

Sacred Heart of Jesus Church

International Catholic Community

151 Hong Feng Road, Pudong, Shanghai 201206, China

浦东金桥红枫路151号靠近碧云路

Fourth Sunday of Lent

Year B

March. 10th, 2024

Our Living Church

WHAT IS ALMSGIVING?

Understanding the Lenten (and Year-Round) Charitable Practice

The Catholic Church considers almsgiving "a witness to fraternal charity" and "a work of justice pleasing to God" (Catechism of the Catholic Church, No. 2462). Almsgiving is the act of donating money or goods to the poor or performing other acts of charity. But many Catholics are surprised to learn that **the practice of giving alms isn't just a Lenten spiritual discipline**. It is meant to be a year-round exercise, an integral part of our spiritual lives, and can be a tool that leads us to a deeper union with Jesus Christ and the universal church.

WHAT DOES ALMSGIVING MEAN?

The roots of the word "alms" can be found in ancient Latin and Greek words meaning mercy and pity. Similarly, the root of the word "charity" comes from the Latin "caritas," meaning love.

Charitable giving is an ancient practice that is customary in many cultures and religions. As Christians, we are called to follow in the example of Christ who showed great compassion to those on the fringes of society. Even if we do not see them, the poor have always been among us and so has the call to support them.

The Catechism states that charity is "the theological virtue by which we love God above all things for his own sake, and our neighbor as ourselves for the love of God" (CCC, No. 1822).

More than simply giving money, almsgiving is an act of love that incorporates both prayer and fasting and manifests itself by caring for our neighbor in need. As we help our brothers and sisters who live in poverty, we become more connected to God and to one another.

WHY IS ALMSGIVING IMPORTANT?

At its core, almsgiving is a spiritual and religious practice that strengthens our love for others, increases our detachment and [contributes to greater social justice](#).

This threefold meaning of almsgiving helps us understand why it is particularly central to the season of Lent. During Lent, Jesus invites us into a deeper journey with him, and to journey with Jesus Christ means to live as Christ lived.

Throughout his ministry, we see Jesus caring in a special way for sinners, tax collectors, the impoverished, the sick and anyone else on the margins of society. With the rich young man and with the scribes and Pharisees who persecute him, we see Jesus chastising them and calling them to a higher order of love, mercy and material detachment so that they too can serve the poor as they ought.

When we give alms, we are making a concrete donation of ourselves (through money, time, talent or service) to others. The concreteness of almsgiving is crucial. Although prayer for others is worthy and good, almsgiving helps us say, in crystal clear terms: "Here is what I can offer, and I offer it out of love for you (and God) because I care about your welfare."

HOW IS ALMSGIVING AN ACT OF JUSTICE?

The Church teaches us that all people are made in the image of God and so possess equal and inherent dignity. Each person has a right to all they need to live their full potential as intended by God.

At the root of the practice of almsgiving is the principle that "everyone should look upon his neighbor (without any exception) as 'another self,' above all bearing in mind his life and the means necessary for living it with dignity" (CCC, No. 1931). This responsibility to care for our neighbors becomes even more important when it involves those who are disadvantaged (CCC, No. 1932).

By treating our neighbor as "another self" we are removing any human barriers that might separate us. God sees all men and women as his children, equal in his eyes, and therefore deserving of fair and just treatment. Almsgiving allows justice to flourish through simple acts of love and compassion.

[What Is Almsgiving?](#) | [Mission Impact \(svdmissions.org\)](#)

www.willfound.org



WILL FOUNDATION

Our Mission

Our mission at the Will Foundation is to empower children who have been left behind in life. Through our "Walk Into Life and Learn" journey, we focus on character and skills building tailored to each child's potential. We provide them with opportunities to experiment and create, fostering independence and encouraging exploration. Our goal is to unveil their talents, allowing them to flourish and develop into well-rounded individuals.

Pilar Tan, founder of the Will Foundation, is a devoted mother to 14 children—two biological and 12 adopted from China. Many have excelled in diverse fields, with two ready to lead the foundation. Our latest project, the Will Farm Permaculture, led by Jun Jun and Tao Tao, focuses on sustainable practices, including bread and bagel baking. To achieve self-sustainability, we welcome your support through vegetable and bread purchases and farm volunteering. Your continuous support has been invaluable, from hospital visits to relocation assistance. During a recent visit to the Vatican on February 7th, Pilar sought blessings for her kids and the Shanghai community—our cherished home.

Our Living Church



4th Sunday OF LENT

"Whoever lives the truth
comes to the light, so that his
works may be clearly seen as
done in God." - Jn 3:21

ENGLISH MASS: Sunday 11:00am

Sacred Heart of Jesus welcomes all visitors and members of the community to join our weekly mass celebrations! We also welcome everyone to join one or more of our ministries, which provide support, service and care to our community.

Please use this QR code to register yourself and/or your family with our parish. Existing parishioners are also asked to register.



Prayers of the Faithful

1. We pray for Love. We pray to God to help us follow the Commandment of Love. God, show us how to feel Your Love in our hearts and transform it into Love for others. God, help us to feel loved. Remind us to love others as we would like to be loved.

2. We pray for Peace. We pray to God to bring Peace to the world. Please help us understand that in war or conflict, nobody wins; people only get hurt. Bring Peace in our hearts and make us agents of Peace so that the World of God will appear.

3. We pray for Respect. We ask God for help to respect Him by following His Commandments. God, help us to respect others, nature, and the planet. Guide us in practicing this Respect by being good children, parents, and citizens.

4. We pray for Kindness. We ask God's gift to be kind to others. May God's Love help us to be the first to be kind. God, please help us open our hearts to others so we can be kind in every interaction.

5. We pray for Health. God, help us to make the right choices to keep our body and spirit healthy. Please keep our parents, family, friends, and all people healthy. We also pray for those who are sick: help them feel better and do not suffer.

6. Dear God, show us how to pray to be closer to You and be better. Help us care for those suffering from poverty, natural disasters, or grief so that our prayers will make them feel they are not alone and do not despair.

7. We bow our heads and remember in silence our own personal intentions and the intentions of those who have asked for our prayers.

Daily Readings

Sunday, March 10th	Second Chronicles 36: 14-16, 19-23
	Psalms 137: 1-2, 3, 4-5, 6
	Ephesians 2: 4-10
	John 3: 14-21
Monday, March 11th	Isaiah 65: 17-21
	Psalms 30: 2, 4, 5-6, 11-12a, 13b
	John 4: 43-54
Tuesday, March 12th	Ezekiel 47: 1-9, 12
	Psalms 46: 2-3, 5-6, 8-9
	John 5: 1-16
Wednesday, March 13th	Isaiah 49: 8-15
	Psalms 145: 8-9, 13cd-14, 17-18
	John 5: 17-30
Thursday, March 14th	Exodus 32: 7-14
	Psalms 106: 19-20, 21-22, 23
	John 5: 31-47
Friday, March 15th	Wisdom 2: 1a, 12-22
	Psalms 34: 17-18, 19-20, 21, 23
	John 7: 1-2, 10, 25-30
Saturday, March 16th	Jeremiah 11: 18-20
	Psalms 7: 2-3, 9bc-10, 11-12
	John 7: 40-53
Sunday, March 17th	Jeremiah 31: 31-34
	Psalms 51: 3-4, 12-13, 14-15
	Hebrews 5: 7-9
	John 12: 20-33

Announcements

Special Masses and Stations of the Cross for Lent & Easter Season

Mass / Stations of the Cross	Date & Time
Stations of the Cross + Potluck Soup Supper	Mar 15 th Fri, 6:30pm
Fifth Sunday of Lent (Annunciation of the Lord)	Mar 17 th Sun, 11am
Stations of the Cross + Potluck Soup Supper	Mar 22 nd Fri, 6:30pm
Palm Sunday	Mar 24 th Sun, 11am
Holy Thursday	Mar 28 th Thu, 7:30pm
Good Friday	Mar 29 th Fri, 7:30pm
Easter Vigil	Mar 30 th Sat, 9:30pm
Easter Sunday	Mar 31 st Sun, 11am



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March 31 Easter Sunday



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THREE PILLARS OF LENT



PRAYER



FASTING



ALMSGIVING

Meaningful Lent symbols that reflect the season

ASHES: Ash Wednesday, which marks the beginning of Lent, is named after the practice of marking one's forehead with ashes shaped like a [cross](#). This symbolizes repentance and humility and the temporary nature of human life. In ancient times, ashes served as a symbol of mourning and repentance.

CROWN of THORNS: The Crown of Thorns is a symbol of the suffering that Jesus endured on the cross. It is said to have been made from thorns found in the Garden of Gethsemane and placed on Jesus' head during his crucifixion.

The Crown of Thorns reminds us of the price that Jesus paid for our salvation.

THE STATIONS OF THE CROSS: Also known as The Way of the Cross, this ritual offers the chance to think about the crucifixion of Jesus. Each station is an opportunity to think about the pain and suffering Jesus went through because God loves us. The stations typically are prayed every Friday evening during Lent except on Good Friday, when the Stations of the Cross traditionally are prayed at 3 p.m.

THE PALM BRANCHES: Symbolize Jesus' triumphant entry into Jerusalem. The branches remind Catholics that there are both triumphs and defeats in life but that if they maintain their friendship with God, they will ultimately triumph.

THE FISH: A Lenten symbol for the obligation to fast on Ash Wednesday and Good Friday and to abstain from all flesh meat on every Friday in Lent. In the early days of the Church, the fish was a secret sign for Christ's followers, who were forced to worship in the catacombs in Rome. Now it is a symbol that stands for a Christian who has been brought to life in the waters of the Sacrament of Baptism.

THE VIOLET COLOR: The liturgical color for the season of Lent, as well as the color of the stole worn by the priest for the Sacrament of Reconciliation; it signifies suffering and sorrow. Violet is a somber color that symbolizes mourning, suffering, humility, regret and the willingness to do penance, particularly fasting. Violet's association with suffering is based upon Jesus' Passion, when the soldiers clothed him in a purple cloak and tortured him (Mk 15:17-20; Jn 19:2-3).

THE MONEY BAG: Symbolizes the Lenten penitential practice of almsgiving; money put into the bag is then donated to the poor.

JESUS is the light of the world

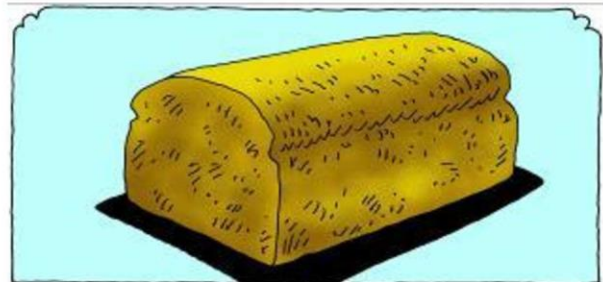
Print Free: www.lambsongs.co.nz

By Jill Kemp

Illustrated by Richard Gunther



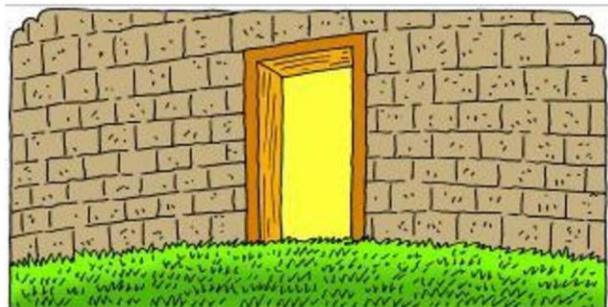
Some names the Bible
uses to describe Jesus
help us to understand
Him more.



Jesus is the bread of life.
John chapter 6 verse 35.
Just as bread makes us healthy and strong,
knowing Jesus grows our soul and spirit.



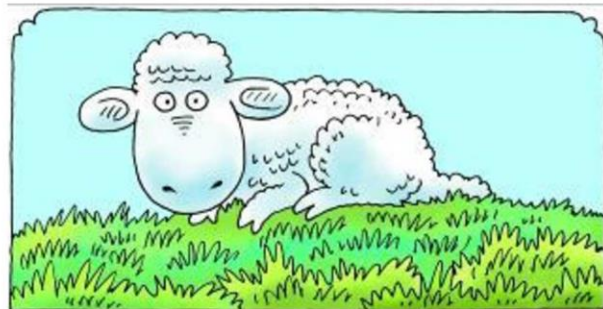
Jesus is the water of life.
John chapter 4 verse 10.
We don't need to look for other
things to make us happy deep inside.



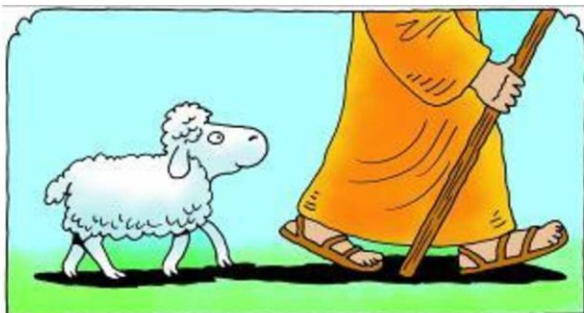
Jesus is the door for the sheep.
John chapter 10 verse 9.
He keeps us safe when we follow
Him. Sheep trust their shepherd.



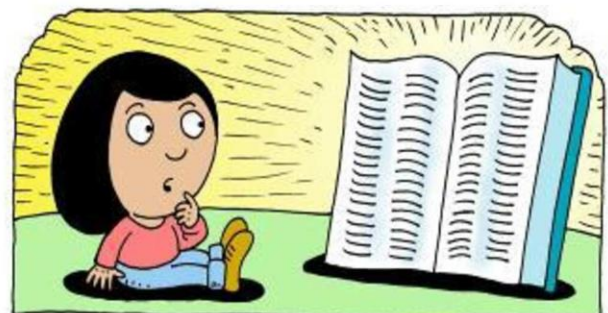
Jesus is the true vine.
John chapter 15 verse 1.
We are the branches and we
get our strength from the Him.



Jesus is the lamb of God.
John chapter 1 verse 9.
He takes away the sins of the world.
We only need to believe in our redeemer.

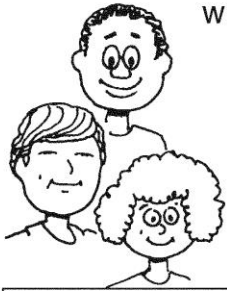


Jesus said, "I am the
good shepherd. I know my
own and they know me."
John chapter 10 verse 14

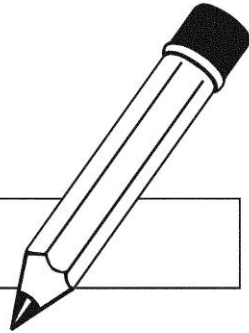


Jesus said, "I am the light of the world."
John chapter 8 verse 12.
Light takes away darkness and
we don't need to be afraid.

Whoever believes in Jesus
will have eternal life.

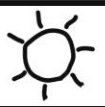


Trace the letters below.



Believe
in
Jesus.

Children's Worship Bulletin™



Ages 3+

March 10, 2024 • John 3:14-21

Light and Life

Jesus said that God loves
the people of the whole world.

Add yourself to this crowd.



God sent Jesus to the world.

Circle the hidden objects.



Jesus is like a light for the world.

Connect the dots.
A B C D E F G H I J K L
1 2 3 4 5 6 7 8

