



ST. ALPHONSA SYRO-MALABAR CATHOLIC CHURCH

PARISH BULLETIN

MARCH 2024



"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life"
John 3:16



Pastor's Message

LENT 2024:-

As we walk together through the Lenten desert of repentance, with faith-filled longing, and through your cleansing touch, may our hearts and spirits grow and be transformed in the renewed hope and joy that Jesus Christ offers. Ash Monday has marked the beginning of this season, calling us to a season of prayer, fasting, and almsgiving. In his Lenten message for 2024, Holy Father Pope Francis has reminded us of the theme "Through the Desert, God Leads Us to Freedom", drawn from the book of Exodus, which speaks about the journey of conversion and renewal that Lent offers us - a journey from bondage to spiritual freedom.

Adoration and Way of the Cross: -

During lent, there will be adoration on every Thursdays and way of the cross on every Fridays and Sundays before the Holy Qurbana. I call your attention and sincere participation in this.

Lenten Retreat: -

In God's great love, let us spend some time with him to listen and meditate on His words and to examine our hearts, to heal our souls, to pray humbly with purity and sincerity. As I had announced earlier, our parish retreat will be held on March 15th-17th. It is a great blessing to have Rev Sr Ann Maria with us from March 12th onwards for a week. I encourage everyone to make use of this golden opportunity for spiritual counseling either single or with your family. Please book a slot at your convenience ahead of time.

Holy Week Observances: -

Holy Week, is the last week of Lent, which starts with Palm Sunday and leads through the Last Supper, His crucifixion, and ends on Easter Sunday with His resurrection. We observe Holy Week with special solemnity as a time of devotion. I gently remind you that, Good Friday is a day of fasting for us Catholics and to refrain from eating meat.

As we journey through Lent, may our hearts be filled with grace, our minds renewed, and our spirits enkindled with the light and hope of the Resurrection.

May God bless you abundantly,

Fr. Thomas Venmanthara

ST. ALPHONSA SYRO- MALABAR CATHOLIC CHURCH

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Email: parish@stalphonsabc.org

Follow us on:



Pastor

Fr. Thomas Venmanthara

Trustees

Abraham Varghese

John Sebastian

Shiju Joseph

Vincy William

Secretary

Anju Thomas

Annual Retreat

REV. SR. ANN MARIA S.H. **MARCH 15, 16, 17**
 വിചിത്രപ്രഘോഷണം
 പരിശുദ്ധ കുർബാനയുടെ ആരാധന
 പരിശുദ്ധ കുർബാന കുമ്പസാരം
ST. BERNADETTE CHURCH, 6543 132 St. SURREY, BC V3W 4L4

Our first annual retreat of 2024 is scheduled for March 15th, 16th and 17th. **Rev. Sr. Ann Maria S.H** will be leading the retreat. During the week of March-11th, Sr. Ann Maria will also be available for Spiritual Sharing (one on one) at Mission House. Please use the below form to book your appointment with Sr. Ann Maria. <https://forms.gle/zSJ8TKGnZ5T4X5BfA>

നോമ്പുകാലം 2024
സീറോ മലബാർ ലിറ്റർജി
 12 February വിഭൂതി
 6 March പകുതി നോമ്പ്
 22 March നാലപ്പത്താ വെള്ളി
 23 March കൊല്ലം ക്രൈസ്തവർ
 24 March സൊമാന തൊയർ
 28 March ചെപ്പടം വെള്ളി
 29 March പിശാനൂറ് വെള്ളി
 30 March വഴിയ ശനി
 31 March ഉയർപ്പു തിരുനാൾ
 5 April പത്തൊമ്പതാം നൂറ്റാണ്ടിന്റെ തുടർച്ച

Qurbana Booking

We extend an invitation to every family to participate in the daily masses at Mission House. Each family is encouraged to sign up for significant occasions such as birthdays, wedding anniversaries, death anniversaries, or any other special intentions.

Qurbana sign-up calendar:

<https://stalphonsabc.org/qurbana-booking/>

Simply select your preferred dates from the available options. On your booked date, we kindly request that your family join us at Mission House to attend the Qurbana together.

Catechism Updates



Upcoming Catechetical Activities:

- **March 3:** Regular class
- **March 9:** Convention of Catechists & PAC Animators (11:30 AM-1:30 PM EST)
- **March 10:** Regular Class, PTA Executive Meeting
- **March 17:** Regular Class
- **March 24:** Palm Sunday, Stations of the Cross led by Catechism Department
- **March 31:** Easter

Stations of the cross

Members of the St. Jude and St. Antony family unit are planning to visit [Carmel Hill Little Flower Monastery](#), on Saturday March-9th 1:00 pm. There will be mass at 1:00 pm in the chapel followed by the Station of Cross on the Hill. Anyone who is interested to join, please contact Sinoj @ 778-939-6790 or Sanitha @ 604-765-2303.

Address:

10789 N Deroche Rd,
Deroche, BC V0M 1G0

Pious Association

Pious Association activities were held on February 18. Children actively participated in a variety of coordinated activities facilitated by leaders and animators.

SEASON OF THE GREAT FAST
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ST. ALPHONSA
SUNDAY
 04.15 PM **WAY OF THE CROSS**
 05.00 PM **HOLY QURBANA**
ST. BERNADETTE CHURCH
 6543 132 St. SURREY, BC V3W 4L4
MISSION HOUSE CHAPEL
 14331 86 AVE SURREY V3W 0N9
MONDAY - TUESDAY - WEDNESDAY
 07.00 PM **HOLY QURBANA**
THURSDAY
 06.30 PM **ADORATION**
 07.00 PM **HOLY QURBANA**
FRIDAY
 06.00 PM **HOLY QURBANA**
WAY OF THE CROSS
SATURDAY
 09.00 AM **HOLY QURBANA**



BIBLE READINGS

March 3 2024

Fourth Sunday of the Great Fast

Gen 19:1-11
 2 Sam 12:1-7, 13-17
 2 Tim 2:22-26
 Mt 5:27-32

March 10 2024

Fifth Sunday of the Great Fast

Gen 4:8-16
 1 Sam 24:1-8
 1 Jn 1:5-10
 Jn 8:1-11

March 17 2024

Sixth Sunday of the Great Fast

Deut 8:1-10
 2 Macc 6:18-31
 1 Pet 4:12-19
 Mk 8:31-9:1

March 24 2024

Seventh Sunday of the Great Fast

Gn 49: 8-12, 22-26 (49: 1-12, 22-26)
 Zech 9:9-12 (4: 8-14 + 7:9-10 + 8: 4-5, 12-19 + 9: 9-12)
 Rom 11:13-24
 Mt 21:1-17 (20: 29-21:22)

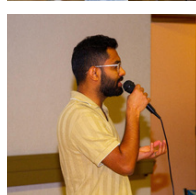
SMYM - National Youth Meeting



The SMYM National Youth hosted a social gathering on Feb 11, 2024, at St. Alphonsa Mission house. Sixteen youths took part in the event, which featured various games and social events, bringing a fun-filled evening to all attendees. The event ended with a fellowship dinner and a prayer at the Mission House Chapel.

SMYM - International Youth Meeting

The first international youth gathering of 2024 was held on February 18, 2024, with the aim of welcoming students who arrived in the January intake. The event provided an excellent platform for interaction and collaboration. Attendees had the privilege of participating in an informative session on immigration, facilitated by Simon Chelat from Noaisys Immigration. Mr. Chelat's expertise shed light on various aspects of immigration, offering valuable insights and guidance to those present.



Overall, the youth gathering and information session on immigration proved to be both enlightening and enriching, setting a positive tone for the year ahead.

UPCOMING EVENTS

March 15,16,17
Annual Retreat

May 25 2024
Chitravarnam

CATECHETICAL DEPT.

Beena Parappilly (Principal)
Georgey Varghese (Vice Principal)

PIOUS ASSOCIATIONS

Ninu Joseph

KNIGHTS OF COLUMBUS

Jobin Jacob

MATHRUVEDHI

Preetha Sebastian

FAMILY UNITS

The registered members of the Parish are divided into family units based on the location of their residence. Each family unit gathers once a month for prayer meeting. Please visit

<https://www.stalphonsabc.org/family-units/> to know which family unit you belong to and the leaders information.

NEWCOMERS HELPDESK

We warmly welcome new parishioners to register and become a part of our community. Registration forms are available at church or on our website.

As a new member, you can take advantage of our parish's dedicated helpdesk for newcomers, which can assist you with finding accommodation, arranging transportation to church, purchasing a vehicle, and any other essential needs. For further inquiries, please contact Biju Ukken (778 709 3834) or Renji Jose (778 986 4005) or send us an email at help@stalphonsabc.org.

Family Unit updates

St. Sebastian Family Unit



St. Paul Family Unit, Abbotsford



St. George Family Unit

