



February 11, 2024
Sixth 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
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, 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,
Annie Dee, Margie Lacson,
Peter Lee, Seamus O'Brien,
Deborah Welsh, Prisca Cheung
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)

February 11, 2024

Sixth Sunday of Ordinary Time



Saturday, February 10

Vigil Mass

5:00 PM for Ali Chi Keung Lee, RIP

Sunday, February 11

6th Sunday in Ordinary Time

9:00 AM for All Parishioners, Living and Deceased

11:00 AM for The Yun Tshin Family, Intentions

3:00 PM for Dr. Miriam Yu, RIP

Monday, February 12

8:00 AM for Ali Chi Keung Lee, RIP

Tuesday, February 13

8:00 AM for Ali Chi Keung Lee, RIP

Wednesday, February 14

Ash Wednesday

9:00 AM School Mass

4:00 PM for Rina & Angelo Tatto, RIP

7:00 PM for Jason Sit, RIP

Thursday, February 15

8:00 AM for All Souls in Purgatory

Friday, February 16

8:00 AM for Ali Chi Keung Lee, RIP

6:00 PM Holy Hour

7:00 PM Stations of the Cross

Saturday, February 17

8:00 AM for John & Clare Lau, RIP



Let us welcome to our Catholic Community:

Kingsley Lin
Julian Kyle Torrejas

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

PARISH ANNOUNCEMENTS

Ash Wednesday Masses



Ash Wednesday, the start of the Season of Lent, is on February 14. It is a day of fasting, abstinence, prayer and penance. Masses here at Corpus Christi will be at 9:00 am (the School Mass), at 4:00 pm (PREP students will be in attendance at this Mass) and 7:00 pm.

Parishioners are welcome to attend any of the aforementioned Masses. Please note that there will be NO 8:00 am Mass on Ash Wednesday! We will have Stations of the Cross on Fridays after the 6:00 pm Holy Hour during Lent.

Lunar New Year Greetings

Fr. Hamilton, Fr. Salvino and the Parish office staff wishes all our Asian parishioners a Blessed and Joyful Lunar New Year!



Parish Mission



Save the Date: Our Lenten Parish Mission will run from Sun, Feb 25 through Thurs, Feb 29. Our special guest will be Fr. Wade Menezes, from the Fathers of Mercy.

Religious Articles Booth

The Religious Articles Booth will be opened this Sunday and on Feb 25th from 8:45am—11:15am (closed during mass).

CCP Chinese New Year Celebration Dinner

Tickets for the Chinese New Year on Sun, Feb 25th at Grand Seafood are all sold out. We thank you for your wonderful support.

Wanted - Used Eyeglasses

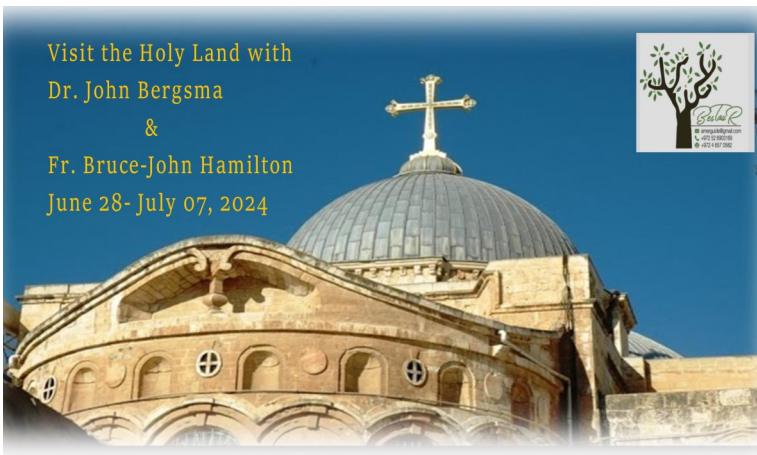
The Corpus Christi Seniors' Ministry is collecting used eyeglasses for Third World Eye Care Society (TWECS).



TWECS will clean and refurbish the used eyeglasses and provide them to the underprivileged in developing countries. Please drop off your used eyeglasses, whatever their condition, (no glass classes please) in the Collection Box at the back of the Church over the next two weeks.



Thank You for your support.

Visit the Holy Land with
Dr. John Bergsma
 &
Fr. Bruce-John Hamilton
 June 28- July 07, 2024



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 +972-52-6903169
 (Israel is +10 hours from Pacific Time)

amerguide@gmail.com



Fr. Bruce-John Hamilton
 Priest of the
 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 Feb 04

Sunday Offertory Collection	\$8885.80
BC Catholic	\$3055.00
Building Fund	\$712.00
Jan 1st - Solemnity of Mary	\$115.00
Jan 2024—Initial Offering	\$360.00
St. Joseph's Society	\$40.00
Total	\$13,337.80

Thank you for your generosity!

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



Remembering the Sick In Prayers

- | | | |
|------------------------|-----------------|-----------------|
| Sr. Florchita Bautista | Fiona Gachallan | Yvonne Lombardo |
| Anthony Centeno | Paul David | Toma Nitta |
| Mavis Chow | Norena Gonzales | Maria Pinto |
| Lydia Dalmaso | Peter Hinz | Sebastian Pinto |
| Christianne Depre | Sanae Hogan | Binelda Sunga |
| Irene De Roche | Peter In | Margaret Tai |
| Honesto Estabillo | Ludy Inting | Digno Vibat |
| | David Lo | |

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.


3 Ways To Be Intentional This Lent

- 1) Be Intentional with Online Shopping
- 2) Be Intentional with Social Media Time.
- 3) Be Intentional with Daily Prayer.

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





6th Sunday of Ordinary Time

As if you did not know by now, the season of Lent begins this Wednesday with Ash Wednesday. There are plenty of Masses to attend – 9am, 4pm and 7pm. It is a very good way to begin this important season in our lives as Catholics. Lent, as you know, is 40 days in length (if you count from Ash Wednesday through to Holy Saturday and take out the Sundays, because each Sunday is like Easter day and is therefore not a day of penance, you then have 40 days).

This commemorates the 40 days that Our Lord spent in the desert fasting and praying and then engaging in spiritual warfare with Satan, to show us how to deal with temptation. Realizing this, we should be able to see Lent as kind of a 40 day retreat with Jesus ... accompanying him through his time in the desert ... even while we remain in the middle of the world.

We begin Lent with this important reminder: Ash Wednesday and Good Friday are required days of **Fast and Abstinence**. This derives from Jesus's teaching that unless we do penance we will perish. So doing penance is not an option for any of us. Here is what Canon Law teaches us:

Canon 1250 All Fridays through the year and the time of Lent are penitential days and times throughout the entire Church.

Canon 1251 Abstinence from eating meat or another food according to the prescriptions of the conference of bishops is to be observed on Fridays throughout the year unless they are solemnities; abstinence and fast are to be observed on Ash Wednesday and on the Friday of the Passion and Death of Our Lord Jesus Christ.

Canon 1252 All persons who have completed their fourteenth year are bound by the law of abstinence; all adults are bound by the law of fast up to the beginning of their sixtieth year. Nevertheless, pastors and parents are to see to it that minors who are not bound by the law of fast and abstinence are educated in an authentic sense of penance.

What in specific terms does it mean to **abstain**? It means that we are to refrain from flesh meat. We do this in order to offer reparation for the human flesh of Christ being pierced on the cross. If you are vegetarian abstain from your favorite vegetable, or non-meat food.

Fasting means that your largest meal is reduced by ½ and keep the other two meals the same. Do not snack in between meals, unless you need to for medical reasons. Again, the important thing here is that we need to do penance. Jesus doesn't ask us to harm ourselves, or do something incredibly difficult. We need to offer reparation for our sins, to unite ourselves to the suffering of Christ and to pray for the good of others. **Put a post-it note somewhere to remind yourself – fast and abstain on Ash Wednesday.**

I will just finish this by mentioning that the Stations of the Cross will be prayed each Friday night after the 6pm Holy Hour during Lent, except on a 1st Friday when they are prayed after the 7pm Mass. Try to attend one if not more throughout the season. More to come in the next PC.

Looking for Catholic content to help enrich faith and formation for adults and kids? FORMED is a premier Catholic streaming service that provides award-winning studies and parish programs, inspiring audio content, movies, e-books, and family-friendly kids' programming. Corpus Christi has an active subscription that allows all parishioners free access to FORMED.

Please contact the Parish Office (phone, or email: parish.cc@rcav.org) for the parish code to register.

Sincerely in Christ,

Fr. Hamilton



常年期第五主日 本堂神父的話

假如你還沒注意，本星期三已是「聖灰瞻禮」，本年度的「四旬期」開始；我們當天會有上午九時、下午四時及七時的彌撒，供大家參與，也是天主教信眾進入重要禮儀年期的最好方法。

須知道，「四旬期」是從「聖灰瞻禮日」算起，除去當中的主日（因為主日是紀念基督復活的喜樂慶日），直至復活節前夕，共有四十天之久。這四十天，是紀念吾主在曠野守嚴齋及祈禱，又曾對抗魔鬼，給我們豎立如何抵抗誘惑的榜樣。按此，我們可以把「四旬期」看做和主耶穌共渡退省的時刻——在俗世中與祂在曠野裡一起渡過。

「四旬期」特別提醒我們，適齡教友必須在「聖灰瞻禮」及「苦難日」守大小齋！因為耶穌教導我們，必須做補贖，否則會喪亡。

「做補贖」並非教友的選項，而是「必須」的。聖教法典指出：

#1250 在普世教會內，補贖日期和時間為全年的每週星期五和四旬期。

#1251 全年每週五應守小齋，不食肉類，或主教團所規定的其它食物，但星期五遇到節日不在此限；聖灰禮儀星期三，及吾主耶穌基督死難日星期五則應守大齋及小齋。

#1252 凡滿十四歲者應遵守小齋法；凡成年人而未到六十歲者應遵守大齋法，但因年齡幼小而不受大小齋法約束者，人靈的牧者及父母應設法培養他們補贖的真精神。

「小齋」又是什麼意思呢？是指克制、避免進食動物的肉，用以彌補基督肉身在聖架上被刺透的苦。如果你早已食素，則可克制進食喜愛的素食。

「大齋」一天三餐只吃平常份量的一半，不吃零食——除了因服藥需要另外進食。

「齋戒」最重要的意念是「補贖」。耶穌無意要我們傷害自己，或要做極其嚴苛的克苦。我們只需彌補自己的罪孽，與苦難中的基督結合，並為別人的靈益祈禱。嘗試在當眼的地方，貼上在「聖灰瞻禮」和「苦難日」克守大小齋的提示。

「四旬期」內每週星期五下午六時聖時祈禱後，我們會有拜苦路善功。

此外，有意尋找適合成人和小孩參攷的天主教資料，可登入FORMED的網站。這網站提供很多出色有關公教的學習材料、堂區活動、視聽頻道、電影、電子書，和受家庭歡迎的節目。本堂已向FORMED繳費，堂區教友可免費到這網站觀賞。你們可致電 (604-324-2265) 或發電郵 (parish.cc@rcav.org) 到堂區辦事處索取網站的專用密碼。

Hamilton神父

The Marquette Method

Natural Family Planning for the Modern Age



In this introductory presentation, **Dr. Jonathan Yang, MD CCFP** (Director of Lucia Fertility – www.luciafertility.com) will talk about the fastest growing NFP method in North America. He will discuss how point-of-care urine hormone testing can accurately and objectively identify the fertile window to assist couples who are trying to avoid or achieve pregnancy. He will also discuss special applications for breastfeeding women, women with irregular cycles, and women in perimenopause.



- **When:** Saturday, February 24th from 10am to 11:30am
- **Where:** Corpus Christi Parish Centre (located below the school gym)
- **Contact:** Please RSVP to connie.robinson7393@gmail.com
- Light refreshments will be served. This event is open to all including families with children.
- PLEASE REGISTER WITH QR CODE

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ESSENTIAL THINGS YOU NEED TO TALK ABOUT BEFORE GETTING MARRIED



[HTTPS://CATHOLIC-LINK.ORG/ISSUES-MARRIED/](https://catholic-link.org/issues-married/)

1		DO WE TRULY UNDERSTAND THE GIFT AND THE MYSTERY THAT IS THE SACRAMENT OF MATRIMONY?
2		ARE WE REALLY COMMITTED?
3		HOW'S OUR FRIENDSHIP?
4		HOW MANY KIDS DO YOU WANT?
5		DO WE UNDERSTAND WHAT SEXUALITY WITHIN MARRIAGE IMPLIES?
6		HOW DO WE PROTECT OUR MARRIAGE FROM INFIDELITY, PORNOGRAPHY, ETC.?
7		WHAT DO WE DO ABOUT THE IN-LAWS?
8		HOW ABOUT FINANCIAL ISSUES?
9		HOW WILL OUR DISAGREEMENTS BE?
10		WHAT ABOUT OUR SPIRITUAL LIFE?