

# IMMACULATE CONCEPTION PARISH

Diocese of Prince George

**MARCH 6, 2022—1<sup>ST</sup> SUNDAY OF LENT**

3285 Cathedral Avenue - Prince George, BC V2N 6R4

TELEPHONE: 250-964-4898 WEBSITE: [www.icparish.ca](http://www.icparish.ca)



## OUR PARISH MISSION STATEMENT

We are a Catholic community nourished through  
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Striving to follow Christ,  
we reach out and welcome all,  
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in service, education, and celebration.

OFFICE HOURS:	Monday to Friday	9:30AM – 3:00PM
MASS TIMES:	Daily	Monday – Friday 9:00AM
	Sunday	9:00AM, 11:00AM & 7:00PM
SACRAMENTS:	Baptism	Contact Parish Office
	Reconciliation	Before Mass, or by appointment
	Marriage	Contact Parish Office at least six months in advance

BISHOP -DIOCESE OF PRINCE GEORGE

Most Rev. Stephen Jensen

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PASTOR -IMMACULATE CONCEPTION PARISH

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ADMINISTRATIVE AND PASTORAL ASSISTANT

Mrs. Martha Primus

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PRINCIPAL -IMMACULATE CONCEPTION SCHOOL

Mrs. Kathleen Barth

Email: [icsoffice@cispjg.ca](mailto:icsoffice@cispjg.ca)

## PASTORAL MINISTRIES CONTACTS

FINANCE COUNCIL CHAIR: Matt Brown

HOME VISITS: Cathy Piwniuk

PARISH COUNCIL CHAIR: Eva Gillis

CHILDREN'S MINISTRY: TBA

HOSPITALITY/COFFEE: Eva Gillis &

CHURCH: Sr. Michaela

SUNDAY: Anita Santos

ENVIRONMENT: Linda Boudreau

KNIGHTS OF COLUMBUS: Dennis Fedyk

SOCIAL ACTION: Sr. Michaela

GRAND KNIGHT:

Soup Kitchen

K of C Meetings: 2<sup>nd</sup> Thursday of the month

VOCATIONS: Fr. Terry Brock

**Jesus was led by the Spirit into the wilderness:  
there he was tempted.**

Luke 4. 1-13



Knowing your roots--it's become an obsession for many of us. There's a wealth of resources available for researching

one's family history; people enjoy knowing about their ancestors and where they came from. When we learn about our family's past we can appreciate the cultural riches our ancestors brought to us, their descendants.

In today's First Reading Moses makes knowing the family history a part of the worship of Israel--and so it is to this day. As part of every Seder service, Jewish families retell the story of the Exodus from Egypt. We Catholics also bring our "family history" into our liturgy. Our Lenten season chooses some of the most basic stories of faith to remind us where we've come from. More importantly, these stories lead us directly to Jesus and the story of our redemption in his death and resurrection.

Today, as we hear of the Lord's temptations in the desert, let's let this very human portrait of Jesus remind us of how we're called to respond in times of temptation: To depend upon God's grace and allow it to support and sustain us. It's the living story of our faith--our baptismal commitment--which we reaffirm in this Lenten season.

From Father Greg Friedman, OFM  
[Listen here to the Sunday Soundbites](#)

# LENT

Pray + Fast + Give

Check out some  
of these links:

- ["What is Lent?"](#)
- [Lent in 3 minutes](#)
- [How to live this Lent for others](#)
- [Lent|Catholic Central – great for young people and teens.](#)

Lent gives us an opportunity to enter into a penitential time of prayer, fasting and almsgiving.

## Why do Christians observe 40 days?

**Lent (Latin: Quadragesima, 'Fortieth')** is a observance in the liturgical calendar in which we commemorate the 40 days Jesus spent fasting in the desert in which he endured temptation by Satan before beginning his public ministry.

There are actually 46 days in between Ash Wednesday and Holy Saturday, but Sundays during Lent on not considered to be part of the prescribed days.

**What can I do for Lent – pick one or two or a few.**

1. Only buy what you NEED.
2. Donate or give away 40 things for 40 days.
3. Declutter your heart and your house.
4. Speak kindly of people.
5. Take care of your body – exercise and eat healthy.
6. Make what you eat for supper/dinner be the last food you consume for the day.
7. Give up a favourite beverage or a favourite snack.
8. Say three nice things to those who you work/live with.
9. Replace 30 minutes of TV/screen time with prayer
10. Cook all your meals—avoid eating out.

## MARK YOUR CALENDARS or see attached:

### • Stations of the Cross (no Mass afterwards)

Fridays during Lent 7:00 PM

Also known as **The Way of the Cross**, offers a chance to think about the crucifixion of Jesus. Each station is an opportunity to think about the pain and suffering Jesus went through because God loves us.

### • Reflections During Lent

Thursday mornings after morning Mass  
**Beginning March 10, 2022**

### • Healing Mass with the Sacrament of the Anointing of the Sick

**March 25, 2022** 9:00 AM  
Feast of the Annunciation

### • Communal Reconciliation 6:30 PM

April 7, 2022 Or before any Mass or by appointment.

[Link for Diocesan Wednesday Weekly  
for March 2, 2022](#)

## Peace and Development (D&P)–Share Lent

1. The collection gathered on the 5<sup>th</sup> Sunday of Lent, **Solidarity Sunday** (April 3, 2022) is an opportunity to practice almsgiving while supporting the mission of D&P to help poor around the world. Or you can donate directly online at [devp.org/give](http://devp.org/give)
2. Message from [Bishop Raymond's full message.](#)
3. **Sign the petition** for strong laws to control Canadian corporations' behaviour abroad at [devp.org/act](http://devp.org/act).
4. **See attached or [click here for 2022 Solidarity Calendar](#).** Print and follow the journey from Ash Wednesday to Easter Sunday.

## **Appreciation from the Ukrainian Catholic Church in Canada**

The Ukrainian Catholic Archeparchy of Winnipeg has released a statement of appreciation for the Executive of the Canadian Conference of Catholic Bishops for their supportive prayers for the people of Ukraine. They also wish to acknowledge the many expressions of solidarity that the faithful have engaged in across the country.

Please see the attached/link to the document to read their statement in full. For [details on how to make donations to Ukraine through CNEWA](#). Or go to

- <https://cnewa.org/ca/campaigns/Ukraine/>
- Call 1-866-322-4441
- Or Send cheques to CNEWA (Catholic Near East Welfare Association) Canada, 223 Main Street, Box 80, Ottawa ON K1S 1C4

The Archeparchy invites us to join them in an ancient prayer of supplication to Mary, Mother of God, for an end to the war and suffering in Ukraine:

*We flee to the shelter of your mercy,  
O Virgin Mother of God.  
Do not reject our prayers of anguish,  
but free us from tribulation,  
O only pure and blessed one.*

### THE SHARE HOPE REFUGEE SPONSORSHIP COMMITTEE

There will be a meeting at 5:30PM on the 7<sup>th</sup> of March at St Mary's in the St Eugene Room to share information of the recent efforts made to **start the city wide PG4Ukraine Initiative**. The committee is **seeking new members to join in the efforts to support families fleeing the war in the Ukraine**.

For more information, come to the meeting, or contact Dick Mynen at St Mary's or Eva Gillis at Immaculate Conception.

## **Updated Covid Restrictions remain the same for places of worship**

as of February 16, 2022 click link below

## **A Mask /Face Covering is still REQUIRED for Worship services**

## **Mark your calendar**



**Chrism Mass April 5, 2022  
7:00PM at  
Sacred Heart  
Cathedral**

"As Lent is the time for greater love, listen to Jesus' thirst...He knows your weakness. He wants only your love, wants only the chance to love you."

– Blessed Teresa of Calcutta

## **POPE FRANCIS' Advice for Lent**

Fast from **hurting** words and say kind **words**.

Fast from **sadness** and be filled with **gratitude**.

Fast from **anger** and be filled with **patience**.

Fast from **pessimism** and be filled with **hope**.

Fast from **worries** and **trust in God**.

Fast from **complaints** and **contemplate** simplicity.

Fast from **pressures** and be **prayerful**.

Fast from **bitterness** and fill your heart with **joy**.

Fast from **selfishness** and be **compassionate** to others.

Fast from **grudges** and be **reconciled**.

Fast from **words** and be silent so you can **listen**.







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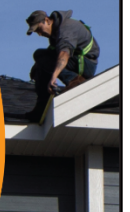
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