



Our Lady of Victory Memorial Parish

"We, the people of Our Lady of Victory Memorial Parish, accept as our mission to be a welcoming, diverse parish family who shares our gifts and talents that God has given us to serve others in need as we grow in our Faith."

March 2 & 3, 2024 3rd Sunday of Lent

Pastor: Father Efoe "Emmanuel" Anani
249 Arnold Avenue
Winnipeg, MB R3L 0W4
204-453-4225
www.ourladyofvictoryywq.com
parish@victoryedu.com

Baptism: Contact Father for more information
Reconciliation: Saturday from 3:30 - 3:50 pm.
Matrimony: Contact Father six months in advance.
Sacrament of the Sick: Call Father as the need arises.

Contact Father for the following:

- Blessing of the Home
- Visiting the Sick
- Mass intentions

Contact Sam for Hall Rentals: bookolv@gmail.com
For Bulletin Inquiries: bulletin@victoryedu.com

To Contact the School: olv@victoryedu.com 204-452-7632

SUNDAY MASS TIMES

SATURDAY—4:00 P.M.
SUNDAY—9:30 A.M.

WEEKDAY MASSES

TUES, THURS, FRIDAY—9:30 A.M.
**ROSARY AT 9:10 A.M.
WED—10:00 A.M. AT RIVERVIEW

**EXPOSITION OF THE
BLESSED SACRAMENT**

FIRST THURSDAY OF THE MONTH

Readings for Next Sunday

4th Sunday of Lent

1st Reading—2 Chron 36:14-17,19-23
2nd Reading—Eph 2:4-10
Gospel—John 3:14-21



Events - News - Information

3rd Sunday of Lent

Introduction: Today's readings from Holy Scripture teach us that Lent is the ideal time to clean out the Temple of our own hearts and to offer to God proper Divine worship by obeying the Ten Commandments. They also teach us that our New Covenant with God demands that we should keep our parish Church holy, and our Divine worship vibrant by our active participation in the liturgy with hearts cleansed by repentance, and made holy by allowing the Holy Spirit to control our hearts and lives.

Life Messages

1) **We need to avoid a calculating mentality in Divine worship:** Our relationship with God must be that of a child to his parent, one of mutual love, respect and a desire for the family's good, with no thought of personal loss or gain. Hence, fulfilling our Sunday obligation only out of fear of mortal sin and consequent eternal punishment (a loss), is a non-Christian approach. In the same way, obeying the commandments and doing acts of charity merely as prerequisites for Heavenly reward (a gain), are acts driven by a profit motive, of which Jesus would not approve. Hence, let us ask ourselves these questions during this third week of Lent: Can leading worship become simply a business for the clergy for which they are paid? Do the laity sometimes think that they are "paying" the minister to do the worship for them — thinking, "We pay them to do this for us"? Do we think of God as a vending machine into which we put our sacrifices and good deeds to get back His blessings? Do we use our acts of obedience to the Ten Commandments as bargaining chips with God? The theologian Karl Rahner put it this way: "The number one cause of atheism is Christians. Those who proclaim God with their mouths and deny Him with their lifestyles are what an unbelieving world finds simply unbelievable."

2) **We need to remember that we are the temples of the Holy Spirit:** St. Paul reminds us that we are God's temples, body and soul, because the Spirit of God dwells in us. Hence, we have no right to desecrate God's temple by impurity and injustice. We are expected to cleanse our hearts of pride, hatred, jealousy, and all evil thoughts, desires, and plans. Reminiscent of what Jesus did in cleansing the Temple, we, as 21st century disciples, must, with His grace, cleanse ourselves of attitudes and behaviors that prevent us from seeing and responding to hurt wherever we find it. Let us welcome Jesus into our hearts and lives during Lent by repentance and the renewal of our lives. We will drive out the wild animals that do not belong in the holy temple of our body by making a whip of cords out of our fasting, penance, and almsgiving during Lent, and by going to Confession to receive God's loving forgiveness in the Sacrament of Reconciliation.

3) **We need to love our parish Church and use it:** Our Church is the place where we come together as a community to love and praise God. It is the holy place where we gather strength to support one another in the task of living the Gospel. It is the place where we come privately to enter into intimate conversation with God. In this building many prodigal sons and daughters have met the merciful Lord in the Sacrament of Reconciliation and have been welcomed back to our community. In this building, tears have been shed by those in pain and grief. Let's look around our Church this morning and treasure it. When we pass our Church, we might take the time to make a brief visit. Let us make our Church even more of a holy place by helping to keep it clean, by adding our prayers and songs to parish worship and by offering our time and talents in the various ministries.

4) **Do we deserve the presence of Jesus with his whip in our contemporary world?** a) Cases of reported child abuse have risen from under one million cases annually to nearly three million. b) Cohabitation statistics are up six-fold. Contrary to popular belief, "trial marriage" — living together followed by marriage — is a statistical predictor of later divorce. c) The divorce rate has doubled, and happiness in surviving marriages has slightly declined. d) In 1960, five percent of babies were born to unwed parents. Today, more than 27 percent of all children are raised by single parents. In 1960, one out of 10 children lived with only one parent, whereas today, three of 10 is the average. e) Abortions continue almost unchecked and people continue to agitate for an extension of time in a pregnancy during which an abortion will still be legal.

JOKE
OF THE
WEEK

I Don't Smoke During Lent

The story is told of a priest who was coming back to his parish house one evening in the dark only to be accosted by a robber who pulled a gun at him and demanded, "Your money or your life!" As the priest reached his hand into his coat pocket the robber saw his Roman collar and said, "So you are a priest? Then you can go." The priest was rather surprised at this unexpected show of piety and so tried to reciprocate by offering the robber his packet of cigarettes, to which the robber replied, "No, Father, I don't smoke during Lent."

Taken from frtonyshomilies.com

40 Tins for Lent

Are you looking for ways to fulfill your Lenten Promise? Are you looking to help those in need? We are looking for parishioners to help those less fortunate. We are asking those who can to donate non-perishable food items and other items during Lent. They are collected at the back of the church and given to Missionaries of Charity on 167 Aikins Street. *Items Donation List* is available at either entrance and on our website.

CWL NEWS

March 3, 2024 is CWL Sunday with a short meeting to follow after the 9:30 Mass. All ladies of the parish are invited to come.

Just a reminder that on Friday, March 22, at 6:00 p.m. the CWL will be leading the Way of the Cross. All are invited to come, not only on the 22nd, but each Friday during Lent.



Lent Fasting Rules: Frequently Asked Questions

What Is Fasting?

In the Catholic Church, fasting is a practice in self-discipline with a penitential focus. In the context of Lent, it refers to reducing food intake and limiting how many meals we have.

What are the Lent fasting rules?

On Ash Wednesday and Good Friday, fasting rules allow Catholics to eat only one full meal and two smaller meals which, combined, would not equal a single normal meal. Additionally, Catholics may not eat meat on these two days—or on any Friday during Lent.

What are the Lent rules on abstinence?

In this context, abstinence refers to "abstaining" from meat on Fridays during Lent. Whereas Catholics fast on Ash Wednesday and Good Friday with just one large meal, Catholics must refrain from eating meat on other Fridays, though they can have three full meals.

At what age do you start fasting for Lent?

Those ages 18-59, in reasonable health, are required to fast on Ash Wednesday and Good Friday. Those 14 and older must abstain from meat on Fridays during Lent. Canon Law does mention that for young children not fasting, parents should still communicate the meaning and penance.

Who is exempt from fasting during Lent?

Children, adults with physical and mental illness, pregnant women and those nursing are all exempt. The CCCB stresses that "common sense should prevail" and that no one should jeopardize their health to fast.

Can you eat meat on Good Friday?

On the one hand, Good Friday is part of the Easter Triduum, which marks the end of Lent. However, since Good Friday itself is a day of abstinence, it's best to abstain from meat, as in the Fridays of Lent.

Do Sundays count for fasting?

It's been a custom for Catholics to give something up during Lent, in addition to the fastings and abstinence rules. Some keep their sacrifice continuously, but Sundays during Lent are not "prescribed days of fasting and abstinence." Ultimately, it's a personal decision.

What are the fasting rules around alcohol?

The Church does not specifically limit alcohol. A person's personal discretion is best.

Stations of the Cross

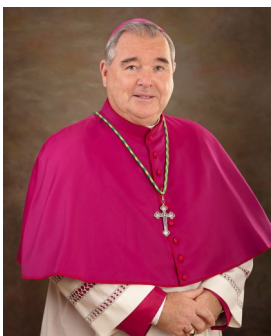
Every Friday during Lent, there will be Stations of the Cross at 6:00—6:30pm. Different groups will lead each week. Think about doing this for a Lenten Promise.



Lenten Reconciliation Services

OLV School: March 19th : 10:00 am

OLVMP: March 20th : 7:00 pm



His Grace, Most Reverend Richard Gagnon, Archbishop of Winnipeg will pay a visit to OLVMP on Sunday, March 17 (5th Sunday in Lent).

We are all invited to give a warm and cordial welcome to our Pastor, by taking an active part in the Concelebrated Mass scheduled at 9:30 am.