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Imposters, posing as priests and using email addresses that are similar to those of our priests, have been emailing people asking for favors, personal donations, gift cards, and other forms of financial assistance. **Never** respond to these emails. If you have any doubt, please contact the sender by other means to verify any requests.

**Advertise in our Bulletin**  
Please contact the parish office at 604-936-2525 or email parish.olfc@rcav.org.



March 3, 2024

**Our Lady of Fatima Parish**  
**Paroisse Notre-Dame de Fatima**  
315 Walker Street, Coquitlam, BC V3K 4C7

Pastor: Fr. Richard Au, STL  
Assistant Pastor: Fr. Claude Makulu, O.Praem

Phone: 604-936-2525  
Email: parish.olfc@rcav.org  
Website: olfcoquitlam.ca

Parish Office Hours:  
Monday to Friday  
9am to 12pm; 1pm to 4pm

**MISSION STATEMENT**

We, the Faith Community of Our Lady of Fatima, Coquitlam, are called to be welcoming and loving disciples of Jesus Christ, living the joy of the Gospel values like the Blessed Mother, witnessing, humbly serving and supporting the Church, our Parish and neighbours.

**PARISH CONTACTS**

<b>Parish Religious Education Program (PREP)</b>	Lolita Dimatulac	(604) 936-2525 ext 104	prep.olfc@rcav.org
<b>Rite of Christian Initiation of Adults (RCIA)</b>	Lioba Na	(604)931-7590	rcia.olfc@rcav.org
<b>Before/after school care/Early Learning</b>	Viola Punchak	(604)936-4250	ourladyoffatimapreschool@gmail.com
<b>Elementary School</b>	School Office	(604)936-4228	fatimaschool.ca

**LENTEN MASS SCHEDULE**

**Weekend Masses**

Saturday (Vigil) 5:00pm (English)  
Sunday 9:00am (French)  
10:30am (English)  
5:00pm (English)

**Other Languages**

1:00pm (African)  
Every 2nd and last Sunday of the month  
3:00pm (Chinese)  
Every Sunday

**Weekday Masses**

Monday, Wednesday, Friday 9:00am (Bilingual: French/English)  
Tuesday, Thursday, Saturday 9:00am (English)  
Wednesday 6:30pm (English)  
Friday 7:30pm (English)

\***Prayer to Our Mother of Perpetual Help:**  
Wednesdays at 6:15pm

\***Adoration/Benediction:** Fridays at 6:00pm

\***Way of the Cross:** Fridays at 7:00pm

**SACRAMENT OF RECONCILIATION SCHEDULE**

Saturdays from 9:45am to 10:45am  
Mondays, Tuesdays, Thursdays, Fridays from 8:40am to 8:55am  
Wednesday evenings from 6:00pm to 6:25pm

For confession times other than the usual schedule, phone the parish office for an appointment.

**PARISH GROUPS/ MINISTRIES**

- Altar Servers
- Altar Flowers
- Charismatic Prayer Group
- Eco-Ministry
- Extraordinary Ministers
- Francophone Group
- Funeral Catering
- Garden Group
- Knights of Columbus
- Lectors
- Liturgy of the Word for Children
- Money Counters
- Parish Education Committee
- Project Advance
- Pro Life
- Scouts Francophone
- Secular Franciscan Order
- St. Vincent de Paul Society
- Stewardship
- Ushers

**HAVE YOU MOVED?**

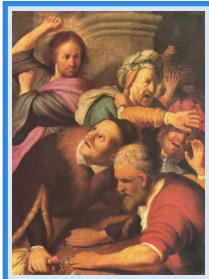
If you have moved, please update the Parish Office with your new address and contact information. This information is particularly important for issuing tax receipts.



Find us on Facebook

<https://www.facebook.com/groups/fatimacoquitlam>

March 3, 2024



**3<sup>rd</sup> Sunday of Lent**  
*"You shall not carve idols for yourselves in the shape of anything..." -Exodus 20:4*  
 How many "gods" do you put before God? "Idols" do not always take the shape of physical things, things we can touch and feel. Those are easy to recognize. Many times they take the form of things we cannot touch and are much harder to spot like pride, power, ego, time, comfort or health. Pray for God's help to prune our vices and to grow in virtue.

© 2023 Archdiocese of St. Louis

March 10 special collection is for Easter Flowers  
 March 17 special collection is for Share Lent

**Baptism** Congratulations to the Yip and McIlveen families whose children were recently received into the Church through baptism.

If you know of anyone in need of help from St. Vincent de Paul, please call our helpline at: 604-936-2525 ext. 108.

**Lenten Penitential Services**  
 Confessions from 7:00pm to 9:00pm

Tues. March 12	<b>St. Clare of Assisi</b> (2888 Delahaye Dr. Coquitlam)
Fri. March 15	<b>St. Luke's</b> (20285 Dewney Trunk Rd, Pitt Meadows)
Tues. March 19	<b>Our Lady of Lourdes</b> (828 Laval Square, Coquitlam)
Wed. March 20	<b>OUR LADY OF FATIMA</b>
Thur. March 21	<b>All Saints</b> (821 Fairfax St. Coquitlam)
Fri. March 22	<b>St. Patrick's</b> (22561 121 Ave. Maple Ridge)
Mon. March 25	<b>Our Lady of the Assumption</b> (3141 Shaughnessy St. Port Coquitlam) and <b>St. Michael the Archangel</b> (9387 Holmes St. Burnaby)
Tues. March 26	<b>St. Joseph's</b> (140 Moody St. Port Moody)

**RCA Rite of Christian Initiation of Adults**  
 For more information, please contact Lioba at 604-931-7590 or email [rcia.olfc@rcav.org](mailto:rcia.olfc@rcav.org).

**Fridays during lent**  
 6:00 pm — Eucharistic Adoration and Benediction  
 7:00 pm — Stations of the Cross  
 7:30 pm — Holy Mass

**MASS INTENTIONS**

Sun Mar 3	Alice Nicholson †
Mon Mar 4	Sr. Veronica Tang †
Tues Mar 5	Int. Arnold Rosales / Alice Nicholson †
Wed Mar 6	Luke Gomes † / Sr. Veronica Tang †
Thur Mar 7	Sr. Veronica Tang † / Alice Nicholson †
Fri Mar 8	Alice Nicholson † / Joseph Zammit †
Sat Mar 9	Int. Maria Ramos
Sun Mar 10	Chris Collens †

**Installation of Pastor on March 10, 2024**  
 Most Reverend J. Michael Miller, CSB will be celebrating the 10:30 Mass on Sunday, March 10, 2024. Fr. Au will be liturgically installed as Pastor of Our Lady of Fatima by a liturgical rite. All are welcome. A reception will follow in the parish hall.

A Reminder that Sunday March 10, the 9:00am French Mass will be held at the Festival du Bois in Mackin Park.

**Mini Lenten Retreat will resume again next week**  
 Fr Au will be giving a Spiritual Direction 15 minutes before the 5:00pm Saturday; and the 10:30am, 3:00pm and 5:00pm Sunday Masses.

Please arrive early to take advantage of this wonderful opportunity to grow in your faith.

Those attending the French Mass please plan on staying after the Mass to partake of this Mini Retreat.

The International Pilgrim Virgin Statue of Fatima has been traveling since 1947, bringing the message of Fatima to a world in need. On Easter Friday April 5, our parish will be hosting the Pilgrim Virgin Statue of Fatima during her two week visit to the Archdiocese. More details will be available in the coming weeks.

**BAPTISM CLASS**  
 For those wishing to have their babies/young children baptized, there will be a baptism class on **Saturday, March 26 at 2:00pm.** Please call the parish office for more information and to register. Just a note: You do not have to wait until your baby is born to take the class.

**New Appointment to Parish Finance Council at Our Lady of Fatima Parish**  
 Effective March 19, 2024 on the Solemnity of St. Joseph, Fr. Au has appointed Mrs. Elizabeth Tippe to the parish Finance council for the next three (3) years. as established by the law of the Church, to assist the Pastor in managing the patrimony of the parish and the financial well being of the parish. Parish Finance Council assists the Pastor in the administration of parish temporal matters. An active, well-formed Parish Finance Council is a key element for promoting the financial health of a parish, assuring accountability and assisting the Pastor with his temporal responsibilities.  
 Canon 532 "The Pastor represents the parish in all juridic affairs in accord with the norm of law; he is to see to it that the goods of the parish are administered in accord with the norms of canons 1281 - 1288."

Canon 537 "Each parish is to have a finance council which is regulated by the universal law as well as by norms issued by the diocesan bishop; in this council the Christian faithful, selected according to the same norms, aid the Pastor in the administration of parish goods with due regard for the prescription of canon 532."  
 In order to be effective in their responsibilities as members of the Parish Finance Council, members should have a love of the Church and Her mission to save souls, as well as a thorough understanding of the parish's mission, goals, people and other resources. The members should have knowledge of diocesan statutes and policies regarding temporal issues and other financial matters.

**Would you like to sing in the choir for Good Friday?**  
 Please join us 'en masse' for the Good Friday service choir featuring all the choirs lead by the 10:30am choir. Everyone is welcome to join. Please attend practices as follows: **Wednesdays in March at 8-9pm March 6, 13,** Musicians and singers needed. We are in need of musicians, singers to join in providing music at the 5:00pm Sunday Masses.

**Our Lady of Fatima School** will be operating a booth at the Festival du Bois to welcome new families. Please join us in the celebration at Mackin Park on Saturday March 9 (11:30am-8:pm) and Sunday March 10 (10am-5pm). Tickets are available through <https://www.festivaldubois.ca/>

**KNIGHTS CORNER**  
**Attention Catholic men 19 and older**  
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**LIFE IN THE SPIRIT SEMINAR**  
 The Life in the Spirit Seminar is 7 week program that includes prayers, songs of praise and personal testimonies, formal presentations by different. **This week Fr. Gabriel will talk about God's Salvation Wednesdays at 7:30 pm until April 3 Our Lady of Fatima church Hall, 315 Walker St. Coquitlam**  
 For more information, please contact Angie at 604 831 1057 or text Janet at 778 998 8098

**Archbishop Carney Theatre Presents**  
**March 6-March 9**  
**at the Terry Fox Theatre**  
 for more information go to [www.acrss.org](http://www.acrss.org)

**Suggestions to help you grow spiritually this lent:**

- get up 15 minutes earlier to pray
- Attend daily Mass as often as you can. Check Mass times at neighbouring parishes for a time that will work for you
- Participate at the Stations of the Cross on Friday evenings
- Pray the rosary daily with your family
- Memorize the Epistles of St. Peter

**FORMED** THE CATHOLIC FAITH. ON DEMAND.

A reminder that our parish has a FORMED subscription. Visit [formed.org/signup](http://formed.org/signup) and select our parish from the list or scan the QR code on the poster in the church entrance to download the FORMED app on your phone. Check out the excellent Lenten Materials available.

Some other excellent resources are:  
**Journey through Lent 2024** video series on the Canadian Conference of Catholic Bishops website. <https://www.cccb.ca/>  
 Behold Vancouver <https://beholdvancouver.org/>

This year, Development and Peace — Caritas Canada's **Create Hope: Reaping our Rights** campaign calls you to stand with small-scale farmers and peasant communities who feed the world while caring for the Earth. In rural Indonesia, young people are abandoning agriculture to work in cities. Over time, this could threaten food sovereignty. Our partner PAYOPAYO empowers village communities to work together to find solutions to common challenges.

This Lent, take advantage of a rare opportunity to meet our solidarity visitor Karno Batiran, Executive Director of PAYOPAYO on Saturday March 2<sup>nd</sup> 10:00-noon @ St. Francis de Sales, Burnaby. No registration required.

**The Work of Rest: Find Time for Spiritual Reflection**  
 "My brain is too busy. It's hard work to rest." In our lives, we get consumed with checklists and activities. We check things off of lists and move on to the next task. The one thing that remains absent on our checklist, however, is rest. Not the physical resting that comes after a long day of work, but purposeful intentional rest.

Jesus himself offers this rest when he says, "Come to me all you who labor and are burdened and I will give you rest." (Matthew 11:28). Rest, used here, comes from the Greek word "anapauo," which means to refresh. Scripture tells us Jesus would withdraw to be in prayer (Luke 5:16). I've learned I have to schedule intentional time for spiritual rest. If I don't plan for it, the time is easily allocated to other distractions and demands. When I first started to plan time away once a week for spiritual rest, I felt guilty about taking an hour that could be used for other activities. This idea of spiritual rest wasn't working so, I soon quit making the commitment to this time alone with God.

Then, one day, my daughter kept stepping on the back of my feet. I asked, "Why are you walking right behind me?" She said, "My teacher said to walk in the footsteps of Jesus. But I don't see him. So I'm walking in yours." She had reminded me that my role was to teach her how to follow Christ. I had been teaching her how to do things for God, not necessarily to be there with God. By taking the time to just be present with God, I am teaching her that being present is the most important activity to share with those you love.

In this dedicated time with God, I have found silence is key to resting with him. I choose a spot that is away from family and distractions. For me, true spiritual renewal is dependent on listening much more than talking. The more I'm in silence, the more I can embrace silence, and my soul stops worrying and planning and just rests. The goal is always to leave more peaceful and renewed.

This peace has translated into a change in other facets of my life, too. I am more present to my family and less task-driven. Because I am learning to listen better, my prayer life is no longer a monologue but a true time of exchange. I'm not always successful, but I'm learning it doesn't have to be hard work to rest.

Excerpted from: **The Work of Rest: How I Find Time for Spiritual Reflection in My Busy Life**  
 By [Wendy Couvillon](http://WendyCouvillon.com). [Busted Halo](http://BustedHalo.com)  
 Read the full article on <https://beholdvancouver.org>

**Please keep the following in your prayers:**  
 Gary Arbeider, Jaime & Eleanore Awa, Tim Barbor, Joyce Bilton, Robert Bisson, Maurice Blanchette, Fr. Alan Bosclair, Shawn Bouchard, John Paul Calderon, Lena Chabot, Cecile Champagne, Ceferina Alvarez Chan, Lisa Chan, Chase, Jeanine Ching, Felicidad Co, Nora Criss, Jose de Freitas, Patricia Dumas, Louise Edwards, Jessica Elabassy, Jeanne Fehr, Leslie Fitzgerald, Laurie Furnell, Armand Gamache, Taylor Hamelin, Salwa Ibrahim, Breanne Kelly, Jaime Jones, L. K. Lam, Claudette Landry, Fr. Terry Larkin, Rollande Leclerc, Sylvia Leonard, Peter Leong, S. Leung, Vilma Lintuan, Linda Macpherson, Milagros Murray, Bernice Parker, Diane Paxton, Karen Peterson, Ron Peterson, Len, Hilda Ramos, Arnold Rosales, Jim Ryan, Roger S., Leopoldo Salas, Paul Sanchez, Allan Staerk, Angela Sulyma, Lillian Svensson, Mariam Sy, T. Tam, James Richard Tost, Nestor Ugali, Kathleen Walker, Amanda Wong, C. Wong, Helen Wong, Cheryl & Larry Wunderlich and Patricia Yulo.



# Paroisse Notre Dame de Fatima

315 rue Walker , Coquitlam, BC V3K 4C7

Curé: L'Abbé Richard Au, STL

Vicaire: Père Claude Makulu , O. Praem

Téléphone: 604-936-2525

Courriel: parish.olfc@rcav.org

Siteweb: olfcoquitlam.ca



<https://www.facebook.com/groups/fatimacoquitlam>

Horaire de bureau:

9h à 12h; 13h à 16h du lundi au vendredi

**le 3 mars 2024**

## L'ÉNONCÉ DE NOTRE MISSION

Nous, la communauté de foi de Notre-Dame de Fatima, Coquitlam, sommes appelés à être des disciples accueillants et aimants de Jésus-Christ, vivant la joie des valeurs évangéliques comme la Sainte Mère, témoignant, servant humblement et soutenant l'Église, notre paroisse et nos voisins.

## PERSONNES RESSOURCES

<b>PREP - Programme Paroissial de Formation Religieuse</b>	Lolita Dimatulac	(778) 984-8697	prep.olfc@rcav.org
<b>RCIA - Le Rite d'Initiation Chrétienne des Adultes</b>	Lioba Na	(604) 931-7590	rcia.olf@rcav.org
<b>Préscolaire/garderie avant et après l'école</b>	Viola Punchak	(604)936-4250	fatimapreschool.ca
<b>École Élémentaire</b>	Bureau de l'École	(604)936-4228	fatimaschool.ca

## HORAIRE DES MESSES PENDANT LE CARÊME

### Messes dominicales

Samedi (Vigile) **17h00** (en anglais)

Dimanche **9h00** (en français)

**10h30** (en anglais)

**17h00** (en anglais)

### Autres langues

**13h00 (en africain)** Les 2e et dernier dimanches du mois

**15h00 (en chinois)** Tous les dimanches

### Messes de la semaine

Lundi, mercredi, vendredi 9h (bilingue, français/anglais)

Mardi, jeudi, samedi 9h (en anglais)

Mercredi 18h30 (en anglais)

Vendredi 19h30 (en anglais)

### Prière à Notre Dame du Perpétuel Secours

le mercredi à 18h15

### Adoration/bénédiction

le vendredi à 18h00

### Chemin de la Croix

le vendredi à 19h00

## MINISTÈRES ET GROUPES PAROISSIAUX

Chevaliers de Colomb

Comité d'Éducation Paroissial

Compteurs des Quêtes

Fleurs pour le sanctuaire

Groupe Francophone

Groupe de Jardiniers

Groupe de Prière Charismatique

Intendance

Lecteurs

Liturgie de la Parole pour Enfants

Marguillers

Ministère ECO

Ministres Extraordinaires

Ordre des Franciscains Séculiers

Projet Avance

Pro Vie

Saint Vincent de Paul

Scouts Francophones

Servants de Messes

Traiteur Funéraire

## DÉMÉNAGÉ?

Dites-le nous afin que nous puissions mettre à jour votre adresse, numéro de téléphone. Ceci est très important si vous recevez un reçu à fin d'impôt.



## HORAIRE DU

## SACREMENT DE RÉCONCILIATION

le samedi de 9h45 à 10h45.


le lundi, mardi, jeudi et vendredi de 8h40 à 8h55

le mercredi de 18h00 à 18h25



Pour des renseignements à propos des sacrements, des groupes et des ministères paroissiaux, adressez-vous au bureau paroissial.

**le 3 mars 2024**

 Seigneur notre Dieu, tu nous fais sortir de nos esclavages. Ouvre nos cœurs pour que nous sachions accueillir ton Fils. Qu'il nous donne sa puissance et sa sagesse. Que ton Esprit chasse de nos vies tout ce qui nous empêche de t'aimer et d'aimer notre prochain. Nous te le demandons par Jésus, ton Fils, notre Seigneur . Amen

**LES VENDREDIS DU CARÊME -**

18h Adoration et Bénédiction      19h Chemin de la Croix  
19h30 Messe

**LA COLLECTE SPÉCIALE** du 10 mars ira à l'achat de fleurs pour le sanctuaire. Celle du 17 mars ira au Partage Carême **SVP, PRENEZ VOS ENVELOPES 2024 À L'ARRIÈRE DE L'ÉGLISE AINSI QUE VOTRE REÇU FISCAL 2023.**

**Un rappel que la messe de 9h le 10 mars sera au Festival du Bois, au parc Mackin**

**CÉLÉBRATIONS PÉNITENTIELLES -  
Confessions de 19h à 21h.**

Mardi 12 mars – St. Claire of Assisi, Coquitlam  
Vendredi 15 mars – St Luke, Pitt Meadows  
Mardi 19 mars - Notre Dame de Lourdes, Coquitlam  
**MERCREDI 20 MARS – NOTRE DAME DE FATIMA**  
Jeudi 21 mars - All Saints, Coquitlam  
Vendredi 22 mars – St Patrick, Maple Ridge  
Lundi 25 mars – Our Lady of the Assumption, PoCo  
St. Michael, Burnaby  
Mardi 26 mars – St. Joseph, Port Moody.

**MESSE D'INSTALLATION** - Le dimanche 10 mars, l'archevêque Miller sera présent pour célébrer la messe de 10h30 afin d'installer officiellement le Père Au comme notre pasteur.

Une réception suivra la messe dans la salle paroissiale.

**Suggestions pour vous aider à grandir spirituellement pendant le carême :**

- se lever 15 minutes plus tôt pour prier
- Assistez à la messe quotidienne aussi souvent que possible. Vérifiez les horaires de la messe dans les paroisses voisines pour trouver un horaire qui vous convienne.
- Participez au chemin de croix le vendredi soir.
- Priez le chapelet tous les jours avec votre famille

**DÉVELOPPEMENT ET PAIX** s'associe à PAYOPAYO pour former les agriculteurs de la prochaine génération en Indonésie. Caritas Canada vous invite à soutenir les petits exploitants agricoles et les communautés paysannes qui nourrissent le monde tout en prenant soin de la Terre. Dans les régions rurales de l'Indonésie, les jeunes abandonnent l'agriculture pour travailler dans les villes. À terme, cela pourrait menacer la souveraineté alimentaire. Notre partenaire PAYOPAYO permet aux communautés villageoises de travailler ensemble pour trouver des solutions à des défis communs. En cette période de carême, profitez d'une occasion rare de rencontrer notre visiteur solidaire Karno Batiran, directeur exécutif de PAYOPAYO, le samedi 2 mars de 10h00 à midi à St.Francis de Sales, Burnaby. Aucune inscription n'est requise

**LA CHORALE DU VENDREDI SAINT** - Voulez-vous chanter le Vendredi saint ? Veuillez assister aux pratiques suivantes : Les mercredis du mois de mars de 20h à 21h (Les 6, 13, 20 et 27 mars)

**LE THÉÂTRE ARCHBISHOP CARNEY** présente SHREK du 6 au 9 mars au théâtre Terry Fox. Pour plus d'informations, voir [www.acrss.org](http://www.acrss.org)



**LE 3<sup>e</sup> DIMANCHE DU CARÊME B**

**VIENS SEIGNEUR! Ouvre-nous le chemin!  
Le Chemin de la Liberté.**

Dieu nous ouvre un chemin de liberté. Il est notre Dieu, il nous propose les commandements de l'Alliance. En donnant sa vie par amour, son Fils vient enlever de nos cœurs ce qui nous empêche de suivre cette voie.

**PRIÈRE FINALE** Dieu notre Père, tu veux renouveler ton alliance avec nous. Tu nous aimes tellement que tu nous donnes ton Fils, ta parole éternelle de sagesse et de puissance. Permetts que l'Esprit garde nos cœurs ouverts. Ainsi, le Christ pourra entrer dans notre sanctuaire pour chasser tout ce qui nous empêche de t'aimer et d'aimer notre prochain. Nous te

**L'ŒUVRE DU REPOS" : Prendre le temps pour la réflexion spirituelle**

"Mon cerveau est trop occupé. C'est un travail difficile de se reposer". Dans notre vie, nous sommes accaparés par des listes de contrôle et des activités. Nous cochons les choses sur les listes et passons à la tâche suivante. La seule chose qui reste absente de notre liste, c'est le repos. Non pas le repos physique qui vient après une longue journée de travail, mais un repos volontaire et intentionnel.

Jésus lui-même offre ce repos lorsqu'il dit : "Venez à moi, vous tous qui peinez et ployez sous le fardeau, et je vous donnerai du repos." (Matthieu 11:28). Le terme "repos" dont on se sert ici vient du mot grec "anapauo", qui signifie "rafraîchir". L'Écriture nous dit que Jésus se retirait pour prier (Luc 5:16).

J'ai appris que je devais prévoir du temps pour le repos spirituel. Si je ne le prévois pas, le temps est facilement alloué à d'autres distractions et à d'autres demandes. Lorsque j'ai commencé à planifier du temps une fois par semaine pour le repos spirituel, je me sentais coupable de prendre une heure qui aurait pu être utilisée pour d'autres activités. Cette idée d'un repos spirituel ne fonctionnait pas et j'ai donc rapidement cessé de m'engager à passer du temps seul avec Dieu.

Puis, un jour, ma fille ne cessait pas de me marcher derrière moi. Je lui ai demandé : "Pourquoi marches-tu derrière moi ?" Elle m'a répondu : "Mon professeur m'a dit de marcher sur les traces de Jésus. Mais je ne le vois pas. Alors je marche sur les vôtres." Elle m'a rappelé que mon rôle était de lui apprendre à suivre le Christ. Je lui avais appris à faire des choses pour Dieu, mais pas nécessairement à être là avec Dieu. En prenant le temps d'être présente avec Dieu, je lui enseigne que la présence est l'activité la plus importante à partager avec ceux que vous aimez.

Dans ce temps consacré à Dieu, j'ai découvert que le silence est la clé du repos avec lui. Je choisis un endroit à l'écart de la famille et des distractions. Pour moi, le véritable renouvellement spirituel dépend de l'écoute plus que de la parole. Plus je suis dans le silence, plus je peux embrasser le silence, et mon âme cesse de s'inquiéter et de planifier et se repose. L'objectif est toujours de repartir plus paisible et renouvelé.

Cette paix s'est traduite par un changement dans d'autres aspects de ma vie. Je suis plus présente à ma famille et moins préoccupée par les tâches à accomplir. Parce que j'apprends à mieux écouter, ma vie de prière n'est plus un monologue mais un véritable temps d'échange. Je ne réussis pas toujours, mais j'apprends qu'il n'est pas nécessaire de travailler dur pour se reposer. de travailler    Extrait de : The Work of Rest' :

**Comment je trouve du temps pour la réflexion spirituelle dans ma vie trépidante**, par Wendy Couvillon Busted Halo  
Lire l'article complet sur <https://beholdvancouver>.

**FESTIVAL DU BOIS** L'école Notre-Dame de Fatima aura un kiosk au Festival du Bois pour accueillir les nouvelles familles. Veuillez vous joindre à nous pour la célébration au parc Mackin le samedi 9 mars de 11 h30 à 20 et le dimanche 10 mars de 10h à 16h. Les billets pour le festival sont disponibles sur <https://www.festivaldubois.ca/>.