



INTERNATIONAL CATHOLIC COMMUNITY

SACRED HEART OF JESUS CHURCH

January 30-31, 2016 151 Hong Feng Road, Pudong, Shanghai 201206, China 浦东金桥红枫路 151 号靠近碧云路

CHURCH CLERGY Priests: Rev. Joseph Zeng, Pastor of Chinese Community
Rev. Francis Fang, Pastor of International Community
Mobile: 138-1750-3946 E-mail: bkfang@yahoo.com

MASS SCHEDULE Sunday Masses: 8:00 am (Chinese); 10:30 am (English)
Saturday Masses: 7:00 am (Chinese); 5:00 pm (English)
Weekday Mass: 7:00 am (Chinese); Monday to Friday

CONFESSIONS Saturday and Sunday 20 minutes before the English Masses

RECEIVING COMMUNION Only baptized Catholics who have received *First Holy Communion* may receive Holy Communion. Adults and children who have not received first communion cannot receive Holy Communion.

RITE of CHRISTIAN INITIATION for ADULT(RCIA) A process for those who are curious about the Catholic Faith and who wants to become Catholic. Appropriate for (ages 7+) who are not yet baptized, for those who have been baptized in another faith and would like to become Catholic, and for Catholic who have not completed all of sacraments of initiation (Confirmation, 1st Eucharist) Contact I-chien at icliou@yahoo.com

ROSARY PRAYER GROUP Sundays after Mass & Mondays at 10:30am in Room 104 (except for public & school holiday.)

PARKING For everyone's safety, please park your car for free at the Marriott Pudong East basement garage on Xin Jin Qiao Lu across from the Church for Mass attendees. Please refrain from parking in the Church courtyard, except for the elderly & handicapped.

ST FRANCIS XAVIER CHURCH
185 Dongjiadu Road
English Masses:
Sat 5pm; Sun 11:00am

ST IGNATIUS CATHEDRAL
158 Puxi Road, Xujiahui
English Mass: Sun 12 noon

ST PETER'S CHURCH
270 S Chongqing Road, Puxi
English: Sat 5:00pm; Sun 11:00am
Korean: Sun 5:00pm
<http://SPICES.internationalparish.org>

DAILY READINGS

Sunday, January 31, 2016
1st Read: Jeremiah 1:4-5,17-19
Psalm: Psalms 71:1-2,3-4,5-6
2nd Read: 1 Corinthians 12:31-13:13
Gospel: Luke 4:21-30

Monday, February 1, 2016
1st Read: 2 Samuel 15:13-14,30;16:5-13
Psalm: Psalms 3:2-3,4-5,6-7
Gospel: Mark 5:1-20

Tuesday, February 2, 2016
1st Read: Malachi 3:1-4
Psalm: Psalms 24:7,8,9,10
2nd Read: Hebrews 2:14-18
Gospel: Luke 2:22-40

Wednesday, February 3, 2016
1st Read: 2 Samuel 24:2,9-17
Psalm: Psalms 32:1-2,5,6,7
Gospel: Mark 6:1-6

Thursday, February 4, 2016
1st Read: 1 Kings 2:1-4,10-12
Psalm: 1 Chronicles 29:10,11-12
Gospel: Mark 6:7-13

Friday, February 5, 2016
1st Read: Sirach 47:2-11
Psalm: Psalms 18:31,47,50,51
Gospel: Mark 6:14-29

Saturday, February 6, 2016
1st Read: 1 Kings 3:4-13
Psalm: Psalms 119:9,10,11,12,13,14
Gospel: Mark 6:30-34

ASH WEDNESDAY SERVICE
FEBRUARY 10, 2016

Sacred Heart of Jesus Parish is inviting you to begin the Season of Lent in worship by sharing Holy Eucharist and the imposition of ashes.

ASH WEDNESDAY SERVICE
5:00 PM

RELIGIOUS EDUCATION
CLASSES ON BREAK

There will be no Children's Religious Education classes (Children's Liturgy, First Communion, Catechism, Confirmation) from Feb 6 through February 14.

All classes, including Children's Liturgy, will resume the weekend of February 20-21.

Thought of the Day
There is more mercy in God.....
Than there are sin in us.
Confess your sins at once,
whatever they may be.

-St. Tikhon of Zandansk

STATIONS OF THE CROSS & LENTEN SOUP SUPPER

Sacred Heart of Jesus Parish is offering *Stations of the Cross and Lenten Soup Supper* on **Friday** evenings, **6:30-8:15pm** during Lent. Come join us and bring your family to walk with Jesus and eat a simple supper with friends. All are welcome!

- Hosted & Led by:**
- o Feb 12 – Parish Council
 - o Feb 19 – Ems/ Lectors
 - o Feb 26 – Religious Ed / AS / Ushers
 - o Mar 4 – Choir
 - o Mar 11 – Couples of Christ
 - o Mar 18 – Adult Faith Formation + Youth Group

HOSPITALITY HELP NEEDED

We are looking for volunteers to help with monthly coffee, Station of the Cross soup, Easter egg hunt and Feast of Pentecost celebration. A great and fun way to serve and meet people.

Please contact Norma at taklanazy@yahoo.com

**A LENTEN RETREAT ON
"VIBRANT SPIRITUALITY"**



Vibrant Spirituality is tapping into the living presence of Jesus in the Sacraments, Community living, prayer life, charity and walking the faith.

As St. Paul sums up well:
"In Him I live and breathe and have my being" - Acts 17:28

Date: Friday, March 4 (6:30pm) till Sunday, March 6 (3pm)
Venue: Guang Qi Spiritual Centre in Jinze
Cost: RM450 (includes room, food and transportation)

A "live-in" retreat by Father (Padre) Simon Pereira, a dynamic and inspiring Redemptorist speaker and sought after Spiritual Director from Singapore.

Limited spaces for 20 retreatants, please register early. Email Anne at anneteh2@outlook.com

**"VIBRANT SPIRITUALITY"
YOUTH RALLY**



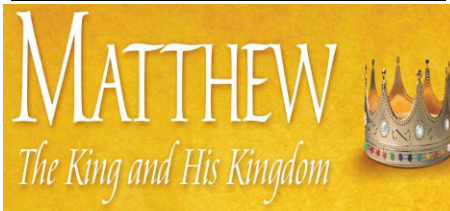
**Vibrant Spirituality
LIVE IT & BE IT**

Date: Friday night, **March 11** & Saturday, **March 12** all day
Hosted in Pudong.

Sponsored by Sacred Heart of Jesus for youth, ages 11-18 years old. (parents welcomed too)

Details after Chinese New Year. Registration and fee provided.

**GOSPEL OF MATTHEW:
THE KING AND HIS KINGDOM**



Begin the New Year with this exciting bible study presented by Jeff Cavins which brings the Gospel of Matthew to life and draws you closer to Christ. It will help you to live out a more happy and peaceful life in the Beatitude and understand more fully God's will for us today.

Come join us, Weekday
Every Thursday from 10:00am - 12:30pm at the Social Room
OR Weekend
Every Saturday from 2:30pm - 4:45pm at Room 204 (1st Floor)
To register email Pauline at paulinelimbg@gmail.com.

ACTS: THE SPREAD OF THE KINGDOM



If you ever wondered what Acts is really about, how the Early Church relates to our church today or about your role in the Kingdom of God, then join us for Acts: The Spread of the Kingdom. The inspiring study of Acts will enrich your faith, as you share the joys and struggles of living the life of Christ and be empowered by the Holy Spirit.

Come join us, Weekday
Every Wednesday, from 10:00am - 12:30pm at the Social Room
OR Weekend
Saturday, from 9:00am - 11:00am at the Social Room
Email Anne at anneteh2@outlook.com to register.





NEXT FRIDAY NIGHT FOR YOUTH GROUP IS FEB. 19

<p>Come for dinner, meet in social room (#101) 6:30pm-8:30pm. <i>Leaders arrive at 6pm</i></p>	<p>Grief & loss. <i>What to do with it?</i> <i>What can Jesus offer me?</i></p>
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YOUR GIFTS ARE A GIFT TO OUR WORSHIP SERVICES

Hello Teens! You play the guitar? Practicing your flute at school? Singing or acting in the school play?
SHARE THESE GIFTS WITH US!




At any Mass, your musical gifts can be a part of the choir. Your oratory skills can proclaim the Good News. Please contact Lisa D'Souza if you would like to share your gifts. shjyouthgroup@gmail.com

GOSPEL READING**First Reading***Jeremiah 1:4-5,17-19*

The Lord assures Jeremiah that he will deliver him from all who fight against him.

Responsorial Psalm*Psalm 71:1-2,3-4,5-6,15,17*

A song in praise of God's salvation

Second Reading*1 Corinthians 12:31-13:13* (shorter form, *1 Corinthians 13:4-13*)

Paul describes love as the greatest of virtues.

Gospel Reading*Luke 4:21-30*

Jesus is rejected in his hometown of Nazareth.



This Sunday we read from the Gospel of Luke, continuing immediately from last week's Gospel. Recall that in last Sunday's Gospel, Jesus read from the prophet Isaiah and announced that this Scripture was now fulfilled. In today's Gospel, we learn that the people of Nazareth are impressed by Jesus' words, and yet they seem surprised. They still think of Jesus as merely Joseph's son. They do not expect such words from someone they believe that they know.

This Gospel is about who Jesus is and who people believe him to be. The story of Jesus' preaching and rejection at Nazareth is found in each of the Synoptic Gospels. In Luke's Gospel, this incident is told in a way that foretells Jesus' passion and death and helps explain the inclusion of the Gentiles in the promise of salvation. In Luke's Gospel this incident appears at the beginning of Jesus' ministry; in Matthew and Mark, this event is placed considerably later, after Jesus has preached and taught elsewhere. Only Luke identifies the content of Jesus' teaching in any detail, telling us that Jesus read from the book of the prophet Isaiah in the synagogue. In Mark and Matthew's Gospels, Jesus teaches in the synagogue in Nazareth, and the townspeople take offense because Jesus is only the son of a carpenter. They reject his authority to teach them. In Matthew and Mark, it is only after Jesus is rejected that he observes times when Israel has rejected prophets.

In Luke's Gospel, the people are surprised but not immediately offended by Jesus' words in the synagogue. It is the words that follow his reading from the prophet Isaiah that seem to offend them. Jesus challenges and provokes the people of Nazareth by referring to examples in which Israel rejected the prophets. He also challenges them to respond to his message, the message of a prophet, in a way that is different from their ancestors. This call for a new response leads to his rejection.

It is helpful to consider the historical context of Luke's Gospel. Luke has witnessed the acceptance of the gospel message among many Gentiles. He endeavors to explain why the Good News of Jesus has not been as well-received by his Jewish contemporaries. Luke's report interprets the cause of Jesus' rejection at Nazareth in the context of this later Christian history. Just as the people at Nazareth did not welcome the Good News that Jesus announced, so too many among the people of Israel will not accept the preaching of the gospel.

After Jesus' words of challenge, Luke reports that there was a movement to kill Jesus by throwing him over a cliff. This differs from the reports found in Mark and Matthew's Gospels, where Jesus is said to be unable to perform miracles in Nazareth because of the people's lack of faith. Luke says that Jesus walks away from the crowd that intended to kill him; it is not yet his time. The animosity of the people of Nazareth prefigures and prepares the reader of Luke's Gospel for the cross. Luke wants all to understand that it is through his death on the cross that Jesus offers God's salvation to all.

GOSPEL REFLECTION

'God, that's very true' – a remark at our liturgy meeting after the second reading. Jealousy kills, envy too, and isn't it great to rejoice in the good fortune of another?

Judged in love

Love is what we bring with us at the end of life. 'We will be judged in the evening of life by love (St John of the Cross). Love for those near and close and more, for love in the gospel is more than love for just the family, the friend, the attractive one, the neighbour...for all.

There are different calls to Christian love – near and dear daily love, friendship, marriage, relationships. The wider world like in our job where we live in a loving way, in justice with

all, not using others for personal gain; the wider world where a universal love makes me want to make a difference in the bigger world. Love carries us into wide seas and waters. It involves us with everyone. It obviously doesn't mean we relate to everyone – nor that we even like everyone. Love is when others' lives become at least as important as our own; and in the deepest loves like marriage, friendship often and family, others' lives become even more important.

Love changes

Love changes – we look back and see how the people we loved make the difference. Life is too short to look love in the face and say no. 'We are moulded and remoulded by those who have loved us, and though their love may pass, we are nevertheless their work' (F Mauriac).

The second reading today is hard to beat! We see it in action as we look at the life of Jesus.

Jesus whose heart is wide enough to love us all, make our hearts like yours.

by Donal Neary SJ

MARRIAGE MOMENT**YOUR MARRIAGE ROCKS!**

"It is only the rock of total, irrevocable love between a man and a woman that can serve at the foundation on which to build a Society that will become a home for all mankind. Pope Benedict XVI.

Your home, husband and wife, has been called the "domestic church" for good reason. Life lessons of love and forgiveness start in the home before they practiced everywhere else. If forgiveness is spoken and showed between husband and wife, family members witness it and model it. When love is shared and visible in the home between the spouses, that model resonates in the minds of their children. Pray for your marriage daily! Pray for other marriages daily! A prayer movement to lift up marriages through trials and disappointments can move obstacles that were once cemented down. Your marriage is a GIFT to all of us. Celebrate your sacrament and pray daily for it!

"Therefore, I want the men everywhere to pray, lifting holy hands without anger or disputing" 1Timothy 2:8

WHAT IS THE SACRAMENT OF CONFESSION

The Sacrament of Reconciliation is one of the most unique and beautiful aspects of Catholicism. Jesus Christ, in His abundant love and mercy, established the Sacrament of Confession, so that we as sinners can obtain forgiveness for our sins and reconcile with God and the Church. The sacrament “washes us clean,” and renews us in Christ.

“Jesus said to them again, ‘Peace be with you. As the Father has sent me, even so I send you.’ And when he had said this, he breathed on them, and said to them, ‘Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained’” (John 20:21-23).

Why should I go to Confession?

If you haven't been to Confession in a while, the Catholic Church wants to welcome you back, and invite you to participate in this beautiful sacrament of healing. Take a step in faith. You'll be surprised about how free you feel after taking part in the Sacrament of Reconciliation. So many Catholics describe incredible feelings of peace, joy, relief, and love that they never expected. Jesus is calling you to experience His mercy in this way too.

What are some benefits of going to Confession?

1. Confession helps us to better “know thyself.”

St. Augustine and countless other saints and doctors of the Church talk about the importance of knowing ourselves well. Through coming to know ourselves better, we realized how fallen we are, and how badly we need God's help and grace to get through life. Frequent Confession helps remind us to rely on God to help rid us of our sins.

2. Confession helps us overcome vice.

The grace we receive from the Sacrament of Confession helps us combat our faults and failings and break our habits of vice much more easily and expediently than we could otherwise do without the sacramental grace.

3. Confession brings us peace.

Guilt from the sins we commit can make us feel all mixed up inside and cause us to lose our peace and joy. When we hear God's forgiving words to us from the lips of the priest in Confession, a burden is lifted off our shoulders and we can again feel the peace of heart and soul that comes

from being in a good relationship with God.

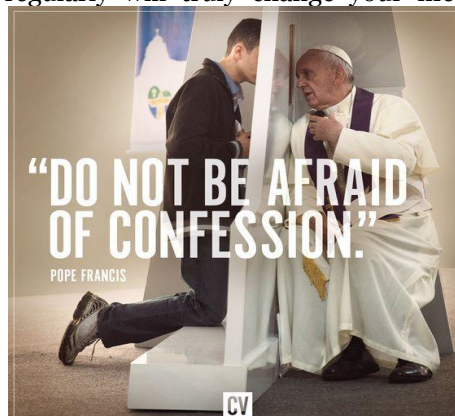
4. Confession helps us become more saintly, more like Jesus.

Jesus was perfectly humble, perfectly generous, perfectly patient, perfectly loving—perfectly everything! Don't you wish you could be as humble, generous, patient, and loving as Jesus? Saints throughout history have felt that way too, and they have frequented the Sacrament of Reconciliation to help transform them into people who are more like Christ. Little images of Christ—that's what saints are!

5. Confession makes our will stronger.

Every time we experience the Sacrament of Confession, God strengthens our will and our self-control to be able to resist the temptations that confront us in our lives. We become more resolute to follow God's will and not our own whims.

Of course, the list of benefits of the Sacrament of Confession goes on and on! But you have to go to reap the benefits! Going to Confession regularly will truly change your life.



What's keeping you from Reconciliation?

The words of absolution in the Confessional are truly beautiful: “I absolve you from your sins, in the name of the Father and of the Son and of the Holy Spirit.” Jesus is waiting to forgive you—all you have to do is ask! Don't miss out any longer on the healing power of Confession.

How do I make a good confession?

So you've decided you want to go to Confession. But how exactly do you make a good Confession? The basic requirement for a good confession is to have the intention of returning to God with your whole heart, like the “prodigal son,” and to acknowledge your sins with true sorrow before the priest.

Modern society has lost a sense of sin. As Catholic followers of Christ, we

must make an effort to recognize sin in our daily actions, words and omissions. The Gospels show us the importance of the forgiveness of our sins. The lives of the saints prove that a person who grows in holiness has a stronger sense of sin, sorrow for sins and a need for the Sacrament of Reconciliation. No wonder the saints are filled with joy! They have realized the key to handing over their burdens to Christ through the Sacrament of Confession, so they can be free to serve Him with love and energy.

Why do Catholics confess their sins to a priest rather than going directly to God?

Well, the quick answer is because that's the way God wants us to do it. In James 5:16, God, through Sacred Scripture, commands us to “confess our sins to one another.” Notice, Scripture does not say confess your sins straight to God and only to God...it says confess your sins to one another.

In Matthew, chapter 9, verse 6, Jesus tells us that He was given authority on earth to forgive sins. And then Scripture proceeds to tell us, in verse 8, that this authority was given to “men”...plural.

In John 20, verses 21-23, what is the 1st thing Jesus says to the gathered disciples on the night of His resurrection? “Jesus said to them, ‘Peace be with you. As the Father has sent me, even so I send you.’” How did the Father send Jesus? Well, we just saw in Mt 9 that the Father sent Jesus with the authority on earth to forgive sins. Now, Jesus sends out His disciples as the Father has sent Him...so, what authority must Jesus be sending His disciples out with? The authority on earth to forgive sins. And, just in case they didn't get it, verses 22-23 say this, “And when He had said this, He breathed on them, and said to them, ‘Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained.’”

The Bible tells us to confess our sins to one another. It also tells us that God gave men the authority on Earth to forgive sins. Jesus sends out His disciples with the authority on earth to forgive sins. When Catholics confess our sins to a priest, we are simply following the plan laid down by Jesus Christ. He forgives sins through the priest...it is God's power, but He exercises that power through the ministry of the priest.

<http://www.catholicscomehome.org/two-minute-answers/>