



# INTERNATIONAL CATHOLIC COMMUNITY

## SACRED HEART OF JESUS CHURCH

February 13-14, 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](mailto: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, February 14, 2016

1<sup>st</sup> Read: Deuteronomy 26:4-10

Psalm: Psalms 91:1-2,10-11,12-13,14-15

2<sup>nd</sup> Read: Romans 10:8-13

Gospel: Luke 4:1-13

#### Monday, February 15, 2016

1<sup>st</sup> Read: Leviticus 19:1-2,11-18

Psalm: Psalms 19:8,9,10,15

Gospel: Matthew 25:31-46

#### Tuesday, February 16, 2016

1<sup>st</sup> Read: Isaiah 55:10-11

Psalm: Psalms 34:4-5,6-7,16-17,18-19

Gospel: Matthew 6:7-15

#### Wednesday, February 17, 2016

1<sup>st</sup> Read: Jonah 3:1-10

Psalm: Psalms 51:3-4,12-13,18-19

Gospel: Luke 11:29-32

#### Thursday, February 18, 2016

1<sup>st</sup> Read: Esther C: 12,14-16,23-25

Psalm: Psalms 138:1-2,2-3,7-8

Gospel: Matthew 7:7-12

#### Friday, February 19, 2016

1<sup>st</sup> Read: Ezekiel 18:21-28

Psalm: Psalms 130:1-2,3-4,5-7,7-8

Gospel: Matthew 5:20-26

#### Saturday, February 20, 2016

1<sup>st</sup> Read: Deuteronomy 26:16-19

Psalm: Psalms 119:1-2,4-5,7-8

Gospel: Matthew 5:43-48

### 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.

#### 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](mailto:taklanazy@yahoo.com)

### STATIONS OF THE CROSS &

#### LENTEN SOUP SUPPER

Sacred Heart of Jesus 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 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

Lenten Retreat on  
**"Vibrant Spirituality"**  
*"In Him I live and breathe and have my being" – Acts 17:28*

A "live-in" retreat with spiritual direction by Father Simon Pereira, a dynamic and inspiring Redemptorist preacher and retreat master from Singapore.

**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)

Limited spaces (20 retreatants) on first come and first paid basis  
**Contact:** Anne at [anneteh2@outlook.com](mailto:anneteh2@outlook.com)

For the International Catholic community

**"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)

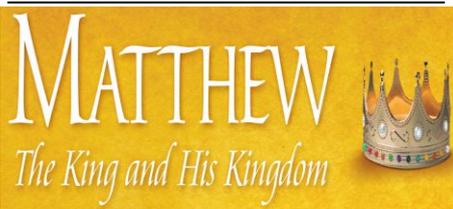
Details after Chinese New Year. Registration and fee provided.

**Thought of the Day**

"Love is not about staring at each other, but staring off in the same direction."

- Antoine de Saint Exupery

**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](mailto:paulinelimbg@gmail.com).



**NEXT FRIDAY NIGHT FOR YOUTH GROUP IS FEB. 19**

Come for dinner, meet in social room (#101)  
**6:30pm-8:30pm.**  
Leaders arrive at 6pm

**Grief & loss.**  
What to do with it?  
What can Jesus offer me?

**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](mailto:shjyouthgroup@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](mailto:anneteh2@outlook.com) to register.

**MARRIAGE MOMENT**



**LOVE THE ONE YOU'RE WITH**

America's annual holiday to celebrate love is Valentine's Day on Feb. 14th, so "Happy Valentine's Day, Lovers!"

Your holy matrimony is HOT (Holy, Other-focused, True). Create a HOT experience for your spouse. Say a prayer for guidance on what your spouse needs from you most right now. — out for a meal, laughing with a favourite movie, walking around the compound, challenging yourself to give 14 kisses on Feb. 14th.

Your relationship is paramount to all of us, so show your love!

**THE FIRST WEEK OF LENT**  
**First**  
**SUNDAY IN**  
**LENT**



It is wonderful to see the early weeks of Lent as a catechism for those who are on a journey toward Baptism at the Easter Vigil. Each liturgy offers a new "lesson in the faith" for these new believers. Viewed this way, Lent can be a journey of renewal in faith for us all. We listen, with the hearts of children, learning old lessons, as though for the first time.

Throughout the day, we find moments, perhaps "in the background" while we are doing other things, that help us remember what we are asking for. Our desire grows as we make changes to our daily patterns. As we make sacrifices, in order to experience freedom *from* self-directed needs, we also experience a freedom *for* other-directed love and generosity.

**What about "giving up something" for Lent?**

When many of us were children, we might remember our giving up candy for Lent. And, it seemed like a real sacrifice. As we grew up, it was often more difficult to decide what special thing to do, to make Lent a special season - to get our attention and to prepare ourselves for deeper sacrifices.

**What would help me grow in freedom?** That's the question to ask. For some of us, it could be, committing ourselves to give up judging others, every single day of Lent. For others, it could be giving up a bad habit we've developed. For still others, it is obvious what seems to be the important choice for me during Lent.

For many of us, the choice may not be to give something up, but to add something to our daily lives during Lent. We may commit ourselves to extra prayer time. We may decide to do some service to the poor, once a week during Lent. We may choose to increase our almsgiving to the poor - perhaps related to something we choose not to do, e.g., some might choose not to go out to eat one night a week, and to give that total amount to the poor.

Whether it is fasting, abstaining or other acts of penance, the whole desire we should have is to use these means to help us grow closer to our Lord and prepare ourselves "to celebrate the

paschal mystery with minds and hearts renewed." (First Preface of Lent)

**What Needs Changing in My Life?**

We start to come to know that by asking for help. "Lord, help me to know what needs changing." It is often said, "Be careful about what you ask for." This is one of those requests that God must surely want to answer.

Then, we have to listen. With a little bit of reflection, most of us will just begin to "name" things that make up our ordinary habits and ways of being who we are, that we aren't very proud of. Things we do and things we never get around to doing. We can "feel" the call to change our attitudes, our self-absorption, or our way of interacting with others. Perhaps a spouse, a loved one, a friend, a family member, a co-worker has told me something about myself that gets in the way of communication, that makes relating to them difficult. Maybe I don't take God very seriously. I go to Church on Sunday, and contribute my share, but I don't really take time to deal with my relationship with God. Perhaps I've let my mind and fantasy get cluttered with escapist litter. I might begin to name a number of self-indulgent habits. I may realize I rarely, if ever, hear the cry of the poor, and can't remember when I've answered that cry. It could be that dishonesty on all kinds of levels has become a way of life. One of the roadblocks in my relationship with God and others may be deep wounds or resentments from the past, things I continue to hold against others or myself.

**BACKGROUND ON THE GOSPEL READING**

**First Reading**

*Deuteronomy 26:4-10*

Moses describes the offering of praise for God's deliverance of Israel.

**Responsorial Psalm**

*Psalm 91:1-2,10-11,12-13,14-15*

A prayer for God's protection

**Second Reading**

*Romans 10:8-13*

Paul teaches that we are saved by faith.

**Gospel Reading**

*Luke 4:1-13*

In the desert, Jesus is tempted by the devil.

In each of the three Synoptic Gospels, after his baptism, Jesus is reported to have spent forty days in the desert, fasting and praying. In Luke and in Matthew, the devil presents three temptations to Jesus. The devil tempts Jesus to use his power to appease his

hunger, he offers Jesus all the kingdoms of the world if Jesus will worship him, and he tempts Jesus to put God's promise of protection to the test. In each case, Jesus resists, citing words from Scripture to rebuke the devil's temptation.

Each temptation that Jesus faces offers insight into the spirituality we hope to develop as we keep the forty days of the Season of Lent. We can trust God to provide for our material needs. We worship God because God alone has dominion over us and our world. We can trust God to be faithful to his promises. Jesus' rejection of the devil's temptations shows that he will not put God to the test. Grounding himself on the Word and authority of Scripture, Jesus rebukes the devil by his confidence in God's protection and faithfulness.

This Gospel highlights for us one of the central themes of the Season of Lent. We are dependent upon God for all that we have and all that we are. Anything that leads us to reject this dependency or to distrust its sufficiency, is a temptation from the devil.



Luke ends his report of Jesus' temptation in the desert by noting that the devil departs for a time. The implication is that the devil will return. Jesus knows that he will be tempted again in the Garden of Gethsemane. The depth of Jesus' trust in God is shown most fully when Jesus rejects the temptation to turn away from the task God has given to him. Jesus' final rebuke of the devil is his sacrifice on the Cross.

Jesus' responses to the temptations of the devil teach us how we can respond to temptation. As we start our journey through Lent, this Sunday's Gospel calls us to adopt the same confidence that Jesus had in the face of temptation: God's word alone will suffice, God's promise of protection can be trusted, and God alone is God.

**GOSPEL REFLECTION**

Today's gospel passage from St. Luke (4:1-13) tells us that Jesus, leads by the Holy Spirit into the desert, is tempted by the devil. Our first parents were tempted but they failed. Israelites were tested in the desert and still they failed. Jesus is tempted and He wins. The temptation of Jesus is always read on the First Sunday of Lent. One of the reasons why this is read every first Sunday of Lent because Jesus' forty days in the desert is paralleled with the forty days of Lent.

*Temptation is not a sin but an invitation to commit sin and is part of our daily life.* We cannot get rid of all temptations. We are surrounded by them. We encounter and experience them everyday. No great person on earth is spared from being tempted. In fact, it might even be a prerequisite for a truly heroic life. Think of Abraham, Moses, Job, Joseph and Mary, and the saints. God makes no exceptions, not even for His own Son. Temptation always makes sin look like a positive choice for the moment, but giving in to temptation only makes our condition worse. Temptations are coming from the devil whose purpose is to destroy and makes us away from God. The truth is, temptations remain with us until we die. Temptations cannot come from God because God is all-good and he cannot do evil acts.

There are three kinds of temptations the devil uses in order to make us separate from God: material things or **possession, power and prestige.** This is how the devil tempts Jesus: "command this stone to become bread," (v. 3); "I shall give to you all this power and their glory.... if you worship me," (vv.6-7); "throw yourself down from here, angels to guard you and with their hands they will support you," (vv. 9-11). Even up to today, the devil is using material things, power and prestige to tempt us because he knows that these are very effective means of convincing to go to hell and also these weaken our own hearts.

The *first temptation is to turn stone into bread.* This is a great temptation to Jesus because he fasted and prayed for forty days in the desert and he is hungry. The devil is tempting that human food is enough to satisfy and sustain him in his missionary work. Get rid of spiritual things like prayer, fasting and giving alms, they are non-sense! This is a temptation to possession. But Jesus tells the devil:

"Man does not live by bread alone. In other words, Jesus is telling us that we have a spirit that needs to be nourished to make it clean and holy.

The *second temptation is, the devil shows all the kingdoms of the world and tells him that he can give Him all these but Jesus must worship the devil first.* This is a lie because the worldly kingdoms belong to God and not to the devil. This is a temptation to power. Jesus opposes the use of force and power to get what He wants, rather, shows us an example in the way he died.

The *third temptation is, the devil asks Jesus to throw Himself from the pinnacle of the Temple. He should not worry because God will send His angels to protect Him from all harm and the people will clap their hands. This is a temptation to prestige.*

Money or possession, power and prestige go together. They are not separated from each other. It is because a person who is rich can easily become powerful; a person who is powerful can easily become popular; a popular person can easily have money of his own. If we have even just one of these three, we should be on guard so that we will not go to heaven. Why?

First of all, possession, power and prestige cannot satisfy us. They are like sea water; the more you drink of it, the thirstier you become. And based on our experience, this is true because in the beginning we are contented with hundreds of money. But in the long run we long to have thousands of money because we are no longer satisfied with hundreds. If we have thousands, we look again for millions of money and even billions. Even power cannot satisfy us. Some old politicians are still running for positions. Even former presidents, they were already presidents and yet they still run for congress and mayor. Even prestige cannot satisfy us. You are already known throughout the world and yet you still run for political position. Is your popularity cannot satisfy you and even your material possessions?

In addition to the above reality, material possessions, power and prestige can make us hard-headed and feel needed by anyone else. We feel that without us, the world will not exist and to show to them that we are important. The truth is the world will continue to exist even without us because God is the one running the world and not us.

So during this time of Lent we are reminded by the Church and I will borrow the reflections of Fr. Vima Dasan SJ in his book *His Word Lives*, that:

First, **Lent is Preparation.** Jesus needs solemn spiritual preparation. Israel prepared for forty years before entering into the Promised Land; Jesus prepared for forty to enter into his public ministry. We too prepare ourselves through an intense prayer during this Lent in order to enter into the depth of Christ's Passion, Death and Resurrection.

Second, **Lent is Purification.** If we want to be friends of God, we have to get rid of those spiritual obstacles which hinder us from responding fully to God's love.

Third, **Lent is Participation.** In order to participate in the passion and death of our Lord, we will fast, deny ourselves some of our cherished pleasures as a penance, give some parts of our comforts to the homeless and many more.

Fourth, **Lent is Proclamation.** Throughout Lent we profess our faith that "Jesus is the Lord who died and rose from the dead," (Rom 10:9). During Lent we have to cling not just to the forms of faith, but to faith itself. Faith is not a feeling but a conviction to proclaim.

**But the best way to overcome temptations in our lives is to pray and flee.**

<b>Daily Lenten Reflections FIRST SUNDAY OF LENT</b>
<b>February 14 (Sunday)</b> Attend Mass often. The Eucharist is our greatest communal prayer and a surefire way to encounter Jesus.
<b>February 15 (Monday)</b> Pray with your family at mealtime. Make a point of praying for people in need
<b>February 16 (Tuesday)</b> At bedtime, pray for people who are homeless and sleeping on the streets tonight.
<b>February 17 (Wednesday)</b> Be more courteous in your attitude, words, and deeds.
<b>February 18 (Thursday)</b> Make a list of ten things you are grateful for in your life.
<b>February 19 (Friday)</b> Fast from criticizing others aloud or silently in your mind. Seek to understand instead.
<b>February 20 (Saturday)</b> Pray while creating a piece of artwork. Do something creative, and do so for the glory of God.

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