



INTERNATIONAL CATHOLIC COMMUNITY

SACRED HEART OF JESUS CHURCH

March 19-20, 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, 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, March 20

1st Read: Isaiah 50:4-7

Psalms: Psalms 22:8-9,17-18,19-20,23-24

2nd Read: Philippians 2:6-11

Gospel: Luke 22:14-23:56

Monday, March 21

1st Read: Isaiah 42:1-7

Psalms: Ps 27:1,2,3,13-14

Gospel: John 12:1-11

Tuesday, March 22

1st Read: Isaiah 49:1-6

Psalms: Psalms 71:1-2,3-4,5-6,15,17

Gospel: John 13:21-33,36-38

Wednesday, March 23

1st Read: Isaiah 50:4-9

Psalms: Ps 69:8-10,21-22,31,33-34

Gospel: Matthew 26:14-25

Holy Thursday, March 24

1st Read: Exodus 12:1-8,11-14

Psalms: Psalms 116:12-13,15-16,17-18

2nd Read: 1 Corinthians 11:23-26

Gospel: John 13:1-15

Good Friday, March 25

1st Read: Isaiah 52:13-53:12

Psalms: Psalms 31:2,6,12-13,15-16,17,25

2nd Read: Hebrews 4:14-16; 5:7-9

Gospel: John 18:1-19:42

Easter Vigil, March 26

1st Read: Genesis 1:1-2:2

Psalms: Psalms 104:1-2,5-6,10,12,13-14,24,35

3rd Read: Exodus 14:15-15:1

Psalms: Psalms 15:1-2,3-4,5-6,17-18

5th Read: Isaiah 55:1-11

Psalms: Psalms 12:2-3,4,5-6

Epistle: Romans 6:3-11

Psalms: Psalms 118:1-2,16-17,22-23

Gospel: Luke 24:1-12

SHANGHAI YOUTH RALLY 2016!

See inside for more photos!



Members of Sacred Heart of Jesus Youth Ministry perform a skit on the Crucifixion of Jesus. (Photo credit: Wadner Pierre)

DAILY LENTEN CHALLENGES FIFTH WEEK OF LENT

March 20

Only drink water today.

March 21

Eat simple meals for breakfast, lunch, and dinner.

March 22

Write someone a thank you note.

March 23

Say something nice about each person in your family.

March 24

Pick up litter outside your house or at a park.

March 25

No TV or screens today (except for homework)

March 26

Call someone and tell them you are thinking of them today.

Lenten Schedule!

See back for more info!

CHURCH CLERGY

Rev. Joseph Zeng: Pastor of the Chinese Community

Rev. Francis Fang: Pastor of the International Community

Contact

Mobile: 138-1750-3946

E-mail: bkfang@yahoo.com

MASS SCHEDULE

Sunday
Chinese: 7:00 am
English: 10:30

Saturday
Chinese: 7:00 am
English: 5:00 pm

Weekdays
Chinese: 7:00 am

CONFESSION

20 minutes before English Mass.

ROSARY PRAYER GROUP

Sundays after Mass & Mondays at 10:30am in Room 104 (except during public & school holidays.)

Thought of the Day

“Your real, new self ... will not come as long as you are looking for it. It will come when you are looking for Him... The principle runs through all life from top to bottom. Give up yourself, and you will find your real self... Look for yourself, and you will find in the long run only hatred, loneliness, despair, rage, ruin, and decay. But look for Christ and you will find Him, and with Him everything else thrown in.”

-C.S. Lewis, Mere Christianity

Palm Sunday's Readings**Gospel at the Procession with Palms***Luke 19:28-40***First Reading***Isaiah 50:4-7***Responsorial Psalm***Psalm 22:8-9, 17-20, 23-24***Second Reading***Philippians 2:6-11***Gospel Reading***Luke 22:14-23:56***Gospel Reflection**

There are two Gospels proclaimed at today's Mass. The first Gospel, proclaimed before the procession with palms, tells of Jesus' triumphant entrance into Jerusalem. Riding on a borrowed colt, Jesus was hailed by the crowds as they shouted blessings and praise to God. This event is reported in each of the four Gospels. Luke's Gospel is the only one to report the exchange between Jesus and the Pharisees as Jesus enters Jerusalem. Jesus' response shows that this event, and those yet to come, are part of a divine plan.

Throughout Luke's Gospel we see that Jesus' words and actions proclaim the Kingdom of God. This motif continues throughout Luke's passion narrative. Jesus appears to be in total command of events at the Passover meal as he hands over the kingdom to his disciples. He welcomes them to the Passover meal announcing that this will be his last until the Kingdom of God is fulfilled. In Luke's Gospel, Jesus is portrayed as active and vocal throughout his passion. When one of the disciples strikes the high priest's servant, Jesus heals the man, an event reported only in the Gospel of Luke. Jesus stops the disciples' protest against his arrest by noting that this is the "time for the power of darkness." Jesus engages and responds when brought before the Sanhedrin; his words speak about the "power of God" that will bring about the reign of the Son of Man. When questioned by Pilate, Jesus responds with just one phrase; yet before Herod, Jesus refuses to speak.

When Luke describes the Way of the Cross and Jesus' crucifixion, he calls to our attention many events that are not reported in the other Gospels. Throughout his Gospel, Luke has paid heed to the women who accompanied Jesus. Now, on the road to Calvary, Jesus speaks to the women who walk with him. Only Luke reports Jesus' words of forgiveness spoken from the cross. And only Luke reports the dialogue between Jesus and the good thief. Finally, in contrast with the Gospels of Mark and Matthew, Luke reports no words of abandonment spoken by Jesus on the cross. Instead, Jesus, in full command until his death, commends his spirit to his Father and takes his final breath.

Throughout Holy Week, we will continue to reflect on the events of Jesus' passion and death. As we meditate on the cross, we ask again and anew what it means to make the statement of faith that Jesus, in his obedient suffering and dying, revealed himself to us as God's Son and brought to fulfillment the Kingdom of God. (Source: Loyola Press)

Marriage Moment

These tips have been written for use in parish bulletins, so that couples will find little nuggets that will help them as they grow in love and relationship in their marriages. The hope is that those reading the tips will find inspiration to enrich their marriages in a manageable way, but in a way that will positively influence the love they share with their spouse.

Tip #1 – There are three essential components of successful marriages: the ability to communicate effectively; a commitment to longevity, depth and growth; and an ability to resolve conflict. Each of these components require skills which, when learnt, become the keys to a lasting marriage. Taking the time to improve your skills in these areas will result in a continual renewal of your relationship and the ability to persevere through times of stress.

Tip #2 – In every couple relationship there are two rhythms, one belonging to each spouse. Some people are slow-walkers who like to stroll through life, others are quick-steppers who like to keep up a fast pace. When two spouses have different rhythms, big strains in the relationship can occur, especially if one spouse expects the other to match their own style. We should learn to love and celebrate both our own rhythm, and that of our loved one, but we must also learn to accept that our spouse may not want to walk at the same pace we enjoy. So, use compromise and learn to understand, not fight, the rhythms of those you love.

Tip #3 – As Catholics we are called to an understanding of marriage that goes beyond the secular definition and is understood as Sacrament. Therefore, married couples are called to be a sign of God's unconditional love for each of us; by the way they embody unconditional love for each other. Even when stress and conflict make their way into our lives, we are called to make sacred the ordinary. Stop and ask if your words and actions are reflecting Christ. If the answer is no, then change your response until you can honestly answer "yes"!

Tip #4 – It is easy to let all the responsibilities of marriage and family overtake our time and energy as a couple. To be sure to give time to your couple relationship, schedule at least one hour a week to do something fun with your spouse. Sharing fun activities together each week can be enough to get you through the more stressful times that will inevitably come along.

Tip #5 – Compliment and criticism: two words, each with a lot of power. The first word is positive, the second one destructive. Keep track for a couple of days of the number of times you do both. If the balance is in favor of compliments, good; if not, you may need to change your communication style. Research has shown that chronic criticism in a relationship is the number one reason for break-ups. Try going on a no-criticism diet for a day and see how much calmer and happier your relationship can be.

**HOLY WEEK 2016****Shanghai International Catholic Parishes**

(All Masses are in English unless otherwise indicated)

	March 19 th and 20 th	March 24 th	March 25 th	March 26 th	March 27 th
	Palm Sunday	Holy Thursday	Good Friday	Easter Vigil	Easter Sunday
St. Francis Xavier	Saturday 5 pm Sunday 11 am	7 pm	7 pm	5 pm	11 am
Spanish	12:30 pm	7 pm (2 nd Fl.)	7 pm (2 nd Fl.)	-	12:30 pm
St. Peter's Church	Saturday 5 pm Sunday 11 am	7:30 pm	7:30 pm	8:30 pm (no 5 pm Mass)	11 am
German	-	-	-	-	-
Indonesian	-	-	-	4:30 pm (Rm 113)	5 pm
Korean	5 pm	-	-	10:30 pm	5 pm
Sacred Heart	Saturday 5 pm Sunday 10:30 am	7:30 pm	7:30 pm	9:30 pm (no 5 pm Mass)	10:30 am
St. Ignatius Cathedral	Sunday 12 noon	8:30 pm	7 pm	9:30 pm	12 noon
Chinese	-	6 pm	3 pm	6 pm	-

An Emmaus Experience
A Retreat for Woman



“Come journey...
...down the road
to Emmaus...”

This retreat experience is based on the scripture found in the Gospel of Luke 24:13-35. The main theme of this retreat is to discover or rediscover Jesus in our lives.

This retreat will be held at the Guang Qi Training Center the weekend of April 15-17, 2016. This is a retreat that you will not want to miss. The cost is 700 RMB (includes transportation, room, food, and program.) Payment is due at time of registration. Registration will be held after all Masses from March 12 through April 10.

For more information contact Contact: Marie Metzger at mdsemetzger01@yahoo.com or 18512139046.

For additional community resources and information, please visit our website:
www.sacredheartpudong.com

Contact us at: info@sacredheartpudong.com

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 FEAST INVITE

After our 10:30 Mass, please stay for some fellowship and fun. Our children will be delighted to search the grounds for candy filled eggs while our families and adults enjoy coffee brewed onsite by Zoo Coffee with mini cookies. Before you celebrate as a family, make sure to celebrate with your church family for the Lord's Resurrection!

A special gift will be given to all families. We hope to see you on Easter Morning!

Eggs filled and generously provided by our youth ministry. Coffee donated by New York Dental Clinic.