

ST. JEROME'S CHURCH - ENGLISH COMMUNITY

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**MARCH
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e-mail:
stjerome_englishcommunity@yahoo.com

Web.: <http://stjerome.catholic.org.hk>
TEL. 2448-8332

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12

years

ANNIVERSARY

"We welcome this far by faith"

Whoever does what is right is righteous, just as Christ is righteous. 1John 3, 7



MARCH 2009 SCHEDULE

DATE	TIME	ACTIVITY	PLACE
March 01 1st Sunday of Lent - the Year B			
	9:30 am	Altar Servers	Rm. 405
	2:00 pm	Finance Committee	Rm. 406
	9:30 am	Editorial Group	Rm. 404
	3:00 pm	Ash Liturgy	Church
March 08 2nd Sunday of Lent - the Year B			
	10:00 am	Liturgy Commission	Rm. 405
	9:30 am	Ushers	Rm. 406
	9:30 am	Eucharistic Ministers	Rm. 406
	9:30 am	Treasures' Meeting	Rm. 405
March 15 3rd Sunday of Lent - the Year B			
	1:00 pm	LENT RETREAT	Hall & Church
	9:30 am	Vocation Group	Rm. 406
	9:30 am	Martha's Group	Rm. 405
	9:30 am	Choir Group	Rm. 411
March 22 4th Sunday of Lent - the Year B			
	9:30 am	Migrant Desk	Rm. 406
	9:30 am	Lectors Group	Rm. 406
	2:00 pm	Coordinating Committee	Rm. 405
March 29 5th Sunday of Lent - the Year B			
	1:00 pm	COMMUNITY 12th ANNIVERSARY	
Each Sunday: Mass 8:00 am Station of the Cross 3:30 pm - Adoration 5:00 pm			

FOR OUR REFLEXION

LENT, TIME TO REFLECT ON OUR EMOTIONS



There is a movie about a virus that caused people to fall asleep and when they awoke, they no longer had any emotions. The people that infected others, felt they were doing something "good". Without emotions, there would be no wars, no hatred, no jealousy or competition. But, without emotions, there would be no love, no compassion, and no sacrifice. One young boy had been exposed, but became immune, and through him, a cure could be found. The people in the movie could make a choice. But what about you? How would you like to live? Without emotions, in peace and never being hurt? Or with emotions and feel the passion of love and lost?

The words **emotion** and **motivation** come from the same root, meaning "to move." It is that internal experience that defines the degree to which we are willing to act. In essence, emotions are the experience of caring and importance. The more I care about someone/the more important something is to me, the stronger is the emotion, and desire to act on it. Every person has intellectual, emotional and physical aspects. The intellect guides us in our choices, but our emotions let us know how important the choice is, and motivates us to physically or actively go after what we want.

Often our choices and emotions happen simultaneously and sometimes are in conflict.

-Approach/approach conflicts: happens when we want two things that seem mutually exclusive. e.g. "to love and want to marry two different persons."

-Approach/avoidance conflicts: happen when we want something, but at the same time want to avoid some aspect. e.g. "I like my job and the benefits but cannot stand my boss or co-workers". I want to go to work, but want to avoid the people.

-Avoidance/avoidance conflict: is when I don't want either option, and am forced to chose "the lesser of two evils." e.g. I don't want to leave a relationship because of the security it offers but I don't want to remain because I'm unhappy and dissatisfied. The longer we remain in conflict, the greater the frustration and anxiety until the emotional tension forces us to make an active decision.

All emotions can fall into two major categories or contexts:

JOY: is the sense of well-being, the experience of integrity, completeness, and oneness. Joy/Love/Happiness is the context willing to hold all of life's circumstances and conditions, whether others approve or disapprove, or our choice brings the pain from loving others.

PAIN: is the perceived experience of loss of integrity, wholeness or completeness. Pain points to the need to be healed. Pain can be emotional (betrayal/rejection) or physical that focuses our attention on a need for reconciliation/healing. Pain is very hard to accept because disease/discomfort makes us feel that something is "wrong" with us. And this desire not to acknowledge Pain sometimes is manifested as projection, denial, and repression, which results in "suffering".

Emotions are reactions to our mind's interpreting events as threatening (potentially painful, harmful, death-dealing or otherwise bad) or safe (potentially harmless, joyful, helpful, fun or good.) Emotions exist in a range of quantity from unnoticeable to overwhelming.

As we grow and mature, we learn to release our emotions in small and controllable amounts, so we will not be swept away by over-reactions. Emotions are a part of life, and **will** express themselves either under conscious control or unconsciously through physical illness, mental stress or inappropriate behavior, which brings pain and suffering to ourselves and those we love.

All in all, emotions are neither good nor bad, but they are crucial and necessary if we are to heal ourselves and create joy. The energy they bring can be used for problem-solving, building effective relationships and intimacy. But if we try to repress, suppress or deny our emotions we will experience suffering.

During Lent, let us take the time to reflect on what is happening with our emotions. When we truly let ourselves experience them and share them openly with others, they can help us achieve our goals of productivity and satisfaction, bringing Joy and Love both within ourselves and others.

MIGRANT DESK CORNER



The right to silence and statements to the police or immigration officials

That sounds scary. Then I should not say anything to them?

That's right! Being arrested is very scary indeed. Therefore, it is always a good idea to first listen to what it is that the police or immigration officials are concerned about. So always try and listen first and if possible don't talk

If I am arrested, is it legal for the police to search me?

Yes. The arresting officer may legally conduct a search of your person, including your pockets and your hand-bag. He/She may also take from you any property, which may be used as evidence against you, such as illegal drugs, stolen property or weapons.

What happen next?

The authorities who are arresting you, should take you promptly to some place such as a police station or the immigration office. There, they may want to question you further. When you have been taken into a police station or the immigration office, you should tell them first of all, that you demand the assistance of a solicitor. Secondly, you must demand to make at least one phone call.

Who should I call?

This is a very important issue for anyone who has been arrested and detained. Many times people who are arrested do not make a phone call to someone who is able and willing to help. (What happens in that case is that they disappear to help.) OMIT What happens in that case is that they disappear from their friends and family

until they are sent home. The problem is that if a person is arrested, no one who cares(,)knows where she is being held. ADD COMMA
Therefore this issue of insisting on being able to make a phone call is especially important. Most people today have cell phones, so if you have been arrested, make sure to inform as many people as you can.

Take Your Rights seriously (Jim Rice)

UPCOMING ACTIVITIES **LENTEN OBSERVANCE**

ASH LITURGY will be on Sunday
March 1, at 3:00pm

LENTEN RETREAT will be on March 15, at
1:00 pm.

STATIONS OF THE CROSS every Sunday
at 3:30 pm in the Church.

LENTEN PENITENTIAL SERVICE, on
April 5, at 3:00 pm in the Church

PASSOVER MEAL, on April 5 at 5:00 pm in
the Hall

LENTEN BOXES are available in the foyer.
Please take one for you.

COMMUNITY ANNIVERSARY will be on
March 29



MONTH'S SCRIPTURES



March 1 1st Sunday of Lent - Year B Theme: A New Beginning

Readings:

- ◆ Gn 9:8-15
- ◆ 1 Pt 3:18-22
- ◆ Mk 1:12-15

By His life, death and resurrection, Jesus redeemed us from the slavery of sin. He is the source of life and outpouring of the Holy Spirit. Thus, Jesus has created us as a new humanity. Lent is the time for catechumens to prepare for Baptism, but it is also a time for us to renew our baptismal promises. We need to take the time to review our lives, our failures, and to ask God's forgiveness, so we can begin anew.

March 8 2nd Sunday of Lent - Year B Theme: The Cost of Discipleship

Readings:

- ◆ Gn 22:1-2, 9a, 10-13, 15-18
- ◆ Rom 8:31b-34
- ◆ Mk 9:2-10

Because we are disciples of Jesus, we are called to deny ourselves, take up our cross each day, and follow Him. Jesus' sacrifice was one of Love and Obedience to God. This sacrifice caused Him to suffer and die, but by His willing acceptance, it

was transformed into redeeming Love and New Life. We too, are called to imitate Jesus' forgiving love and to join ourselves to His sacrifice of Obedience and Compassion.

March 15 3rd Sunday of Lent - Year B Theme: The Covenant

Readings:

- ◆ Ex 20:1-17 or 20:1-3, 7-8, 12-17
- ◆ 1 Cor 1:22-25
- ◆ Jn 2:13-25

God has called each one of us to be part of this Covenant, that loving relationship God has with those who with trust and hope, live by His Law. Today as we read the story of the Commandments and God's Covenant, let us reflect on their meaning in our daily lives. Let us also remember our relationship with Christ crucified.

March 22 4th Sunday of Lent - Year B Theme: Grace

Readings:

- ◆ 2 Chr 36:14-16, 19-23
- ◆ Eph 2:4-10
- ◆ Jn 3:14-21

Grace is God's generous and free gift to His people. It is union with

God, a sharing in His life, having our sins forgiven, becoming a "child of God" and being sustained by God's unfailing Love. Sin is very much a reality in our world. We see it in the newspapers and on television. But, "Despite the increase of sin in our world, grace has far surpassed it." (Rm.5: 20). As Christians, let us not lose hope.

March 29 6th Sunday of Lent - Year B Theme: Paschal Mystery

Readings:

- ◆ Jer 31:31-34
- ◆ Heb 5:7-9
- ◆ Jn 12:20-33

The Paschal Mystery, the experience death and coming to new life. Death often is the part of life, we find most difficult to understand or accept. Besides facing death as the final ending of our earthly life, we also experience many little "deaths" along the way. "Letting go" of the way things are, especially of people and things we love, is a kind of dying. But that dying must happen, so new life may come.

