



INTERNATIONAL CATHOLIC COMMUNITY

SACRED HEART OF JESUS CHURCH

March 5-6, 2016 151 Hong Feng Road, Pudong, Shanghai 201206, China 浦东金桥红枫路 151 号靠近碧云路

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 people 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. Contact I-Chien at icliou@yahoo.com for more details.

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, Xujianghai

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, March 6

1st Read: Joshua 5:9,10-12

Psalm: Psalms 34:2-3,4-5,6-7

2nd Read: 2 Corinthians 5:17-21

Gospel: Luke 15:1-3,11-32

Monday, March 7

1st Read: Isaiah 65:17-21

Psalm: Psalms 30:2,4,5-6,11-12,13

Gospel: John 4:43-54

Tuesday, March 8

1st Read: Ezekiel 47:1-9,12

Psalm: Psalms 46:2-3,5-6,8-9

Gospel: John 5:1-16

Wednesday, March 9

1st Read: Isaiah 49:8-15

Psalm: Psalms 145:8-9,13-14,17-18

Gospel: John 5:17-30

Thursday, March 10

1st Read: Ezekiel 32:7-14

Psalm: Psalms 106:19-20,21-22,23

Gospel: John 5:31-47

Friday, March 11

1st Read: Wisdom 2:1,12-22

Psalm: Psalms 34:17-18,19-20,21,23

Gospel: John 7:1-2,10,25-30

Saturday, March 12, 2016

1st Read: Jeremiah 11:18-20

Psalm: Psalms 7:2-3,9-10,11-12

Gospel: John 7:40-53

Lenten Seminar

Make this a meaningful Lenten journey

Returning Home

to a stronger family in Christ

*Unless the Lord builds the house, the builders labour in vain,
unless the Lord watches over the city,
the watchman keeps awake in vain*
- Psalm 127

Join our guest speaker from Singapore,
Fr. Simon Pereira at two offerings:

Date: Wednesday, March 9
Time: 10:00 am to 12:30 pm

Venue: Sacred Heart of Jesus Church, Social Room 101

and/or

Date: Wednesday, March 9
Time: 6:30 pm to 9:00 pm

Venue: Sacred Heart of Jesus Church, Social Room 101

Light refreshments available. No RSVP required. All invited
For the international Christian community

Sacred Heart of Jesus Church
151, Hong Feng Lu, Pudong.

Youth Rally Weekend (March 11th and 12th) Vibrant Spirituality

Guest speaker is the dynamic retreat master from Singapore: Fr. Simon Pereira
Change the way you view your relationship with Jesus.
Be vibrant. Be like Christ.

Teens (11 yrs. – 18 yrs.) this is for you!

Friday, March 11, 6:30 pm – 9:30 pm

Saturday, March 12, 8:30 am – 4 pm

Venue: Concordia International School Shanghai
999 Mingyue Road, JinQiao, Pudong

Contacts: David Yu (Puxi) at 138-1688-3044; or,
Lisa D'Souza either at 155-0214-7800.



Get Involved in Your Catholic Community!

For information on volunteering opportunities and how to get involved, please visit [page 3](#)



Marriage Moment

Have you seen the movie War Room yet? It is a powerful story from the Christian brothers that brought us Fire Proof, Courageous and other movies with a beautiful lens to live life through deep reliance on God. After my husband and I watched the movie, I took away many important thoughts on prayer. The most significant was to deliberately and consistently pray for my spouse. I invite you to write down a bible verse that speaks to you about your spouse or your relationship. Write a prayer for your spouse. Then, pray it...often. During this Lenten season of committing to a deeper prayer life as part of the "Three Pillars of Lent" (Fasting, Prayer, Almsgiving), pray for the most significant person in your life - your spouse!



SHJ Youth Ministry

- Friday Night Gatherings - food, fun, friends wrapped up in the faith
- March 18 - Session on loss and preparing plastic eggs for Easter Egg Hunt
- New dates in April due to calendar conflicts: April 8 & April 22
- Any and all 6th-12th graders are invited to Friday nights! They are a great place to feel welcomed, laugh and smile, and be surrounded by teens and adults that care about the faith and care about you. JUST COME. You are welcomed at any Friday night. Questions from the parents? Feel free to contact me, Lisa D'Souza. Our website offers calendar dates more!

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:

Mar 11: Couples of Christ

Mar 18: Adult Faith Formation + Youth Group

Vibrant Lenten Retreat

Make this a meaningful Lenten journey! SHJ offerings for deepening your Lenten experience. Join our guest speaker from Singapore, Fr. Simon Pereira at two offerings:

Date: Wednesday, March 9

Time: 6:30pm - 9:00pm

Venue: Social Room (rm 101)

Date: Thursday, March 10

Time: 10:00am - 12:30pm

Venue: Social Room (rm 101)

Light refreshments available. No RSVP required. All invited.

An Emmaus Experience

A Retreat for Men April 1-3

CALLING ALL MEN OF THE INTERNATIONAL PARISHES IN SHANGHAI! When was the last time you did something just for yourself? The Men's Emmaus Retreat is just the way to begin. It is a time to renew and deepen your relationship with the Lord. It is a vehicle to meet other men in the parish who are also looking for friendship and fellowship with other Christian men.

The retreat will be held at Guang Qi Retreat Center, Jin Ze, Shanghai. Transportation is provided. Cost is 700 RMB (includes room, board and program). Register after all Masses through March 20th.

For more information, please contact either:

Rory Thomson by email rory.ft@hotmail.com or by phone 137.6430.8648; or

Shih-Ping Liou by email shihpliou@gmail.com or by phone 181.0188.5935.



Easter Planning

Will you be in Shanghai during Easter Saturday and Sunday? Hospitality needs some smiling parishioners to help with the after Mass celebrations. Please contact Lisa D'Souza for more information. Thank you! (shjyouthgroup@gmail.com).

This Sunday's Readings**First Reading***Joshua 5:9a, 10-12*

The first Passover celebration.

Responsorial Psalm*Psalms 34:2-3, 4-5, 6-7*

A prayer in praise of God's goodness.

Second Reading*2 Corinthians 5:17-21*

Paul teaches that Christ's redemption on the cross saved us all and brings us closer to God.

Gospel Reading*Luke 13:1-9*

Jesus preaches a lesson on repentance.

Gospel Background

The parable Jesus tells in this week's Gospel is unique to the Gospel of Luke. The parable of the prodigal son invites us to consider the depth of God's mercy and love. As we listen, we may find no surprise in the anger of the older son toward his younger sibling. Yet the father appears sad and even confused by the older son's indignation. He says that they should celebrate because the lost son has returned. The father is filled with gratitude and love for the older son's faithfulness. This love is in no way diminished by the father's rejoicing at the return of the younger son. Yet the older son's jealousy reveals his limited understanding of the depth of his father's love.

The Fourth Sunday of Lent is traditionally called Laetare Sunday. Laetare is a Latin word that means "rejoice." Today's Gospel describes the reason for our joy: God's great love for us has been revealed in Jesus. Through his Passion, Death, and Resurrection, Christ has reconciled us with God and one another.

Gospel Summary

- Never be ashamed to confess your sins and ask forgiveness.
- We all depended upon God's mercy.
- The father's unconditional love for his son is the same unconditional love God has for us.

**DAILY LENTEN CHALLENGES**
FOURTH WEEK OF LENT**March 6**

Remind yourself that everyone is fighting their own struggles.

March 7

Talk to someone new at work.

March 8

When you find yourself starting to complain, stop.

March 9

Think of 3 things you like about yourself.

March 10

Say a prayer for someone who needs one.

March 11

Give a friend a hug, touch their arm, or pat them on the back. So many of us are starved for human touch.

March 12

Call someone you love.

Get Involved in Your Catholic Community!**Volunteers Needed!**

The SHJ Communication Team is looking for a Web Manager (with knowledge of CSS) and a Graphic Artist (with knowledge of Adobe Illustrators and Photoshop).

If you or someone you know might be interested, please contact the SHJCT at: communications@sacredheartpudong.com

For an in-depth Gospel Reflection and other community resources, please visit our website: www.sacredheartpudong.com

Contact us at:

info@sacredheartpudong.com

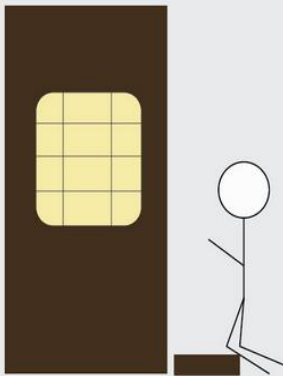
Thought of the Day

"This is me, a sinner on whom the Lord has turned his gaze... I am a sinner, but I trust in the infinite mercy and patience of our Lord Jesus Christ, and I accept in a spirit of penance." -Pope Francis

AN ILLUSTRATED GUIDE TO

CONFESSION

BY THERESE AAKER FOR THE FOCUS BLOG



ORIGIN OF CONFESSION

Confession (or Penance or Reconciliation) is a sacrament instituted by Christ to give grace to the soul, in which we are forgiven of sins committed after Baptism through the priest's absolution.

It's only done with a priest because the office of Holy Orders is the only office that has the power to forgive sins, which Christ granted in Matthew 16:19.

DIFFERENCES

BETWEEN MORTAL AND VENIAL SINS



VENIAL

Less serious sin that does not destroy God's life in our soul, but weakens it. You are not required to confess these, but it helps you grow in virtue.



MORTAL

Grievous sin against God that destroys grace in your soul. For a sin to be mortal, it requires:

- 1) The sin must be very serious.
- 2) Full knowledge that it is serious.
- 3) Full consent to committing the sin.*

5 STEPS TO A GOOD CONFESSION



MAKE THE SIGN OF THE CROSS.

And say, "Bless me, Father, for I have sinned, it's been ___ since my last confession."



CONFESS YOUR SINS.

And specify how many times each was committed.



LISTEN TO THE PRIEST.

He may ask questions or give advice. Then he'll give you your penance.



SAY THE ACT OF CONTRITION.

"Oh my God, I am heartily sorry for having offended you, and I detest all my sins because of your just punishments, but most of all, because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more, and to avoid the near occasion of sin."



THANK THE PRIEST.

And don't forget to do your penance!

THE SEAL OF CONFESSION

A priest is bound to inviolable secrecy in this sacrament. He cannot, under any circumstances, tell anyone what the sins confessed to him were, either to save his life or good name, the life of another, to further justice or prevent some kind of calamity. He cannot break the seal even in court, as shown in the Alfred Hitchcock movie, "I Confess." (It's great, check it out.) He cannot speak about them indirectly or give any sign or other indication as to what they might be. If he were, it would be a sacrilege for him. However, he is not bound to the seal when someone tells him something "in confidence" without the completion of the sacrament and absolution.

EXAMINATION OF CONSCIENCE

There are lots of different examinations to use to prepare for Confession: check out our top picks on the Blog at:

focusoncampus.org/blog



REMINDER:

Remember that for your confession to be a good confession, you must be truly sorry for your sins out of love for God.

IMPORTANT NOTE: You are required to confess all mortal sins that you remember in confession. If you purposely leave one out, the confession is invalid and another serious sin, sacrilege, is committed.