



April 21, 2024
Fourth Sunday of Easter

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 週日:
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
Holy 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, JP11*)



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
Alpha
Altar Servers

Araceli Hinz
Michelle Wong
Fr. Hamilton, Fr. Salvino,
Margie Lacson
Mary Vendencia, Mellysa Lim
(9am/11am), Tina Chan (3pm)

After Mass Socials

Baptism Preparation
Bible Study

Adelia Yiu
Joyce Fung (Tues Morning)
Joseph Chiu (Chinese)

Catholic Women's League
Chinese Community
Choir

Camille Macapanpan
Frank Chan
Kevin Garcia (5pm)
Dominica Chan (9am)
Scholastica Au (11am)
Vincent Lau (3pm)

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

Joyce Fung
Agnes Lo
Monica Lau
Serafina Chau

Knights of Columbus
Legion of Mary
Marriage Mentorship
PREP
RCIA

Bill Lam
Annie Dee, Mary Vendencia,
Mellysa Lim (Greeters)

Faith Studies
Readers

David Robinson
Margie Goebel
David & Connie Robinson
Veronica Yam
Neila Tong, Andy Trinh,
Joseph Chiu (Chinese)
Thomas Robinson
Irene Goh (Weekend Mass)
Joyce Fung (Weekday Mass)

Safe Environment
Seniors' Ministry

Karen Tully
Theresa Stewart,
Remedios Yeung
Fr. Hamilton, Fr. Salvino, Schola Au,
Prisca Cheung, Annie Dee, Margie
Lacson, Peter Lee, Seamus O'Brien,
Winnie Shiao, Deborah Welsh
Rick Lam
Lois Umali Macoy

Senior Leadership Team

Ushers
Youth Ministry

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:

VGH:
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)

April 21, 2024

Fourth Sunday of Easter



Saturday, April 20

Vigil Mass

5:00 PM Francis Cheung, Birthday

Sunday, April 21

World Day of Prayer for Vocations

9:00 AM Odelon De Ocampo, RIP

11:00 AM All Parishioners, Living and Deceased

3:00 PM David Lo, Health

Monday, April 22

8:00 AM Natalina Parlato, RIP

Tuesday, April 23

8:00 AM Mike Antoniazzi, Intentions

Wednesday, April 24

8:00 AM Alex Csori, RIP

9:00 AM School Mass

Thursday, April 25

St. Mark, the Evangelist

8:00 AM Deceased Members of the Lao Family

Friday, April 26

8:00 AM Charlie Goh, RIP

6:00 PM Holy Hour

Saturday, April 27

8:00 AM Jermias Lazaro, RIP



WE ARE HIRING!

Corpus Christi Parish is looking for 2 part time cook / housekeepers. These positions support the Pastor and Parish community by performing tasks such as cleaning, cooking, laundry and grocery shopping.

The postings can be found on our parish website at <https://www.ccp parish.ca>.

Please submit your resume to Winnie Shiao winnie@ccparish.ca

PARISH ANNOUNCEMENTS

Welcome Our Lady to your home



The Legion of Mary invites you to welcome the statue of the Blessed Virgin Mary in your home for one or two weeks.

Welcome Our Lady and the prayers of the Legion of Mary with open arms.

To book your visit, please contact Lily at 604.765.5061 or purple_lily21@hotmail.com

Scam Prevention

Scam Prevention for Seniors provided by the Vancouver Police Department. Learn about phone scams, bail money scams, distraction thefts, cybercrime.

Date: Thurs, May 2nd, 10 am - 12 pm in the Parish Centre.

Registration is mandatory.

Please register after all masses starting on Apr 13/14 in the Church vestibule.

Hosted by the Corpus Christi Seniors Ministry.

Second Collection

The second collection on Good Shepherd Sunday, April 21, will support the next generation of priests in our Archdiocese. It funds the discernment, formation and education of our seminarians, ensuring that they receive the preparation necessary for them to be good shepherds who are effective in their priestly ministry.

Parishioners can make their tax-deductible donation in-person or online at rcav.org/vocations.

Help Wanted—Church Cleaners

We need help. Join us Thursday mornings after mass for about an hour. School parents volunteering will be credited for participation hours. Please contact Joyce Fung (604)362-0898 or joycekfung@gmail.com.

Engaged Disciples: Offering to Serve by cleaning God's house with devotion and commitment, a practical way to express one's gratitude to God for all the gifts we have been given.

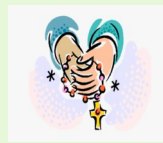


Collection on Apr 14, 2024

Sunday Offertory Collection	\$7409.15
Second Collection	
BC Catholic	\$50.00
Building Fund	\$597.00
Easter Collection	\$52.00
Holy Land / Good Friday	\$34.00
Initial Offering	\$5.00
Lenten Charity	\$25.00
Work of Vocations	\$176.00
Youth Ministry	\$10.00
Total	\$8358.15

Thank you for your generosity!

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



Remembering the Sick In Prayers

Sr. Florchita Bautista	Norena Gonzales	Cecelia Mulcahy
Anthony Centeno	Peter Hinz	Toma Nitta
Mavis Chow	Sanee Hogan	Maria Pinto
Francis Claire	Peter In	Sebastian Pinto
Lydia Dalmaso	Ludy Inting	Margaret Tai
Christianne Depre	Yuk King Lai	Digno Vibat
Honesto Estabillo	David Lo	David M. Williams
Paul David	Yvonne Lombardo	Julia Williams
	Maria C. Martinez	

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.

Join our organist team!

Calling for Aspiring Organists

**APPLICATION
DEADLINE MAY 19**

Individual auditions by
appointment

Please contact Nick at:
nicholasli61299@gmail.com
Text: (778) 887-5611

Basic Requirements:

Level 8+
Piano

Strong
sight
reading
skills

Love for
sacred
music!

STEWARDSHIP REFLECTIONS

April 21, 2024

4th Sunday of Easter

"I am the good shepherd...and I lay down my life for the sheep...and they will heed my voice."

- John 10:14-16

When you pray, do you only ask Jesus for the things that you want? Do you ever ask Jesus what He wants from you? How do you listen for His response? Many times Jesus responds in "quiet whispers" that are not so obvious.

So, take time every day, in silence,
to actively listen for His voice.



pastor's Corner



4th Sunday of Easter

This Sunday is what has traditionally been referred to as Good Shepherd Sunday. It is also Vocations Sunday, which makes perfect sense as the Good Shepherd seeks out all of us, but in a particular way he seeks out those who will assist him in gathering in and serving the flock, i.e., the faithful of the church.

This is a Sunday that we should all be very conscious of praying for vocations to the priesthood and religious life. Our Lord needs more priests and we, members of the church, need more priests. I was baptized and receive my Sacraments from a priest, so we all need “the priest”.

It is important to convey that only one thing is important for any person, for any child. The “one thing” is not what you want, it is not what I want, it is not what parents want, but rather what God wants, what God desires, what God is calling one to. Is God calling you to the priesthood or religious life? Ask Him! Is God calling your child to the priesthood or religious life? Ask Him! You want the best for your child? Then ask God to make His will known to you and your child. Pray to facilitate God’s will and to avoid doing anything that might get in the way of it.

The Lord said when he was with us in his earthly body **“the harvest is rich but the laborers are few so pray the Lord of the harvest that he send laborers to his harvest”** (Matthew 9:37). God is calling, He does not have laryngitis! We need to both pray and raise our young people in such a way that they can know Jesus, love Jesus and want to follow Jesus in whatever way He wants them to follow him.

I won’t give a life program, but a few obvious things are important to revisit: 1) teach them to pray; 2) strongly encourage them to read good books; 3) more “away from the screen time” than “on the screen time” (when it isn’t for school, or research); bring them to Mass every Sunday and strive to do

this with joy, not begrudgingly.

These are just a few things, there are more, that can help them **hear the voice of the Lord**. So today, but not only today, pray for Vocations to the priesthood and religious life.

Frater (Brother) Athanasius from Westminster Abbey will be here on a short, but important stay. He will be ordained to the Diaconate on Friday, May 10th at Westminster Abbey and then he will spend about 1.5 months here at Corpus Christi, from May 19th through to June 30th, getting some pastoral experience. I know that Frater Athanasius will be welcomed here in the parish. I, along with Fr. Salvino, look forward to welcoming and having Frater here in the rectory and parish.

Did you know: **The month of April is traditionally dedicated to devotion to Jesus in the sacrament of the Holy Eucharist.** The Catholic Church teaches that the Blessed Sacrament is the real and living presence of Christ—His Body, Blood, Soul, and Divinity—received into our souls with every reception of Holy Communion. Our Eucharistic Lord is the source and summit of our Christian life, the ultimate proof of His infinite love for us.

Let us renew our resolve to give adoration to Jesus in the Blessed Sacrament and to always receive him worthily!

Fr. Hamilton

Eucharistic Adoration Chapel



To worship at Corpus Christi’s Adoration Chapel, please come to the parish office to obtain a code.



pastor's Corner

復活期第四主日 本堂神父的話



這個星期天是傳統上所稱的善牧主日。它也是聖召主日，這是非常合理的，因為好牧人尋找我們所有的人，但特別是尋找那些願意協助他聚集和服侍群羊的人，即教會的信眾。

這主日是一個我們都應該非常自覺地為神父和神職人員的聖召祈禱。我們的主需要更多的神職人員，而我們作為教會的成員，也需要更多的神職人員。我接受了聖洗和聖事，都是由一位神職人員授予的，所以我們都需要『神父』。

重要的是要傳達，對於任何人、任何孩子來說，只有一件事是重要的。這「一件事」不是你想要的，不是我想要的，也不是父母想要的，而是天主的心意，天主的渴望，天主的呼召。天主是否呼召你成為神父或神職人員？問問祂！天主是否呼召你的孩子成為神父或神職人員？問問祂！你希望為你的孩子找到最好的嗎？那就求天主向你和你的孩子顯示祂的旨意。祈求協助實現天主的旨意，並避免做任何可能阻礙的事情。

主曾在地上的時候說過：『**稼固多，工人卻少，所以你們應當求莊稼的主人派遣工人，來收祂的莊稼。**』（馬竇福音 9:37）天主在呼召，祂沒有嗓音失調！我們需要同時祈禱並教育我們的年輕人，讓他們能夠認識耶穌、愛耶穌，並願意按照祂的旨意跟隨祂。

我不會提供一個生活計劃，但有幾件顯而易見的事情值得重新考慮：1) 教導他們祈禱；2) 強烈鼓勵他們閱讀好書；3) 比起「上

網時間」，更多地給予「離網時間」（當不是為了學校或研究之時）；每主日帶他們參加彌撒，並努力以喜悅的心情做到這一點，而不是勉強的。

這只是一些事情，還有更多可以幫助他們**聽到天主的聲音**。所以今天，但不僅僅是今天，為神父和神職人員的聖召祈禱。

西敏修道院的 Frater Athanasius 修士（Brother）將會在這裡作短暫但重要的逗留。他將於 5 月 10 日星期五在西敏修道院晉升為執事，然後從 5 月 19 日到 6 月 30 日期間，在我們聖體聖血堂堂區渡過約 1.5 個月的時間，獲得一些牧民經驗。我知道 Frater Athanasius 將在教區受到歡迎。我和 Salvino 神父都期待著歡迎 Frater 並在神父宿舍和教區中與他相處。

你知道嗎：傳統上四月是奉獻作朝拜耶穌在聖體聖事內的一個月。教會教導我們，每次的領受聖體，耶穌—祂的身體，寶血，靈魂和天主性—是真正的、活生生的臨在於聖體聖事之內。我主的聖體是基督信徒生命的巔峰和資源，也是祂對我們無限愛的最終證明。

讓我們重新決心，朝拜耶穌在聖體聖事之內，並永遠配稱地接受祂！

Hamilton 神父

Why do we complain that God doesn't hear our prayers?

By: Philip Kosloski, Aleteia



Often we are tempted to complain that God isn't listening to our prayers. Sometimes we do this because our view of God isn't correct.

Occasionally many of us are unhappy with how God responds to our prayers. We pray countless **novenas, miracle prayers and litanies**, but nothing appears to happen.

This can be frustrating, as it makes it seem that God doesn't hear us.

We may even be tempted to think that God doesn't exist because of the way he doesn't respond to our prayers.

The *Catechism of the Catholic Church* is well aware of this difficulty and explains that, "In the first place, we ought to be astonished by this fact: **when we praise God or give him thanks for his benefits in general**, we are not particularly concerned whether or not our prayer is acceptable to him. On the other hand, **we demand to see the results of our petitions**" (CCC 2735).

Generally speaking, if we give thanks to God or praise him for his greatness, we are satisfied. We don't put up a fuss and are pleased with God.

Whenever we make such prayers we have no reason

to complain. In such cases, "God is good."

However, if we pray a **prayer of petition**, asking God for a specific result, we are tempted to be demanding.

In this case we want God to respond favorably to our pleas and to be quick in his response.

The *Catechism* comments that this disposition may be the result of our own **false view of God**:

What is the image of God that motivates our prayer: **an instrument to be used? or the Father of our Lord Jesus Christ?**

CCC 2735

We may not like to reflect on our own view of God, but the *Catechism* forces us to ask ourselves an important question.

What is the image of God that motivates our prayer?
CCC 2735

We all need to ask ourselves such a question. It may not be easy to do so, but it is important to question our own view of God.

It can be tempting to view God as a grace dispenser or a miracle machine who is "our" instrument.

The truth is that God is not our instrument to control, but **a loving and merciful Father**.

He knows us better than we know ourselves and often that means the answer to our prayers is a "No."

It's not easy hearing such an answer, but God knows what he is doing.

The key lies in trusting God, having faith that his ways are better than our ways.

8 TIPS FOR THE BEST CATHOLIC MARRIAGE

- 1 Make The Choice To Love And Act On It
- 2 Spend Time Healing
- 3 Date Your Spouse
- 4 Grow Together as a Couple
- 5 Serve Each Other in Joy
- 6 Be a Gift Physically
- 7 Schedule Intentional Conversations Daily
- 8 Don't Speak Against the Sacrament



BY: DREW AND KATIE TAYLOR

6 WAYS TO FIND YOUR PURPOSE IN LIFE ACCORDING TO ST. IGNATIUS OF LOYOLA



PICK THE RIGHT TIME TO THINK ABOUT IT

Making decisions takes time and experience. Don't make choices while worried or distracted.



IMAGINE YOURSELF IN THE FUTURE

Ten or twenty years from now, are you happy with your choice? Could you take it or leave it?



ASK THE PEOPLE WHO KNOW YOU BEST

They might surprise you with how much insight they have into your life (especially God).



THINK ABOUT HOW THE REST OF YOUR LIFE IS AFFECTED

Once you find your purpose, you'll know it, because everything else falls into place.



PRETEND YOU ARE ANOTHER PERSON GIVING ADVICE TO YOURSELF

What would you say to you? Would you be disappointed in your choices? Pleased?



IMAGINE YOU ARE LIVING YOUR LAST MOMENTS

Are you happy with the way you have lived your life? If not, what can you change?



Archdiocese of Vancouver

WEDDING MASS

FOR CIVILLY MARRIED COUPLES



REGISTRATION DEADLINE
JULY 21, 2024



Saturday, SEPTEMBER 21, 2024 at 1:30pm
SAINT PAUL PARISH, RICHMOND
8251 St Albans Rd, Richmond, BC V6Y 2L2

filipinoministry.ca



Archdiocese of Vancouver

For more information or to register, please contact parish office or call Deacon Raul Abella (778-512-9163) or email filipinoministry@rcav.bc.ca

Funeral Announcements

In your charity, please remember

Mary Ann Yin Wa Fung
Funeral Mass on Fri, Apr 26 @ 10:30am

*Eternal Rest, grant unto her, O Lord
And let perpetual light shine upon her.
May her souls and the souls of all the faithful
departed rest in peace. Amen.*



5 Ways to laugh at yourself when your world is in chaos

By: Cerith Gardiner – Aleteia, published on 04/17/24



By Orsolya Toth | Shutterstock

Here's how you can embrace the chaos of your personal life with good humor and a good giggle.

You'll no doubt have heard a number of times that "laughter is the best medicine." However, this is a modern-day version of [Proverbs 17:22](#), which states: **"A joyful heart is the health of the body, but a depressed spirit dries up the bones."**

The issue is, it's not always easy to feel like laughing when everything around you is turning to chaos. But, laughter is essential for navigating life's twists and turns with grace and resilience. Therefore, embrace the humor in the chaos, and let the laughter carry you through with these useful tips:

EMBRACE THE CLOWN SHOES

When life feels like a circus, why not join in on the fun? Slip on those metaphorical clown shoes and take a playful approach to your missteps and mishaps. Laughter can be a soothing balm for the soul, even in the midst of chaos.

PLAY THE "CAPTION THIS" GAME

Take a step back from the chaos and imagine what a hilarious caption might be for the scene unfolding before you. Whether it's a kitchen mishap, a child in a tantrum, or a wardrobe malfunction, finding humor in the moment can help alleviate stress and

bring a smile to your face.

CHANNEL YOUR INNER LUCILLE BALL

Remember the classic antics of Lucille Ball in *I Love Lucy*? Tap into your inner goofball and approach life's chaos with a sense of comedic timing and flair. Embrace the absurdity of the situation and let yourself laugh along with the audience (even if it's just you).

PRACTICE THE ART OF SELF-DEPRECATING HUMOR

Don't be afraid to poke fun at yourself when things go awry. Whether it's tripping over your own feet or forgetting your own birthday, acknowledging your quirks and foibles with a smile can help put things into perspective and invite others to share in the laughter.

FIND THE SILVER LINING

Amidst the chaos, look for the glimmer of humor hidden in the chaos. Maybe it's the absurdity of juggling multiple tasks at once or the hilarity of a seemingly endless string of misfortunes. Whatever it may be, finding the silver lining can help shift your perspective and bring a lightheartedness to even the most chaotic of situations.

Ultimately, as people of faith, we know that the struggles and setbacks we experience in life are not the final word. By facing difficult situations with humor, we are not only making situations less burdensome for ourselves and others, but also acknowledging that the Lord will wipe away all tears and lead us to Him.



CORPUS CHRISTI PARISH SUMMER SPORTS & RECREATION CAMP

Kindergarten to Grade 7



DATES & FEES

July 2 - 5 (\$160)
July 8 - 12 (\$200)

TIME & LOCATION

9 AM - 3 PM
Corpus Christi School

PARTICIPANTS

Camp participants must be
current students or
parishioners of Corpus Christi

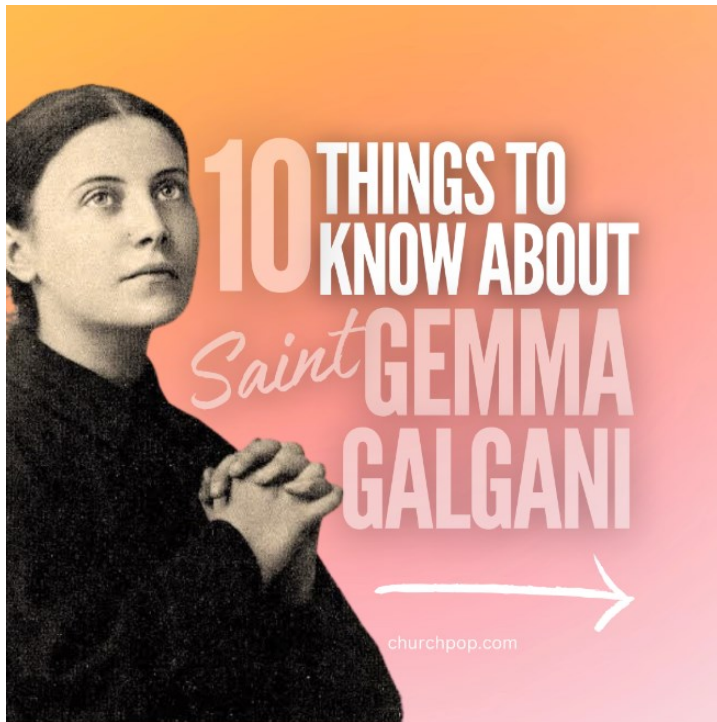
REGISTRATION

Fill out the registration
form and return it to
school office by June 3



10 Fascinating Facts About 19th-C. Italian Mystic Saint Gemma Galgani

By Caroline Perkins, ChurchPop



How much do you know about Saint Gemma Galgani?

Here are 10 things you should know about Saint Gemma Galgani, followed by a prayer written by this amazing saint!



1. BORN MARCH 12, 1878

2. LOST BOTH PARENTS TO ILLNESS IN HER LATE TEENS.

3. HER FAITH WAS OFTEN MISUNDERSTOOD AND RIDICULED BY OTHERS.

churchpop.com

4. WANTED TO BECOME A NUN WITH THE PASSIONISTS BUT COULDN'T BECAUSE OF POOR HEALTH.

5. SAID TO HAVE BEEN CURED BY THEN VENERABLE GABRIEL OF OUR LADY OF SORROWS, AND SAINT MARGARET MARY ALACOQUE!



churchpop.com



6. REPORTED TO HAVE THE GIFT OF LEVITATION & HAD VISIONS OF HER GUARDIAN ANGEL & BLESSED MOTHER MARY.

7. RECIPIENT OF THE WOUNDS OF CHRIST. SHE RECEIVED THE STIGMATA ON JUNE 8, 1899.

churchpop.com

8. KNOWN AS THE SAINT OF THE PASSION OF JESUS & FOR GREAT DEVOTION TO THE HOLY EUCHARIST.

9. DIED ON HOLY SATURDAY, APRIL 11, 1903

churchpop.com



10. PATRON SAINT OF STUDENTS, PHARMACISTS, TUBERCULOSIS, MIGRAINE SUFFERERS, YOUNG PEOPLE, & MORE

SAINT GEMMA,
pray for us

churchpop.com



Saint Gemma Galgani's Prayer

O my crucified God, behold me at Your feet; do not cast me out, now that I appear before You as a sinner. I have offended You exceedingly in the past, my Jesus, but it shall be so no longer.

Before You, O Lord, I place all my sins; I have now considered Your own sufferings and see how great is the worth of that Precious Blood that flows from Your veins.

O my God, at this hour close Your eyes to my want of merit, and since You have been pleased to die for my sins, grant me forgiveness for them all, that I may no longer feel the burden of my sins, for this burden, Dear Jesus, oppresses me beyond measure.

Assist me, my Jesus, for I desire to become good whatsoever it may cost; take away, destroy, utterly root out all that You find in me contrary to Your holy will. At the same time, I pray You, Lord Jesus, to enlighten me that I may be able to walk in Your holy light.

Amen.

Saint Gemma Galgani is a beloved saint in the Catholic Church, known for her deep spirituality and devotion to Christ. Her life serves as an inspiration to Catholics around the world, reminding us of the importance of prayer, sacrifice, and trust in God.

May we strive to imitate her example of holiness and devotion, and may we always turn to Christ in times of trial and difficulty.

Saint Gemma Galgani, pray for us!



CATHLETICS!

TRAINING TO BE CHAMPIONS FOR CHRIST



AGES: Children in Gr. K-5 as of September 2024

WHERE: Corpus Christi School - Gym

WHEN: July 29, 2024 - August 2, 2024 9am to noon

COST: \$140/child Early Bird or \$350/family (3 or more)

CONTACT: Prisca Jones 778-994-6829 or
Mirna Lewis 778-987-6998

REGISTER BEFORE: May 13, 2024 for Early Bird Rate



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