



March 03, 2024
Third Sunday of Lent

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,
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)

March 3, 2024

Third Sunday of Lent



Saturday, March 02

Vigil Mass

5:00 PM Benjamin Afable, RIP

Sunday, March 03

3rd Sunday of Lent

9:00 AM Louis Liu, RIP

11:00 AM All Parishioners, Living and Deceased

3:00 PM Jennifer Lau, RIP

Monday, March 04

St. Casimir

8:00 AM Joseph Vincent, RIP

Tuesday, March 05

8:00 AM Deceased family members of the Tong & Mak Family, RIP

1:15 PM Stations of the Cross (School)

Wednesday, March 06

8:00 AM Maria May Yee Poon, RIP

9:00 AM School Mass

Thursday, March 07

St. Perpetua & St. Felicity

8:00 AM Rev. Francis Chang, RIP

Friday, March 08

St. John of God

8:00 AM Justin Cheung, Birthday

6:00 PM Holy Hour

7:00 PM Stations of the Cross

Saturday, March 09

St. Frances of Rome

8:00 AM Antonio Di Santo, RIP

5 SIMPLE WAYS TO PRACTICE SILENCE



1 HAVE MEANINGFUL CONVERSATIONS WITH OTHERS. DON'T SPEAK FOR SPEAKING'S SAKE.



2 RESTRAIN YOUR TONGUE WHEN YOU DESIRE TO COMPLAIN.



3 GIVE YOUR OPINION ONLY WHEN IT IS NECESSARY.



4 RESIST THE URGE TO FILL EVERY SPARE MOMENT WITH NOISE.



5 KEEP SILENCE WHEN YOU DESIRE TO CRITICIZE OTHERS.

ADAPTED FROM THE ARTICLE "THE PRACTICE OF SILENCE FOR LAY PEOPLE" | THE CATHOLIC GENTLEMAN



PARISH ANNOUNCEMENTS

Parish Survey

Exciting news! Our parish survey launches on March 3rd! If you're 18 or older, this is your chance to share your thoughts on our community's strengths and growth opportunities.

Survey Focus:

Financial Transparency: Share your insights on giving and financial sustainability for a thriving parish.

Motivation and Engagement: Provide feedback to enhance programs, events, and resources for your spiritual well-being.

The survey will be available online and in paper form until March 15th and takes just 5 minutes of your time. This will help shape our community's future so please encourage others to join. Together, let's build a brighter future guided by the light of Christ.

Wonton Soup



The Knights of Columbus will be selling wonton soup for \$7.00 per bowl, on March 10th at the After Mass Socials. Come join the fun and bring cash!

Seniors Ministry Meeting

Join us for the next Seniors' Ministry Meeting!

Date: Thursday, March 7, 2024

Time: 10am - 12pm

Place: Parish Centre

CWL Parish Retreat

Save the date! The CWL will be hosting a Parish Retreat.

Date: Saturday, March 23, 2024

Place: Parish Centre.

More details to come.

40 Days for Life Campaign

This year Corpus Christi Parish will be participating in and supporting the 40 Days for Life Campaign in Vancouver. 40 Days for Life is a prayerful way of witnessing for the most vulnerable of God's children. Please come and be the voice of those who have none. Sign up sheets are available in the vestibule. Join us:

Date: **Sun, Mar 24, 2024**

Time: **8am - 8pm**

Place: **Willow St. & W. 32nd Ave.**

Collection on Feb 25, 2024

Sunday Offertory Collection	\$6564.00
BC Catholic	\$40.00
Building Fund	\$4914.00
Jan 1st - Solemnity of Mary	\$5.00
Jan 2024—Initial Offering	\$5.00
St. Joseph's Society	\$185.00
Lenten Charity	\$35.00
Holyland (Good Friday)	\$20.00
Easter	\$40.00
Total	\$11808.00

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

400 Year Anniversary of the Consecration of Canada to Saint Joseph Holy Mass

1624 - 2024

Solemnity of St. Joseph, Spouse of the Blessed Virgin Mary

Tuesday, March 19th, 8 am



You are invited to celebrate all together!

We will start the novena to St. Joseph from March 10 to 18, in preparation for his feast day on March 19.

Saint Joseph, patron Saint of Canada. Pray for us!



6 Things To Do When You Don't Agree With The Catholic Church

Make sure you understand what the Church really teaches.

Spend time reflecting on why you disagree.

Meet with a priest or spiritual advisor to discuss.

Visit Jesus in Adoration.

Be patient with yourself and the Church.

Join a Bible study or faith community.

Be assured of our prayers for your journey to grow deeper in faith and in understanding!

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





3rd Sunday of Lent

Exciting news! Our parish survey is now open!

This survey is an opportunity for each of you, over the age of 18, to have your voice heard. It's your chance to share your thoughts on our parish community, your financial habits, and how we can grow closer together. The survey should take you about 5 minutes to complete!

The survey can be accessed online via 2 methods:

Click the link: [Parish Survey](#) or scan the QR code.



If you prefer, there will also be physical copies at the church located at the end of each pew, or at the back of the parish. Please take one copy and fill it out and drop it off in the survey collection box located at the back of the church. We highly encourage you to take the online version to save the environment as well as for ease of data collection.

Please note that all entries are anonymous and that this survey is meant to gather information about how we can improve our parish community.

The survey will be open from Saturday, March 2nd until Friday, March 15th.

The Parish Mission is now in the past, but I hope and pray that the fruits of the Mission will continue to spring forth in your lives and in Corpus Christi. How? I pray that your relationship with Jesus is deeper and more personal. I pray that you have a deeper love for the sacrament of Penance

(Confession). I pray that you are seeking to enter into our 10 Year Vision which is meant to help all of us become Engaged Disciples of Jesus and live our Catholic Faith to the fullest!

We are now off and running into the month of March, which is St. Joseph's month! I will try to include something each week about this man whose words, he must have spoken, are not recorded in Sacred Scripture and yet who is known as the greatest of the Patriarchs and the foster Father of the Son of God, Jesus Christ. The Church

has from its earlier days recognized in St. Joseph not just a saint but the greatest of all the saints next to his wife, Our Blessed Mother, Mary.

The Church encourages us to be devoted to Joseph because he was a model in the heroic practice of all the virtues. The example of virtuous living that he gave, the exact fulfillment of the duties of his state of life, is worthy of our reflection. Read the gospel and you will see his faith, hope and charity practiced under trying circumstances.

He was prudent in caring for his wife and the child; he showed great leadership in protecting them and assisting them. He was religious in every sense, with that delicacy and sincerity of conscience that is proper to the saints of God. He was just in his dealings with God and man. He was conspicuous for his fortitude and courage. He was truly outstanding in the practice of virgin-chastity. He protected and defended Mary's virtue in the time of courtship and all during their life together.



3rd Sunday of Lent

NB: I have been in touch with Dr. Bergsma and after some back-and-forth discussion, we decided to reschedule the Jerusalem Pilgrimage till June 28-July 7, 2025! I hope and pray that with these newly established pilgrimage dates we can and will fill this pilgrimage to the Holy Land.

This will be a blessing that you will NEVER forget and one that will deepen your faith, your relationship with Jesus and how you read and pray Sacred Scripture. The time with Dr. Bergsma will be like being in a classroom, understanding the material and not having to take an exam AND passing the course! How much better can you get than that! More information to follow! Pray about going!

United in prayer,
Fr. Hamilton

堂神父的話

四旬期第三主日

令人振奮的消息——我們的「堂區問卷調查 Parish Survey」開展了！

問卷調查提供年滿十八歲的堂區教友發聲的機會：告訴我們對堂區團體的想法、你們處理個人財務習慣，和你們表達對堂區如何一起成長的意見。完成整個問卷約只需五分鐘！

問卷可以進入堂區網頁，點擊「Parish Survey 堂區問卷」，或用手機掃取（英文版）附上的二維碼 QR Code。



你們亦可以選擇填寫問卷表格單張，放入問卷調查的回收箱。當然，我們鼓勵你們在網上填寫，為能環保，也容易收存你們回覆的資料。

請注意，問卷是以不記名方式進行，只為收集你們對改進堂區團體的意見。此問卷調查自三月二日、星期六起，直到三月十五日、星期五止。

堂區「培靈日」結束了，我祈求該活動的靈果在你們的生活及堂區內，繼續樂見成效。怎麼樣的成效？我祈求你們和主耶穌的個人關係，更是密切。我祈求你們深愛修和聖事。我祈求你們與堂區的十年願景更趨深化，幫助彼此成為與耶穌緊密聯繫的門徒，滿全我們的天主教信仰生命！



堂神父的話

四旬期第三主日

我們踏進三月份，也就是「大聖若瑟月」！往後的星期，我會帶出大聖若瑟可能說過的話——但沒有在聖經裡記載。大聖若瑟是天主聖子的養父，被認為是最偉大的聖祖。初期的教會，早認定大聖若瑟的聖者地位，僅次於他的淨配聖母瑪利亞。

聖教會鼓勵我們敬禮大聖若瑟，因為他是恪守諸德的表表者。他的聖善生活、克盡使命的本分，很值得我們一再回想集思。細讀福音，你們會看到他的信、望、愛德，如何在不同環境中彰顯出來。

從大聖若瑟照顧瑪利亞和她的嬰孩耶穌，我們看到他的智德；從他帶領及保護聖家的歷程，我們看到他的領導能力；他在生命的各領域，都散發著修德的芬香；他心底的柔順和真誠，絕對是天主的聖者。他的義德昭彰天下，他的剛毅勇德是顯然易見，他突出的貞潔之德，在與瑪利亞共處的生活中，保守了她卒世童貞之身。

另一方面，我和布思瑪博士 Dr. Bergsma 反覆討論過，有關原定的耶路撒冷朝聖之旅，決定延遲到明年、2025 年的 6 月 28 日至 7 月 7 日。我祈求這重新安排的旅程日期，終能實踐聖地朝聖的願望。

和布思瑪博士一起朝聖，就像在實習中上了一課聖經，毋須測驗或考試合格的敦促，卻又自然明白和悠然得著！能參加這次朝聖，是一種祝福，會使你難忘，深化信德和與耶穌的關係，讓你在祈禱及閱讀聖經時，有不一樣的靈益。有比實地朝聖更好的方法嗎？會在這角落披露更多資料。祈求你們可以參加罷！

和你們一起共禱的 Hamilton 神父



Reasons to go to Confession this Lent (and throughout the year)

By Christina Herrera, ChurchPOP

In his 1986 Angelus, Pope Saint John Paul II famously referenced Saint Augustine stating, “We are the Easter people and Alleluia is our song!” But before we can truly be the Easter people, we have to be the Lent people.

During this liturgical season of Lent, we are spiritually called into the desert to unite our sufferings to Christ, reflect on our journey, and even bleakness. While the Catechism states that Catholics are required to receive the sacrament of Reconciliation for serious sins at least once a year, (CCC #1457), we should receive penance and aim to be in a state of grace as often as possible.

Here are four reasons we should go to confession during Lent and throughout the year.

1) Accountability

While it can be easy to place blame on others, we must take responsibility for our actions. Given the seal of confession, it is a safe place to name our sins out loud, state the frequency of those offenses, and acknowledge our wrongdoings.

Making an [Examination of Conscience](#) before confession serves as the best reality check to be honest with both yourself and the Lord in pursuit of living a more devout life.

2) Experience God's Forgiveness

Whether we feel worthy of forgiveness or not, the Lord grants us this grace through the ministry of the priesthood.

God's mercy washes over us during confession, releasing us from our burden of sin. We have the opportunity to begin again with a clear conscience.

Jesus said [these words](#) to Saint Faustina about his mercy:

"I desire trust from My creatures. Encourage souls to place great trust in My fathomless mercy. Let the weak, sinful soul have no fear to approach Me, for even if it had more sins than there are grains of sand in the world, all would be drowned in the unmeasurable depths of My mercy." —*Diary of Saint Faustina*, 1059

3) Fully Participate in the Mass

Going to Mass in a state of mortal sin feels like watching all of your friends get invited to a party without you. But only worse.

We are called to be in full communion with our Lord and His church, which means we must be in a state of grace.

During the celebration of the Mass, Jesus invites us to share in His presence and receive Him in this intimate and vulnerable way. Since the Eucharist is the most precious gift we have on Earth, it should be our desire to do everything we can to fully participate in this relationship with the Lord.

Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you." ([John 6:53](#))

4) Receive Spiritual Guidance

God does not leave us desolate in our sins. Thankfully, we have many holy priests to aid us on our journey.

When the penitent gives the [Act of Contrition](#), he or she is making a declaration of intent to the Lord, of a change of heart and behavior. Aside from penance, the priest will offer spiritual guidance to help grow in holiness.

Like our Lord during those 40 days, maybe you are currently being tempted by the enemy. Maybe you are angry with yourself for being a slave to habitual sin, or perhaps, you are struggling to keep your Lenten promises.

In our brokenness and mere humanity, the Lord seeks to meet us and transform us with His redeeming love. We may be in the desert now, but it will not last. Easter is coming!

Do not let the gift of this beautiful sacrament go to waste, and prepare your heart and soul for the Heavenly banquet now.

"Many are invited but few are chosen" - Matt. 22:14



Why Don't Catholics Sing or Say "Alleluia" During Lent? What the Church Teaches

By [Caroline Perkins](#), ChurchPOP

Throughout most of the year, Catholics sing or say the Alleluia before the Gospel is read during the Liturgy of the Word. However, this is not the case during Lent.



Saint Cecilia Playing Accompanied by Angels, 1886, Simon Glucklich / Public Domain

Throughout most of the year, Catholics sing or say the Alleluia before the Gospel is read during the Liturgy of the Word. However, this is not the case during Lent.

In a way, the liturgy itself fasts in preparation for Easter Sunday.

This practice reminds us of the nature of this penitential season. As Venerable Fulton Sheen said, “Unless there is a Good Friday in your life, there can be no Easter Sunday.”

Why don't Catholics sing "Alleluia" during Lent?

There are a few reasons for this.

First, the focus of Lent is mourning instead of rejoicing, and the word "Alleluia" means “praise

the Lord.”

Fasting from this word during Lent calls to mind its significance. It helps the faithful appreciate the depth of what the word "Alleluia" truly means.

"Alleluia" is a Hebrew word that allows us to participate in the praise of the choirs of Angels in Heaven.

Second, the [General Instruction of the Roman Missal](#) directs us to omit the Alleluia during the season of Lent.

The [General Instruction](#) says:

62. a) The Alleluia is sung in every time of year other than Lent. The verses are taken from the Lectionary or the Graduale.

b) During Lent, instead of the Alleluia, the verse before the Gospel as given in the Lectionary is sung. It is also possible to sing another Psalm or Tract, as found in the Graduale.

And, **finally**, this practice invites us to participate in the season of Lent on a deeper level.

According to the [Diocese of Colorado Springs](#), “...the Church joins Moses and the Israelites as they wander in the desert for 40 years. It is a time of agony and purification, one where the faithful join together in saying, 'How shall we sing the Lord's song in a foreign land?' (Psalm 137:4)” “We Christians today are on a spiritual journey, toward the Second Coming of Christ and our future life in Heaven. In order to emphasize the penitential nature of that journey, the Catholic Church, during Lent, removes the Alleluia from the Liturgy of the Mass. We no longer sing with the choirs of angels; instead, we acknowledge our sins and practice repentance, so that one day we may again have the privilege of worshiping God as the angels do.”

The return of the Alleluia at Easter will be a triumphant occasion!

As Saint John Paul II said, “We are the Easter people and Alleluia is our song.”