ is in the tomb. There is no daytime Mass on Holy Saturday. It is still a day of fasting and sorrow before the Easter Vigil begins that evening. We recall, with Mary and the disciples, that Jesus died and was separated from them for the first time as He lay in the tomb. The faithful often continue their Good Friday fast through Holy Saturday.

In the Apostles Creed we pray "He descended into hell" (translated *hades*, that is, the temporary abode of the dead—not the eternal lake of fire) which describes what Jesus did in the time between his burial and Resurrection. Jesus descended to the realm of the dead on Holy Saturday to save the righteous souls—the Old Testament patriarchs, for example—who died before his crucifixion. The Catechism of the Catholic Church calls Jesus' descent into the realm of the dead "the last phase of Jesus' messianic mission," during which he "opened heaven's gates for the just who had gone before him." Before Holy Saturday, there were **no** souls enjoying the beatific vision of God in heaven! Christ's work on Holy Saturday is also known as the "Harrowing of Hell."

## EASTER VIGIL / EASTER SUNDAY

A vigil Mass is held after nightfall on Holy Saturday, or before dawn on Easter Sunday, in celebration of the resurrection of Jesus. This is called the Easter Vigil: the most glorious, beautiful, and dramatic liturgy for the Church.

The vigil is divided into four parts and can last up to three hours: 1) the Service of Light, 2) the Liturgy of the Word, 3) the Liturgy of Baptism, and 4) the Liturgy of the Eucharist.

This is also the Mass in which many RCIA catechumens are brought into full communion with the Catholic Church.

## CELEBRATING EASTER FULLY

Easter Sunday is what we've all been waiting for! The forty days of prayer, fasting, and almsgiving during Lent was in preparation for this day, when our hearts and souls can drink in deeply the culmination of the Paschal mystery: the Resurrection. *"Therefore Easter is not simply one feast among others, but the 'Feast of feasts', the 'Solemnity of solemnities', just as the Eucharist is the 'Sacrament of sacraments'. St. Athanasius calls Easter 'the Great Sunday' and the Eastern Churches call Holy Week 'the Great Week'. The mystery of the Resurrection, in which Christ crushed death, permeates with its powerful energy our old time, until all is subjected to him."*

—The Catechism of the Catholic Church, 1168 and 1169.

For full article, please visit: <https://www.catholiccompany.com/magazine/the-easter-triduum-what-is-it-6028>