

**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 Aruldhass 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



## THE RESURRECTION OF THE LORD MARCH 31ST, 2024



### READINGS AND LITURGY

*Acts 10.34, 37-43; Psalm 118.1-2, 16-17, 22-23;*

*Colossians 3.1-4; Gospel: John 20.1-18.*

*In the first reading, Peter tells the story of Jesus' ministry, death, and resurrection. In the second reading, Paul tells the Colossians that since they were raised with Christ, they must seek what is above. In the Gospel, Mary Magdalene discovers the empty tomb and runs to tell Simon Peter and the other disciple whom Jesus loved. The other disciple arrived at the tomb first; he saw and believed.*

*Faith Catholic*

### "... AND SO IT BEGINS."

Several years ago, the Italian film maker, Franco Zeffirelli (born 1923) offered the public his cinematic version of the good news of Jesus of Nazareth. In the film, after the crucifixion of Jesus on Calvary and his hasty burial, a member of the Sanhedrin was informed that certain followers of the itinerant teacher and healer were claiming that his tomb had been found empty. Others were spreading the news that they had experienced his risen presence. At that, the Jewish official moaned softly and sighed almost inaudibly, "... and so it begins." — And so indeed, the resurrection of Jesus marked the beginning of a new way of life centered in Christ Jesus, who died but now lives forever. By virtue of Jesus' victory over sin and death, believers are offered a new perspective. Jesus' cross and resurrection changed forever the way we look at death; it changed the way we look at life, at this world and at one another. (Sanchez Files).

### YOU KNOW? JESUS IS ALIVE!

When, in an interview, Cardinal Timothy Dolan of New York was asked who the most influential person in his life is, he answered, without hesitation, "Jesus Christ, of course." A bit perplexed, the interviewing reporter clarified, "I meant someone who is alive." To which the Cardinal answered, with all the surety of not merely belief, but first-hand experience, "You know? Jesus IS alive!" (Fr. Bill Nicholas).

### HE WOULD JUST KNEEL DOWN AND PRAY TO GOD

A friend asked Samuel Morse, the inventor of the Telegraph, and the Morse Code, whether during all his experiments, he had come across a moment or stage where he did not know what to do next. Morse in reply said it had happened to him more than once. There were anxious moments in his life where he was unable to move. Morse told his friend that in such moments he would just kneel down and pray to God to give him light and understanding. The friend asked him whether he got that light and understanding from God. Morse replied emphatically, yes. Therefore, he added when he received honours from America and from Europe on account of his invention, one which bears his name, he never even once felt he deserved them. He had only made a valid application of electricity not because he was superior to others but solely because God, who meant it for mankind, would have revealed it to someone and was pleased to reveal it to Morse.

## Happy Easter!

**"We know that Christ, being  
raised from the dead, will  
never die again; death no  
longer has dominion over  
him."**

Romans 6:9

"All I want to know is Christ  
and the power flowing from  
His Resurrection!" —

St. Francis of Assisi

Father Aruldhass Lucas SAC  
Pastoral Assistant, Claudia Betz  
Secretary, Vanessa Estrada

St. Mary's  
PARISH



# MASS

## INTENTIONS

Sat	Mar 30	8:00 pm	Int for Pereira Family <b><i>Easter Vigil</i></b>
Sun	Mar 31	9:00 am 11:00 am	Int for all our Parishioners RIP John and Serafina Furtado
Tue	Apr 2	9:00 am	Int. for a Parishioner
Wed	Apr 3	9:00 am	RIP Maria Pereira
Thu	Apr 4	9:00 am	RIP Sandy Mathews
Fri	Apr 5	7:00 pm	RIP Sr. Magdalen
Sat	Apr 6	7:00 pm	RIP Maria Camba
Sun	Apr 7	9:00 am 11:00 am	Int for all our Parishioners RIP Bernardine Lefebvre

## 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.

## ST. MARY'S YOUTH GROUP

St. Mary's Carlo Acutis Youth Group is meeting this Wednesday, April 3rd from 6:00PM to 8:00PM at St. Mary's in the School Gym. All youth in grades 6–12 are welcome to attend.

## CHILDREN'S LITURGY

The Children's Liturgy of the Word for all children ages 4–8 will resume again on Sunday, April 7th, on Divine Mercy Sunday, at the 11:00 am Mass.

## 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: He is Alive! | Laugh and Grow Bible for Kids** Why can we have hope? Because we know how the story ends . . . with the most incredible miracle ever! Follow along and experience the joy of Jesus' friends as they discover He defeated death and rose from the grave. <https://watch.formed.org/videos/he-is-alive-laugh-and-grow-bible-for-kids>



## FIRST FRIDAY MASS AND ADORATION

Please, join us for our First Friday Mass and Adoration on Friday, April 5th at 7:00 PM. Please note there will be no morning Mass on this day.

## CWL EDUCATION GRANT

The St. Mary's CWL is offering a 500 dollar Education grant for the Fall 2024/2025 School Year. This grant can be used in any accredited post secondary institution. Parishioners at any age or level are welcome to apply. This includes current grade 12 students looking to apply to Post Secondary in the fall. Application forms are available at the parish office or by contacting Cortnie Weir at: [cortnie17@gmail.com](mailto:cortnie17@gmail.com). Applications are due by June 28, 2024.

## CWL IS HOSTING A COFFEE SOCIAL

The CWL will be hosting a coffee/tea social for the parish at 10am in the St. Eugene room on Sunday April 14th. Please come join us, all are welcome!

Did you know the CWL is not just about providing food and assisting with parish events? There is much more to our organization based on the three tenets of faith, service, and social justice! Members benefit from building relationships, growing spiritually and personally, feeling a sense of community and so much more! Did you know that the CWL even has representatives that meet with the provincial and federal government? If you are interested in learning more or joining our council, please contact Cortnie Weir at [cortnie17@gmail.com](mailto:cortnie17@gmail.com) or 250-981-9184.

## FIAT 40 REFLECTION AND INITIATION TO JOIN AN UPCOMING BOOK STUDY!

I recently had a wonderful opportunity to join a small group to do "Fiat 40" for Lent. Fiat 40 involves prayer, asceticism or self-discipline, and sisterhood. Being a part of this small group and journeying through Lent together was an incredible blessing! The group provided a great support system, and also helped us maintain a degree of accountability. We were able to encourage each other, help each other through difficulties, celebrate each others successes, and forge new friendships! Most of all, Fiat 40, offered an incredible opportunity to grow closer to God and grow in our faith! It personally helped me to rejuvenate and refocus my spiritual life, deepening my relationship with the Lord. I was looking for an opportunity to truly journey with Jesus and was seeking to follow Christ's will more faithfully and fully. With God's grace, and the support and encouragement from the group, I worked on my self-control, improved my prayer and spiritual life, and overall endeavoured to grow as a person. The friendships I developed in the group are truly special, and we didn't want to see our group end. Therefore, we are now planning to begin a book study. The book will be "He Leadeth Me: An Extraordinary Testament of Faith" by Walter Ciszek and Daniel L. Flaherty. If you are interested in participating in this book study, please contact the parish office at 250-564-4097. The first meeting will be on Friday, April 19th from 5pm-6pm in the parish office basement and we will be meeting every 2 weeks. Everyone is welcome! If that time does not work for you and you would like to lead a book study from your home on a different day and time, please let us know. It's a wonderful opportunity to develop new friendships, as we support and encourage each other in drawing closer to God while we deepen our faith!



### PRAYER VIGIL

The Right to Life Society of Prince George invites you to join us at our First Sunday of the Month Prayer Vigil on Sunday, April 7, from 2:00 to 3:00 on the footpath at Ferry Avenue and Hwy 16W.

### DIOCESAN YOUTH CONFERENCE

Two Dominican Sisters, one Benedictine Monk, our priests, and a group of Catholic young adults – The Diocesan Youth Conference 2024 is going to be beautiful.

Who: For all youth Gr. 7-12

Where: The Pastoral Centre, Prince George

When: May 24-26th

How: Registration Opens April 15th

Email: Lisa Findlay with all your questions: [lfindlay@pgdiocese.bc.ca](mailto:lfindlay@pgdiocese.bc.ca)



*Save the Date:*

**Women's Silent Retreat**

**April 26-28, 2024**

With retreat director Fr. Kenneth LeBlanc LC.  
Domano Renewal Centre, Prince George

### HOLY FAMILY CAMP 2024

If you wish to join us again (or for the first time), you can mark your calendars for this year's diocesan Holy Family Camp, which will take place at Camp Morice from Friday June 28th to Tuesday July 2, 2024. We will begin Friday in the late afternoon/early evening, and end at midday on Tuesday.

Registration will open later this spring.

Questions can be directed to Fr. Ken at [kanderson@pgdiocese.ca](mailto:kanderson@pgdiocese.ca)

or to Therese Steiner at [ray.therese1999@gmail.com](mailto:ray.therese1999@gmail.com)

### 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!

## Divine Mercy Sunday

**April 7, 2024**

at  
**Sacred Heart Cathedral**

Veneration of the relic of St. John Paul II after the 11:00 AM Mass until 1:00 PM

<b>1:00 PM</b>	Exposition and Adoration of the Blessed Sacrament
<b>2:00 PM</b>	Confessions
<b>3:00 PM</b>	Divine Mercy Chaplet
<b>3:15 PM</b>	Mass

### 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-abortive 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.

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

### A GREAT SYMPHONY OF PRAYER: THE OUR FATHER AS A PROGRAMME OF LIFE – WEBINAR

The Ad hoc Committee for the Preparation for the Jubilee 2025 has organized a two-part webinar series titled, "A Great Symphony of Prayer" which will enable the faithful one meaningful way to participate in the Year of Prayer which was announced by Pope Francis on 21 January 2024. The Jubilee Office in Rome has prepared a series of booklets on prayer, the themes of which will be taken up during the webinar.

For each official language, there will be one four-part webinar series in the spring and one more four-part webinar series in the fall. Dr. Josephine Lombardi (St. Augustine's Seminary) will present eight English-language webinars on prayer:

Spring Series: "A Great Symphony of Prayer: The Our Father as a Programme of Life."

Tuesday, April 2 (1:00 – 2:30 pm EDT): "Why did Jesus address God as Father?"

Tuesday, April 9 (1:00 – 2:30 pm EDT): "Seeking God's Kingdom and Knowing God's Will"

Tuesday, April 23 (1:00 – 2:30 pm EDT): "Daily Bread and the Gift of Forgiveness"

Tuesday, April 30 (1:00 – 2:30 pm EDT): "Managing Trials and Resisting Evil"

Registration for the Spring series is now open here: [https://cccb-ca.zoom.us/webinar/register/4017109566434/WN\\_E7HPS7PeQAOXnuBjILt9Qg#/registration](https://cccb-ca.zoom.us/webinar/register/4017109566434/WN_E7HPS7PeQAOXnuBjILt9Qg#/registration)

### INVITATION TO 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.*

# 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>