









6350 Nanaimo Street, Vancouver, BC V5P 4K7 T: 604-324-2265 F: 604-327-9699 www.ccparish.ca Email: parish.cc@rcav.org

January 28, 2024 **Fourth Sunday of Ordinary Time**



Pastor 主任司鐸 Fr. Bruce-John Hamilton

Assistant 助理司鐸 Fr. Raffaele Salvino

Chinese Mass 中文彌撒司鐸 Fr. Paul Chu

Office Manager 辦公室經理 Winnie Shiao Email: winnie@ccparish.ca

Parish Office Hours 堂區辦事處時間 Mon—Fri 8:30 am to 4:30 pm

Sunday Mass 主日彌撒 Saturday Vigil 週六: 5:00 pm (English 英) Sunday 週白:

9:00 am (English 英) 11:00 am (English 英) 3:00 pm (Cantonese)

Weekday Mass 平日彌撒

Monday to Saturday - 8:00 am Wednesday - 9:00 am (School Mass when school is in session) Holy Hour every Friday - 6:00 pm First Friday Evening Mass - 7:00 pm Holidays - 9:00 am

Confession 修和聖事

Monday to Friday - 7:45 – 7:55 am Friday - 6:00 – 6:45 pm (during Holy Hour) Saturday - 8:30 am after Mass

Saturday - 3:45 – 4:45 pm Sunday - 2:30 – 2:55 pm (Cantonese)

Liturgy of the Hours/Devotions Lauds - 7:30 am on weekdays

Holy Rosary - Monday to Saturday After morning Mass

Emmaus Adoration Chapel

The Chapel is now open 24/7 and accessible by a code. Please contact the Parish Office for the code.

Corpus Christi Elementary School

2360 Waverley Avenue Vancouver, BC V5S 0J1 Phone: 604-321-1117 Fax: 604-321-1410 Email: office@cchristi.ca Website: www.cchristi.ca Principal: Ms. Rosa Natola

Corpus Christi Childcare Centre

2362 Waverley Avenue Vancouver, BC V5S 0J1 Phone: 604-416-4117 Manager: Mrs. Ivana Ciccone Email: iciccone@cchristi.ca



4 Core Values of Corpus Christi Parish

Engaged Disciples: Corpus Christi parishioners strive to be fully committed to holiness, mission, community and service. (cf. Mission of the Redeemer 90, JPII)



Rooted in Tradition: Corpus Christi parishioners are firmly rooted in the living Tradition of the Church, faithful to the fullness of the teachings of Christ in every aspect of parish life. (cf. 2 Thessalonians 2:15)



Multiplying Leaders: Corpus Christi parishioners follow Jesus' example of ministry by identifying, recruiting and investing in others to become leaders, and equipping them to do the same. (cf. 2 Timothy 2:2)



Evangelical Hospitality: Corpus Christi parishioners aim to be generous and evangelical in service and hospitality, providing everyone with opportunities to belong to the parish family. (cf Acts 2:44-47)

PARISH MINISTRIES/GROUPS

Adoration Chapel Araceli Hinz Alpha Michelle Wong **Altar Servers** Fr. Hamilton, Fr. Salvino, Margie Lacson After Mass Socials Mary Vendencia, Mellysa Lim (9am/11am), Tina Chan (3pm) **Baptism Preparation** Adelia Yiu Bible Study **Joyce Fung (Tues Morning)** Joseph Chiu (Chinese) Catholic Women's League Camille Macapanpan **Chinese Community** Frank Chan Choir Kevin Garcia (5pm) Dominica Chan (9am)

Church Care Altar Linens Church Flowers **Emergency Management** Extraordinary Ministers of **Holy Communion**

Hospitality Ministry Knights of Columbus

Legion of Mary Marriage Mentorship **PREP**

RCIA/Faith Studies

Readers

Ushers

Youth Ministry

Safe Environment Seniors' Ministry

Senior Leadership Team

Scholastica Au (11am) Vincent Lau (3pm) Joyce Fung Agnes Lo Monica Lau

Bill Lam

Serafina Chau

Annie Dee, Mary Vendencia, Mellysa Lim (Greeters) David Robinson Margie Goebel

David & Connie Robinson

Veronica Yam

Neila Tong, Andy Trinh, Thomas Robinson (English), Joseph Chiu (Chinese) Irene Goh (Weekend Mass)

Joyce Fung (Weekday Mass) Karen Tully

Theresa Stewart, Remedios Yeung Fr. Hamilton, Fr. Salvino, Schola Au,

Annie Dee, Margie Lacson, Peter Lee, Seamus O'Brien, Deborah Welsh, Prisca Cheung

Rick Lam

Lois Umali Macoy

BAPTISM

The Baptism Preparation Classes for parents are held via Zoom every 1st (Part 1) and 3rd (Part 2) Saturdays of the month, 10:30 am to 12 noon, except during the months of July and August. Parents must attend both sessions. Call the Parish Office to pre-register for the class. Baptism celebrations are held on the 2nd and 4th Saturdays of each month @ 11:00 am.

HOLY MATRIMONY

We welcome your wedding celebration at Corpus Christi Church. To arrange the date and begin your preparations, please contact the Parish Office or either one of our priests at least 9 months prior to the proposed wedding date.

ANOINTING OF THE SICK

If your loved one, relative or friend would like to arrange for a priest for the administration of the Sacrament of the Anointing of the Sick or to visit the sick in a hospital, please phone the Parish Office. Or you may contact the hospital chaplain:

604-877-5918 (Pager) / 604-875-4111 Fr. Gilbert Nunez & Fr. Luis Martin Brian Delgado (Mon., Tue., Fri., Sat. and Sun.) Fr. Aresene Dutunge (Wed. and Thurs.)

MOUNT ST. JOSEPH HOSPITAL:

Fr. Joseph Ha Vinh Tran. OP (Chaplain) 604-876-7826

BURNABY HOSPITAL:

St. Theresa's Parish 604-434-4211 (Chaplain) 604-298-6800 (Parish)

ST. PAUL'S HOSPITAL:

Fr. Victor Fernandes. OCD 604-682-2344/604-445-9323 (cell)/604-252-4224 (pager)

January 28, 2024

Fourth Sunday of Ordinary Time



Saturday, January 27

Vigil Mass

5:00 PM for Mauricio Olalo, RIP

Sunday, January 28 4th Sunday in Ordinary Time

9:00 AM for All Parishioners, Living and Deceased

11:00 AM for Jadranka Pavicich, RIP

3:00 PM *for* Monica Tsui, Thanksgiving

Monday, January 29

8:00 AM for Lucille Sutherland, RIP

Tuesday, January 30

8:00 AM for Anne Marie Gray, RIP

Wednesday, January 31

St. John Bosco

8:00 AM for Rick Lam, Intentions

9:00 AM School Mass

Thursday, February 01

8:00 AM for Zane Chu, Birthday

Friday, February 02 The Presentation of the Lord

8:00 AM for Ernesto Chu, RIP

7:00 PM for Fiona Gachallan, Health

Saturday, February 03

8:00 AM for Margie Lacson, Intentions

STEWARDSHIP REFLECTIONS

January 28, 2024

4th Sunday in Ordinary Time

"Brothers and sisters:I should like you to be free of anxieties." - 1 Corinthians 7:32

How much anxiety do we bring upon ourselves by constantly worrying about not having enough or attaining more things?

God won't necessarily give you everything you want, but He will provide everything you need. Try this – use the word "pray" instead of the word "worry" in the future.

Then spend your time praying instead of worrying.

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PARISH ANNOUNCEMENTS

Annual Exposition of the Blessed Sacrament (40 Hours Devotion)



The Annual Exposition of the Blessed Sacrament will begin on Tuesday, February 06 @ 8:30 am through to Friday, February 09 @ 6:00 pm. This will be followed by Solemn Benediction.

During the 40 Hour Devotion, the Adoration Chapel will be <u>CLOSED</u>, as the Blessed Sacrament is exposed in the Church.

All are welcome. Sign up sheets are in the vestibule.

Second Collection

There will be a 2nd collection for next Sunday, Feb 04 for the BC Catholic - to support the parish in its circulation of the official newspaper of the Archdiocese of Vancouver.

Religious Articles Booth

The Religious Articles Booth will be opened on January 28, February 11 & 25th from 8:45am—11:15am (closed during mass).

Senior's Ministry Meeting

Come join us on:

Date: Thurs, Feb 1st Time: 10am - 12pm Place: Parish Centre



Tai Chi Class 2024



Date: Mondays Time: 9:30 – 11:30 am Place: Parish Center

Fee: \$2.00 each. (All proceeds are donated back to the Church)

Drop-ins welcome

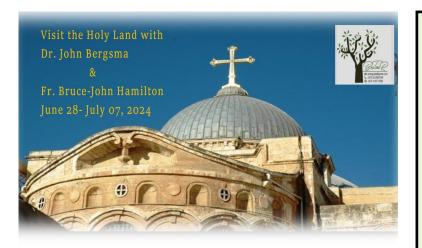
Register: Amy Koo 236.412.6420

CCP Chinese New Year Celebration Dinner

Corpus Christi parishioners are invited to join in celebrating Chinese New Year on Sun, Feb 25th at Grand Seafood Restaurant starting at 6pm. Tickets are \$60 each and will be available for purchase at the parish office



For more information, please contact Savio Tow at 778.883.5602.





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amerguide@gmail.com

Fr. Bruce-John Hamilton

Archdiocese of Vancouver, BC Pastor, Corpus Christi Parish Former Player, University of Victoria "Vikings"

National Championship Basketball Team

Dr. John Bergsma, Ph.D.

Professor of Theology, Franciscan U. of Steubenville, OH Former Protestant Pastor Teacher, Scholar, Speaker, Pilgrimage Leader Author, Jesus and the Dead Sea Scrolls (Random House), A Catholic Introduction to the Bible (Ignatius), Bible Basics for Catholics (Ave Maria Press), Stunned by Scripture: How the Bible Made Me Catholic (OSV Press)

Collection on Jan 21

Sunday Offertory Collection	\$7,444.00
BC Catholic	\$5.00
Building Fund	\$340.00
Jan 1st - Solemnity of Mary	\$181.00
Jan 2024 Initial Offering	\$95.00
Total	\$8,065.00

Thank you for your generosity!

Scan the OR code to learn how to donate on line.





Remembering the Sick In Prayers

Sr. Florita Bautista Norena Gonzales Anthony Centeno Peter Hinz **Mavis Chow** Sanae Hogan Lydia Dalmaso Peter In Christianne Depre Ludy Inting Irene De Roche David Lo Honesto Estabillo Yvonne Lombardo

Paul Galan Toma Nitta Maria Pinto Sebastian Pinto Luisa Sarmiento Binelda Sunga Margaret Tai Digno Vibat

Prayers for the sick can be requested. To add the name of your loved one, please drop by or call the Parish Office.

The names listed in the bulletin will remain here unless the office is notified.

FEBRUARY 10-11, 2024

SEMINARY OF CHRIST THE KING VOCATION LIVE-IN

HIGH SCHOOL Grades 6-11



ARE YOU INTERESTED... in the priesthood or the life of a religious brother, and want to see for yourself what seminary life is like? Come

SPEND TWO DAYS... at the Seminary and become acquainted with other young men who have the priestly or religious vocation in mind.

any time Saturday morning, prefera bly between 8:00-

9:00 am.

a sleeping bag, school clothes, and some old clothes for sports, a towel, etc.

PLANNING TO COME.

FILL IN THE APPLICATION FORM AND FORWARD IT TO THE ADDRESS BELOW:

Name School Your phone number Address Parish Priest you know best How did you hear about the Seminary?

THE HIGH SCHOOL LIVE-IN WILL INCLUDE INTERACTION WITH PRIESTS, BROTHERS AND SEMINARIANS, DAILY MASS AND PRAYER, RECREATIONAL ACTIVITIES, SPORTS, AND SOME REFLECTIVE READING. THE SUGGESTED FEE IS \$25.



Seminary of Christ the King PO Box 3310 Mission BC V2V 415

Vocation Live-in



Phone: 604 826 8715 Fax: 604 826 8725



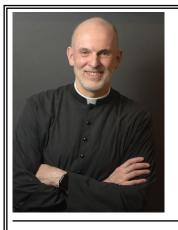
Rector: Fr. Anthony Nguyen, osb Email: rector.minors@sck.ca www.sck.ca

2024 LENT CHALLENGE EXODUS & EXILE

This Lent, join Scott Hahn and John Bergsma as they lead us out of exile and on the journey home. During the 2024 Lent Challenge, receive all access to St. Paul Center for free.

BEGINS ASH WEDNESDAY, FEB 14th





pastor's Corner

4th Sunday of Ordinary Time

We will be having 40 Hours of Adoration of Jesus in the Blessed Sacrament beginning Tuesday, February 6th and ending on Friday, February 9th. Here are some excellent reasons to give an Hour to Jesus. Numbers 1-6 were published in the last two bulletins (from Venerable Fulton J Sheen):

7. Reduces Liability to Temptation

It reduces our liability to temptation and weakness. Presenting our-selves before Our Lord in the Blessed Sacrament is like putting a tubercular patient in good air and sunlight. The virus of our sins cannot long exist in the face of the Light of the world. "Always I can keep the Lord within sight; always he is at my right hand, to make me stand firm" (Ps. 15:8).

Our sinful impulses are prevented from arising through the barrier erected each day by the Holy Hour. Our will becomes disposed to good-ness with little conscious effort on our part. Satan, the roaring lion, was not permitted to put forth his hand to touch righteous Job until he received permission (Job 1:12). Certainly, then, will the Lord withhold serious fall from him who watches (1 Cor. 10:13). With full confidence in his Eucharistic Lord, the person will have a spiritual resiliency. He will bounce back quickly after a falling: "Fall I, it is but to rise again, sit I in darkness, the Lord will be my light. The Lord's displeasure I must bear, I that have sinned against him, till at last, he admits my plea, and grants redress" (Micah 7:8–9).

The Lord will be favorable even to the weakest of us, if He finds us at His feet in adoration, disposing ourselves to receive divine favors. No sooner had Saul of Tarsus, the persecutor, humbled himself before his Maker than God sent a special messenger to his relief, telling him that "even now he is at his prayers" (Acts 9:11). Even the person who has fallen can expect reassurance if he watches and prays. "They shall increase, that hitherto had dwindled, be exalted, that once were brought low" (Jer. 30:19).

8. Our Holy Hour is Our Personal Prayer

The Holy Hour is a personal prayer. The person who limits himself strictly to his official obligation is like the union man who downs tools the moment the whistle blows. Love begins when duty finishes. It is a giving of the cloak when the coat is taken. It is walking the extra mile. "Answer shall come ere cry for help is uttered; prayer find audience while it is yet on their lips" (Isa. 65:24).

Of course, we do not have to make a Holy Hour — and that is just the point. Love is never compelled, except in hell. There love has to submit to justice. To be forced to love would be a kind of hell. No man who loves a woman is obligated to give her an engagement ring, and no person who loves the Sacred Heart ever has to give an engagement Hour.

"Would you, too, go away?" (John 6:68) is weak love; "Art thou sleep-ing?" (Mark 14:37) is irresponsible love; "He had great possessions" (Matt. 19:22; Mark 10:22) is selfish love. But does the person who loves His Lord have time for other activities before he performs acts of love "above and beyond the call of duty?" Does the patient love the physician who charges for every call, or does he begin to love when the physician says: "I just dropped by to see how you were?"

Do you wonder what is happing in our parish, how the 10 Year Vision is being lived out by fellow parishioners? Listen to Corpus Christi's 10 Year Vision Podcast: https://spotifyanchor-web.app.link/e/k4EdALtOxGb

Let us pray that the 40 Hours of Adoration will be a time of blessing for this parish. Invest one (1) hour with Jesus, sign up and be with him.

Fr. Hamilton





常年期第四主日 本堂神父的話

我們將在2月6日星期二開始,持續到2月9日 星期五,進行40小時的朝拜聖體。以下是一些為 耶穌奉獻一小時的優秀理由。1-6的理由已經在過 去的兩個公報中發表(出自擎真福福爾頓·希 恩):

7. 减少誘惑的風險

這減少了我們對誘惑和軟弱的風險。在我們主耶 穌聖體面前出時,就像把一位患有結核病的患者 置於良好的空氣和陽光之中一樣。我們罪惡的病 毒在這位世界之光的面前無法久存。『我常將上 主置於我的眼前,我決不動搖,因祂在我右 邊。』(詠16:8)。

透過每天聖時所建立的屏障,它阻止我們罪惡沖動。我們的意志在我們自己幾乎沒有自覺努力的情況下變得傾向於善。撒旦,那隻怒吼的獅子,在沒有獲得允許之前,是不被允許伸手去觸摸義人約伯的(約伯記 1:12)。因此,主必定不會讓那些守望的人發生嚴重的跌倒(哥林多前書10:13)。對我主聖體滿懷信心的人,會擁有一種屬靈的恢復力。他將在跌倒後迅速回彈:『我雖然跌倒,必再起來;我雖坐在黑暗中,但上主是我的光明。因為我得罪了上主,我必須承擔上主的義怒,直到祂審判我的案件,為我主持公道,』(米該亞 7:8-9)。

即使我們中最軟弱的人,如果在朝拜中我主發現我們在祂的腳前,傾向於接受天主的恩寵,天主也會對我們予以憐憫。當大敵掃祿,那個曾經是基督徒的迫害者,在他的造物主面前謙卑自己時,天主立即派遣一位特派使者前來幫助他,告訴他『就是現在,他正在祈禱』(宗徒行傳9:11)。即使是跌倒的人,如果他保持警醒並祈禱,也可以期待得到安慰。『我必使他們繁昌,人數不再減少;我要顯耀他們,使他們不再受人

輕視。』(耶肋米亞書 30:19)

8. 我們的聖時是我們的個人祈禱

聖時是一種個人祈禱。那些僅限於履行必需義務的人,就像工會工人在哨聲一響就放下工具的人一樣。愛從義務結束的時候開始。這是在被奪去大衣時給予披風的行為。這是多走額外的一哩路。『那時,他們還未呼求,我已答應了;他們還在祈禱,我已俯允了。』(依撒意亞書65:24)。

當然,我們不一定要花一小時來作聖時 — 這正 是重點所在。愛從來不是被強迫的,除非是在地 獄裡。在那裡,愛必須屈服於正義。強迫去愛是 地獄的一種。愛一個女人的男人並非有義務送給 她一枚訂婚戒指,愛聖心的人也永遠不一定要花 一小時來作為一種承諾。

『難道你們也願走嗎?』(若望福音 6:68)是軟弱的愛;『你們不能警醒一個時辰嗎?』(馬爾谷福音 14:37)是不負責任的愛;『因為他擁有許多產業。』(馬竇福音 19:22;馬爾谷福音10:22)是自私的愛。但是那些愛主的人在履行『超越職責範圍之外』的愛之前,是否有時間從事其他活動呢?病人是否會愛上那位每次到訪都收費的醫生,或者是在醫生說:『我只是順路來看看你的情況』時開始愛上他呢?

您是否想知道我們教區正在發生什麼,以及 其他教區成員如何實踐十年願景?請收聽Corpus Christi的十年願景播客。

https://spotifyanchor-web.app.link/e/k4EdALtOxGb

讓我們祈禱,40小時的朝拜時間成為本堂區的一段祝福。花一小時與耶穌相伴,請報名參與。

Hamilton神父

Meditative prayer for us easily distracted Beginners.

By: Fr. Michael Rennier, Aleteia



Today's many distractions have reduced our ability to focus, including in our prayer lives. Fortunately, there is practical advice out there that can help us.

I've always had difficulty praying the Rosary. My mind wanders fast and far. I get distracted and, even though I'm saying the prayers out loud, I'm not actually focused on meditating on the mysteries. I also have difficulty focusing during Mass, which is hugely embarrassing because I'm a priest. Of all people, I ought to be mentally engaged in what's happening.

It's not that I get distracted and lose my place in the prayers. It's more like with the Rosary, I finish saying a prayer only to realize that I did so with a lack of focus. This ought not happen. After all, the Mass is full of imaginative beauty. It walks us through the Passion of Christ in specific detail. It isn't an abstract theological idea. Rather, it's a sustained, intense meditation on the death and resurrection of Our Lord. It ought to grab our attention.

Our modern era, with its constant access to entertainment, mobile phones, television, texting, and distractions has reduced our ability to sustain mental focus for any length of time. When I try to quietly pray, or even simply be still to look at the sky and feel like a human being for a minute, I find myself getting itchy. I want to pull out my phone, see what everyone is up to, check out the trending hashtags, feverishly scroll through digital pictures posted to the hive mind. Finding focus

If we're going to have any kind of prayer life, or even just time to self-reflect, we need to sort this out. I'm convinced that the Catholic Mass, in particular, with its intense and sustained meditative heart, is directly responsible for the flowering of western culture. The creativity and energy required for the great art, literature, and music of medieval and Renaissance Europe didn't arrive from nowhere. It was a beauty that sprung up in the minds and hearts of millions through their willingness

to kneel quietly before the God who is the source of all goodness and beauty. The joy and beauty they've created is a testament to the strength of meditative prayer. This is a strong statement, I know, but I really believe it.

This is why it concerned me when I first began <u>noticing my inability to focus</u>. My struggles with meditative prayer, which is a form of imaginative prayer in which a mental picture is developed and lingered over, was particularly concerning. So, I resolved to make progress towards fixing my issues. Although our modern era is particularly damaging to a meditative mindset, the problem isn't new. From time immemorial, humans have been failing to sit still, be quiet, and think. St. Francis de Sales, in his <u>Introduction to the Devout Life</u>, offers practical advice on this topic, noting that thinking sustained thoughts takes practice. But it isn't only a discipline for monks and saints. We'd all be better off with some quiet time for reflection. His advice is for us, the vast majority who lead busy lives.

RECOGNIZE GOD'S PRESENCE

Begin by recognizing the presence of God. Find a quiet place. A church is ideal but home works, too, as long as there are no distractions. Being in a quiet place surrounded by beautiful things — a church, a garden, the back porch looking at the sky—is ideal because beauty remind us of God's presence all around, reflected in the good things he has made. Wherever we are, though, distractions are difficult to shake, so de Sales advises asking God at the beginning for help to calm down and focus, remembering that God is present in the hearts of his children no matter our physical location. His presence is with us wherever we go. Recognizing this divine presence is key.

DON'T COMPLICATE IT

Start with simple devotional prayers – the Rosary, the Lord's Prayer, the psalms. Pray them out loud and intentionally place yourself into the great company of saints who have always prayed these prayers. Invoke your guardian angel and patron saint to pray with you. When we are weak, the Church is strong. She will share her motherly love and sentiment with us and assist us to pray more fruitfully. She will give us grace to keep a quiet heart.

BUILD MENTAL SCENERY

If meditation is to examine the life of Christ so as to develop thankfulness and devotion, then, after our minds are focused, it's vital to build a mental picture. God speaks to us through our imagination, so it goes a long way to build the scene. The mysteries of the faith don't have to be intellectual abstractions. For instance, what did the ocean look like the day Our Lord walked on water? Imagine the sun glinting off the waves. How blue was the water? How blue was the sky? What did the faces of the disciples look like? In this way, says De Sales, we "confine our spirit with the mystery upon which we intend to meditate."

DON'T BE AFRAID TO CALL AN AUDIBLE

"If, while saying your vocal prayers," writes de Sales, "you feel your heart drawn and invited to interior or mental prayer, do not resist the attraction." **Stop your vocal prayers and move to a deep level of meditative intimacy as soon as you're ready.** This might or might not happen quickly or easily. Sometimes I spend quite a bit of time calming my thoughts before I can move beyond vocal prayer. Even when picturing a scene from the life of Christ, as we might do in one of the mysteries of the Rosary or with a Gospel reading, the first meditative attempt might not capture my imagination. When this happens, de Sales says that, like a bee heading off to a new flower, we can pass on to another mental image. Don't worry if it takes a few tries.

REMAIN CONSISTENT

Form a habit of meditative prayer every single day. Once a week isn't enough. Prayer is our spiritual food, and we should be "eating" every day. Otherwise, we grow weak. De Sales recommends multiple, small breaks during every day.

REMEMBER THE GOAL

Finally, keep in mind why we're making the effort. Why work so hard to meditate? The goal is to form a good resolution through self-reflection. We see something in the life of Christ that's inspiring or challenging, an area of our own lives in which we can increase our love. If prayer is like wandering in a beautiful garden, de Sales says, it makes sense to pluck a flower or two and carry them with you as you go about your day. A person's soul is filled with the object of our meditations. We are what we think. If we think of God, we will become godly. De Sales uses the example of a child listening to his mother, prattling along and imitating her speech. Eventually, by doing so, in some simple but mysterious way, the child learns to speak. If we think about God, the light of the world, and meditate on his shining example, eventually we too will begin to shine.





Let us welcome to our Catholic Community:

Scarlett Calma Levi Trinh

May the Lord's blessings and goodness be upon them abundantly.



