

A Reflection from Fr. Joseph

Aristotle has written, “It is easy to become angry. Anyone can do it. But to become angry at the right moment, to the right degree, for the right purpose, in the right manner, is difficult. Only the wise person can accomplish it.” What is implied in Aristotle’s words is the realization that there are different kinds of anger. There is a destructive anger, which is unfocused, irrational, and wasteful. But there is also a constructive anger that is precise, appropriate, and useful. Aristotle believed that constructive anger is valuable. So did Jesus.

In today’s gospel, we see Jesus using constructive anger to motivate himself in the dramatic action in the temple. Now, we are not completely sure what Jesus was angry at. He was not angry at the temple itself, for as a good Jew the temple was the center of his religious life, and he prayed in the temple often. He could not be angry at the fact that people were selling animals, because animals were required by Jewish law for sacrifice. Perhaps he was angry at where the animals were being sold or how they were being sold. Perhaps they were sold in an unfair way that discriminated against the poor. Whatever the reason, it is clear that Jesus perceived, in the action of selling, some injustice, and his response to that injustice was anger. Anger, motivated Jesus to act against what he believed was wrong.

The example of Jesus reminds us that, as children of God, we are required to do more than pray quietly and promote a peaceful inner disposition. We are also required to act on behalf of what is right, to oppose every evil, oppression, and discrimination. We do these things because we believe that they are contrary to God’s kingdom. In this action against evil, there is a kind of anger that is very useful. Constructive anger is a virtue when it is exercised on behalf of the kingdom. Now this can surprise us, because some of us were taught that anger is a sin. But only destructive anger is sinful. Constructive anger is not a sin. It is a positive and valuable part of human life.

Look at your own life over the past year. If you cannot think of any time when you were angry, that is not necessarily a good thing. Never being angry does not make us holy; in fact, it might indicate that we are indifferent, indifferent to the injustice and evils that are a part of our world. If, on the other hand, you look over the past year and realize that you are always angry, that is not a good thing either. When we suddenly burst into rage at the slightest comment, when we explode without any reason, when we discover that we are living constantly with an internal tension, that is an indication that there are unresolved issues, in our life, that need to be faced. That is a sign that destructive anger controls us. And destructive anger needs to be eliminated.

But contrary to never being angry or always being angry, constructive anger is healthy. It helps us identify what is wrong, and it motivates us to work against it. If you recognize in your life a growing tendency toward self-indulgence and self-centeredness, constructive anger can motivate you to act, to turn things around. If you realize that you are experiencing abuse or manipulation in a relationship, constructive anger can force you to demand a change or to abandon the relationship altogether. If you recognize that the policies of your job, of your church, or of our society discriminate against the poor or oppress the weak, constructive anger can cause you to speak out, to organize, to work for doing what is right.

There is no doubt that Jesus is the Prince of Peace. But he is also the Lord of Justice. Jesus did not sit meekly by when he saw evil being imposed on others. Jesus was not afraid of constructive anger. He used it to build the kingdom. So should we.

DAILY SCRIPTURE READINGS

- Mon. Mar. 4th - 2 Kings 5:1-15a; Luke 4:24-30
- Tue. Mar. 5th - Daniel 3:25, 34-43; Mat. 18:21-35
- Wed. Mar. 6th - Deuteronomy 4:1, 5-9; Mat. 5:17-19
- Thurs. Mar. 7th - Jeremiah 7:23-28; Luke 11:14-23
- Fri. Mar. 8th - Hosea 14:1-9; Mark 12:28b-34
- Sat. Mar. 9th - Hosea 5:15b-6:6; Luke 18:9-14
- Sun. Mar. 10th - 4th SUNDAY OF LENT
2 Chronicles 36:14-17a, 19-23; Ephes. 2:4-10; John 3:14-21



MASS.

ALTAR SERVERS

- Wed. Mar. 6th - 7 :30 PM - Volunteers
- Fri. Mar. 8th - 7:30 PM - Volunteers
- Sat. Mar. 9th - 5:00 PM - K.Madoginog, C & C Tang, J.Tuguinay, A.Kolobova.
- Sun. Mar. 10th - 9AM - E.Garrovillas, A & A Chan, S.Lee.
11AM - M & T Nguyen, T.Nguyen, A & A Babas, W.Phham, W. Del Rosario. 5PM - C.Jaya, A.Velasquez, T.Ta, J.Paja, D.Dang, J.Cayayab.



EXTRA LENTEN SERVICES

PLEASE JOIN US, FOR THE STATIONS OF THE CROSS, ON FRIDAYS AT 7 PM, FOLLOWED BY

TAX RECEIPTS for both, your church and Project Advance, contributions have been mailed. Thank you for your generosity and support!

C.W. L. NEWS

- **Friendship Day:** Please join us this Sunday after the 9 and 11 am Masses at the entrance of the church.

- **Membership Drive:** Our CWL will continue with their membership drive this weekend after all the Masses.



SCHOOL NEWS

- **School Mass:** Please join us this Wed. at 9 am.
- **Student Led Conferences:** will be held March 8th, from 10 am to 4:30 pm. Students are to come to school in their uniforms at their scheduled time only.

ST. JUDE'S PARISH - LENTEN MISSION

"God's Healing Love"

March 11, 12 & 13 from 6:30 to 8:30 pm



Mark your calendars and plan to attend! You will not want to miss **Fr. Greg Bramlage**, of the Missionaries of the New Evangelization, of the Diocese of Tyler, Texas, who will introduce us to a new understanding of God's Mercy and share with us the incredible healing that results when we repent of our sins, forgive those who've hurt us and pray with expectant faith. He will teach us how to open our hearts to the Holy Spirit and enter into a more profound relationship with Jesus and God the Father. Please come with an open heart and expectant faith.

Monday, March 11th

"Healing Through Forgiveness"

Tuesday, March 12th

"Healing Through Repentance"

Wednesday, March 13th

"Healing Through the Name of Jesus Christ"

Each night there will be a collection to help off-set the cost of the Mission and to help Fr. Greg build a Centre for the New Evangelization in the Diocese of Tyler, Texas. **Cheques should be made payable to St. Jude's Parish.**

ARCHDIOCESAN NEWS

Up-Coming Events

Stewardship Reflection

“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.

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In the Footsteps of Christ

All are welcome to attend the Lenten Parish Mission at Our Lady of Assumption Parish in Port Coquitlam from March 4-6. The mission talks will be led by Fr. Chrysostom Baer, O.Praem., of the Norbertine Fathers of St. Michael's Abbey in California. Each talk will be preceded by Mass at 7:00 p.m.

Horizons of Hope: A Toolkit for Catholic Parishes on Palliative Care

Join us for an interactive day of prayer, videos and discussion based on Horizons of Hope, a toolkit for Catholic parishes that seeks to empower and educate parishioners on questions surrounding palliative care, dying, death, suffering, and bereavement.

The content explores how palliative care is understood from a perspective of Catholic moral and pastoral theology, medical expertise, and the Compassionate Community model. We hope to facilitate meaningful conversations grounded in the mercy and tenderness of the living Christ. This is an opportunity for caregivers, those who are sick, and family members to find support and help each other live well until our earthly life is over.

On Saturday, March 9, 10:00 a.m. to 4:00 p.m. at Our Lady of Mercy Parish in Burnaby. Cost is \$20. Learn more and register via beholdvancouver.org/events

Cenaculo (The Passion of the Christ)

Join us this Lent as we gather to watch The Passion of the Christ, brought to you by the Philippines Historama Society of BC and the Filipino Catholic Ministry of the Archdiocese of Vancouver. ?????

Let's come together in reverence and reflection, exploring the profound journey of Jesus who sacrificed His life for us. Don't miss this opportunity for a shared spiritual encounter during this sacred season!

On Sunday, March 17, 2:00 p.m. at the Michael J. Fox Theatre in Burnaby. Cost is \$20. For tickets and more information, please get in touch with Mike at 604-375-2138, or Marilou at 604-828-9856, or Carmelita at 604-551-4883.