



March 24, 2024

Palm Sunday of the Passion of the Lord

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)

March 24, 2024

Palm Sunday of the Passion of the Lord



Saturday, March 23

Vigil Mass

5:00 PM The Samant Family, Health

Sunday, March 24 *Palm Sunday of the Passion of the Lord*

9:00 AM All Parishioners, Living and Deceased

11:00 AM Evelyn Chang, RIP

3:00 PM Robert Ip & Family, Thanksgiving

Monday, March 25

Holy Monday

8:00 AM Sandra Young, Health

Tuesday, March 26

Holy Tuesday

8:00 AM Antonio & Adelaide Guedes, RIP

Wednesday, March

Holy Wednesday

8:00 AM Rachel H.C. Taylor, Birthday

9:00 AM School Mass

Thursday, March

Holy Thursday

No Morning Mass

7:00 PM Evening Mass of the Lord's Supper
(Thanksgiving For the Priesthood)

Friday, March 29

Good Friday

No Morning Mass

11:00 AM Stations of the Cross followed by the
Divine Mercy Novena

3:00 PM Commemoration of the Passion & Death
of Jesus Christ followed by Veneration of
the Cross & Holy Communion

Saturday, March 30

Holy Saturday

No Morning Mass

9:00 PM Easter Vigil Mass
(Thanksgiving for the newly Baptized
Catechumans)



PARISH ANNOUNCEMENTS

Lenten Soup

The Seniors' Ministry is hosting 'Lenten Soup' on Good Friday, March 29th in the Parish Centre.

Vegetable or Clam Chowder Soup and a bun will be served after the 11 am Stations of the Cross..

Tickets will be available in the vestibule after all masses on March 23 / 24

Tickets are \$5 per serving, please bring exact cash, proceeds go to the Capital Campaign.



Job Posting

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 stopping.

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



Collection on Mar 17, 2024

Sunday Offertory Collection	\$8134.75
BC Catholic	\$40.00
Building Fund	\$235.00
Easter	\$24.00
Holy Land (Good Friday)	\$132.00
Initial Offering	\$55.00
Lenten Charity	\$12,442.00
New Year—Solemnity of Mary	\$10.00
St. Joseph's Society	\$150.00
Home Missions	\$10.00
CWL Lenten Charity Drive	\$210.00
Total	\$21,442.75

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

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.

Calling for VOLUNTEERS

To serve on Easter Sunday
After Mass Socials
March 31st after the 9AM
and 11AM Mass

This includes prepping,
serving food and
cleaning up.

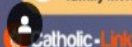
If you are interested and are able to help,
please contact
Mary 778-288-2787 or
Mellysa 604-618-4986

THANK YOU!

24 SIMPLE THINGS YOU CAN DO TO GROW CLOSER TO CHRIST THIS LENT

BY LUISA RESTREPO

- 1 PRAY an Our Father when annoyed.
- 2 PRAY a Hall Mary every time you check social media.
- 3 DON'T look at your cellphone while you're eating or conversing with someone.
- 4 GO to weekday Mass.
- 5 WRITE a list of things you are thankful for every night.
- 6 DON'T be rude... with anyone.
- 7 FORGIVE each person who has hurt you.
- 8 BUY only what is necessary.
- 9 THANK God for one of your defects as a chance to trust in His strength each day.
- 10 Be JOYFUL at work.
- 11 PRAY more! Also, consider attending a retreat.
- 12 SAY "yes" when your friends and family invite you to go out.
- 13 VISIT sick, elderly, or isolated family members.
- 14 STRENGTHEN your marriage.
- 15 DO screen-less activities.
- 16 CARRY extra food and hand it out to those in need.
- 17 ARRIVE early to all your appointments or classes.
- 18 SAY "yes" every time someone asks you to share.
- 19 OFFER each set of exercises for a problem or a person in need.
- 20 BE a peacemaker in family arguments.
- 21 FAST from making negative comments on social media.
- 22 RID yourself of New Age trinkets or jewelry and resentment towards God.
- 23 REFRAIN from using extra makeup or jewelry.
- 24 If you look at pornography or are already addicted: let it go.



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



Palm Sunday

Holy Week begins today with Palm Sunday! Jesus weeps over the city and then rides into it. He weeps because he knows that the city is, so many ways, sunk in sin and is stubbornly refusing all the graces that he is offering. Oh, the mystery of iniquity! It will suffer horribly for this. Knowing all this, Jesus doesn't walk away from the city and its inhabitants, but rides into the city on the donkey, an animal that signifies peace, knowing full well what is going to happen. God is faithful; all too often we are not!

Holy Thursday – Jesus will institute two magnificent sacraments; the Mass (the Holy Eucharist) and the Priesthood wherein the Eucharist will become present to us. The Mass starts at 7:00pm followed by the Transference of the Blessed Sacrament to the Altar of Repose till 11:00pm. This “Transference” commemorates Jesus's journey to the Mount of Olives where after much prayer he allows himself to be captured. If you can, stay with Jesus till 11:00pm.

There will be confessions beginning after Mass until they are completed. This Liturgy is so beautiful. You can almost “feel” Jesus at the Last Supper and in Gethsemane.

Good Friday – we pray the Stations of the Cross at 11:00am followed by the beginning of the Divine Mercy Novena. This is a beautiful devotion and one that every Catholic should cultivate and pray periodically. Jesus walked the first Way of the Cross; Jesus only asks us to meditate on his wall in such a safe environment as a Church, then to incorporate its saving graces into our own lives. This will help us be faithful to him.

The Commemoration of the Lord's Passion and Death begins at 3:00pm. There is no Mass any-

where in the Church on this day. As this day is a penitential day the Church has made it a **mandatory day of fast and abstinence for all Catholics**. Remember this, write a note on your fridge. For Jesus, the Church should be packed!

Holy Saturday – the Easter Vigil begins this year at 9:00pm. This year's Easter Vigil has a special significance for Corpus Christi because it will show forth the first fruits of our 10 Year Vision. All adults to receive the Sacraments of Initiation have gone through Alpha, Faith Studies (Level 1) and RCIA. This is our discipleship pathway. We are now accompanying people to the full riches of the Catholic Faith and into our 10 Year Vision.

This is THE liturgy of the year. I strongly encourage you to attend the Vigil, especially if you have not done so before. It is divided into 4 parts: Liturgy of Light, of Word, of Baptism and of Eucharist. If you do attend Mass this night, it satisfies for the Sunday obligation, meaning that you do not have to return to Mass on Sunday.

This is the most sacred week of all time. It is important to prepare yourself and get ready to accompany Jesus as he offers himself for you. Read and pray the Gospel accounts that focus on the Passion of Jesus!

Let us continue to pray for each other as we travel through Holy Week!

Fr. Hamilton



Pastor's Corner



聖枝主日 本堂神父的話

聖週今天以聖枝主日開始！耶穌為城市哭泣，然後騎驢入城中。祂哭泣是因為祂知道，這個城市在許多方面深陷罪惡中，頑固地拒絕了祂所提供的所有恩寵。哦，罪惡的奧秘！它將因此受到可怕的折磨。耶穌知道這一切，卻不會離開這個城市及其居民，而是騎著驢子進入這座城市，這是一種象徵和平的動物，祂完全知道接下來會發生什麼。天主是信實的；我們卻常常不是！

聖週四 - 耶穌將建立兩個壯麗的聖事：彌撒（聖體）和神父職位，在其中聖體將成為我們的禮物。彌撒將於晚上七點開始，隨後將祝聖聖體轉移到臨時祭台，直至晚上十一點。這個「轉移」紀念了耶穌前往橄欖山的旅程，在那裡祂經過了許多祈禱後，允許自己被捕。如果可以的話，請與耶穌待在一起，直到晚上十一點。

彌撒後開始修和聖事，直到全部完成為止。這個禮儀是如此美麗。你幾乎可以「感受到」耶穌在最後的晚餐和橄欖園。

耶穌受難日 - 我們將在上午 11 點有苦路善工，隨後開始神聖慈悲九日敬禮。這是一個美麗的善工，每位天主教徒都應該培養並定期參與。耶穌走過了第一條十字架苦路；耶穌只要求我們在教堂這樣安全的環境中默想祂的苦路，然後將其拯救的恩寵融入我們自己的生活中。這將幫助我們忠信於祂。

主受難和死亡的紀念活動將於下午 3:00 開始。在這一天，教堂中不會舉行彌撒。由

於這一天是懺悔的日子，教會規定所有天主教徒必須守大小齋。請記住這一點，在你的冰箱上寫下一個便條。對於耶穌而言，教堂應該擠滿人群！

聖週六 - 今年的復活節守夜祈禱在晚上 9:00 開始。今年的復活節守夜對基督聖體聖血堂區的意義特別重要，因為它將展示我們十年願景的首批成果。所有要接受入門聖事的成年人都已經參與過啟發法課程、信仰研究（第一級）和成人信仰入門課程。這是我們的門徒培訓路徑。我們現在正在陪伴人們走向天主教信仰以及我們的十年願景豐盛之處。

這是一年中的重要禮儀。我強烈鼓勵你參加守夜彌撒，尤其是如果你以前沒有參加過的話。這次守夜彌撒分為四個部分：光之禮儀，話語之禮儀，洗禮之禮儀和聖體之禮儀。如果您參加了這次彌撒，它就滿足了主日的義務，這意味著您不必在星期日返回彌撒。

這是所有時間中最神聖的一星期。準備自己，準備好陪伴耶穌，因為他為你奉獻自己。閱讀並祈禱關於耶穌受難的福音記述！讓我們在渡過聖週的旅程中繼續彼此代禱！

Hamilton 神父



Parish Mission Reflections & Testimonies

I was delighted and grateful to attend all nights in the Parish Mission. Despite the rush in driving kids home and preparing dinner, I was eager to attend the Parish Mission every night. Time was very well spent and I've learned much and feel very blessed. I was reminded of my blessings in receiving the Most Blessed Eucharist, Jesus' most gracious gift to us. I learned more about the seven Sacraments, and ways to increase belief in the Eucharist.

The Benediction, the talks and the closing Mass were beautiful. It was such a wonderful gift and a great blessing this Lent! Praise God!

Ivy Chan

It would be wonderful to attend more of these kinds of presentations.

Some of Fr Wade's materials surely are very practical. We, the faithful who are so used to our own way of doing things in the Church have forgotten the proper manners. His materials also refresh my memory about the teachings of the Church.

Thank you Fr Hamilton for his hard work!

Parish Mission Reflection

Miguel Lacson

The parish mission with Fr. Wade Menezes was a grace filled week, providing a deep dive at the beautiful faith that we sometimes forget holds a rich tradition and history. From the saints that came before us, to the wonderful gift of the Sacraments, Christ has provided many paths for us to grow closer in relationship with Him. Of all the takeaways, I will never forget that when we recite the words, "And the Word became flesh and dwelt among us", the direct Greek translation of 'dwelt' makes it so that we actually mean, "And the Word became flesh and pitched His tent among us". The image of Christ pitching His tent is one that I believe is a desire of His to know our hearts and to meet each of us where we are in our current state of life. Give Him the space, He'll bring the tent.

Fr. Wade did a wonderful job leading this year's parish mission! I found the sessions that I was able to attend spiritually nourishing, and the best kind - just enough so that it leaves you wanting to learn more. This has been a blessing and a grace, because it has strengthened my faith in the sacraments, especially for the Eucharist. I found it profound when he explained how our senses fail

when receiving communion, other than hearing - demanding our faith.

One more takeaway I had was in regards to reverence with the Eucharist. He explained how God was the only one worth our *Latria*, or worship/adoration. Everything/ everyone else we revere is only due veneration, or some form of *Dulia*. That it is all about God, something I overlook at times. That adoration for the Eucharist isn't just something I give to God, but something that God is due and deserves. And how we conduct ourselves around Him and when receiving Him should reflect that, even when He look, feel, smell, and taste like a piece of bread.

Nick Li

The parish mission with Fr. Wade was an amazing experience for me. I learned so much from the talks and I felt that my heart and those around me were set ablaze. The talks helped me to know more about the Eucharist and its connection to the bible which was fortified in those hours in front of the Blessed Sacrament during adoration. I found it cool how the Eucharist was foreshadowed in the Old Testament and was instituted in the New Testament. Melchizedek's offering of bread and wine at the old temple and Bethlehem meaning 'house of bread' were some of my favourites. My favourites from the New Testament, "Unless you eat and drink of my flesh you will not live" and when Jesus breaks the bread and the disciples recognize him at Emmaus. Experiencing Fr. Wade's passion and intensity really made me more excited about my faith and a proud catholic. I really enjoyed experiencing the parish mission and would really recommend it to others!

God bless,
Gabe

Attending the parish mission during Lent was an incredibly enriching experience for me, deepening my understanding of the Catholic faith. Explorations into the fundamental concepts of the seven sacraments, the historical narratives of saints of the Church spanning centuries, and the profound significance of the Eucharist were among the highlights. The provided handouts proved invaluable, fostering reflection and bolstering my faith. For

instance, the resource on capital sins and their corresponding virtues illuminated the importance of leading a balanced and virtuous life.

Father Wade adeptly elucidated various aspects of the Mass and offered clear explanations to many pertinent questions facing Catholics today. Delving into the significance of church rituals such as the use of holy water for the absolution of venial sins and the placement of the tabernacle offered profound insights into our faith. Moreover, one of the most enlightening takeaways was the explanation of how consuming the Eucharist is not cannibalism. This clarification provided a profound understanding of a concept that had often been misunderstood or misrepresented.

Upon the conclusion of the parish mission, I find myself more grounded in my faith, with a renewed sense of devotion to God. I eagerly anticipate future missions at our parish, eager to further deepen my spiritual journey.

Regards,
Christopher Alexander

Father Wade is a wealth of knowledge. His preaching was chalk-full of interesting facts and connection between the Bible, church history, the saints, and real-life eucharistic miracles. Our family enjoyed the journey through scripture to learn more about Jesus in the Eucharist. Although we didn't need convincing about the True Presence, the parish mission did lead us to fall more in love with Jesus and our faith and it helped us stick to our Lenten fasting, prayer, and alms giving. We were also grateful for the gift of spending time with Jesus in the Blessed Sacrament.

-The Lewis Family

Fr. Wade L. J. Menezes, CPM is a member of the Fathers of Mercy, a missionary preaching Religious Congregation based in Auburn, Kentucky. Ordained a priest during the Great Jubilee Year 2000, he received his Bachelor of Arts Degree in Catholic Thought from the Oratory of St. Philip Neri in Toronto, Canada and his dual Master of Arts and Master of Divinity Degrees in Theology from Holy Apostles Seminary in Cromwell, Connecticut. His secular college degrees are in journalism and communications.



4 Easy steps for a digital detox of the soul

By Daniel Esparza, Aleteia



PeopleImages.com - Yuri A | Shutterstock

[Daniel Esparza](#) - published on 03/21/24

Finding balance allows technology to be a tool that strengthens our faith, not a barrier that separates us from it.

In today's digital age, our lives are constantly and necessarily intertwined with technology. While smartphones and computers offer countless benefits, excessive screen time can sometimes leave us feeling **disconnected from ourselves** and our faith. The constant barrage of information and notifications can make it difficult to focus on prayer, reflection, and meaningful interactions with others.

However, we need to remember that **technology itself is not the enemy**. On the contrary, it can be a valuable tool to enhance our faith journey. Furthermore, technology is a fundamental dimension of what it means to be human. Many Catholic apps offer daily prayers, Scripture readings, and even guided meditations. Online resources provide access to inspirational talks, educational videos, and faith-based communities. Social media can connect us with fellow believers and allow us to share our faith stories.

The key lies, as with most things, in finding a healthy balance. Here are some ways to achieve a "digital detox for the soul":

Schedule Screen-Free Time: Dedicate specific times each day to **silence your phone** and disconnect from the internet. Use this time for prayer, reading Scripture, or simply enjoying quiet reflection.

Create Sacred Spaces: Designate **areas in your home that are technology-free**, such as the dinner table or your prayer corner. This helps to cultivate a sense of peace and focus during these important activities.

Embrace the Power of Silence: In a world filled with constant noise, silence allows us to truly listen to God's voice. Make time for activities that promote inner quietude, like **spending time in nature** or practicing mindful, prayerful breathing – as the hesychasts of old would.

Prioritize In-Person Connection: While online communities can be valuable, **they shouldn't replace real-world interactions**. Regularly attend Mass, participate in parish activities, and nurture face-to-face relationships with fellow believers.

Finding balance allows technology to be a tool that strengthens our faith, not a barrier that separates us from it. By taking time to unplug and reconnect with ourselves and God, we can experience a deeper sense of peace, purpose, and connection within our Catholic community.

4 Steps To A Simple St. Joseph Altar

By: Catholic Link

1. Find a table you can dedicate to the purpose of a St. Joseph Altar and cloth it with an off-white, brown, or beige tablecloth.

2. In the center, add a statue or other image of St. Joseph.

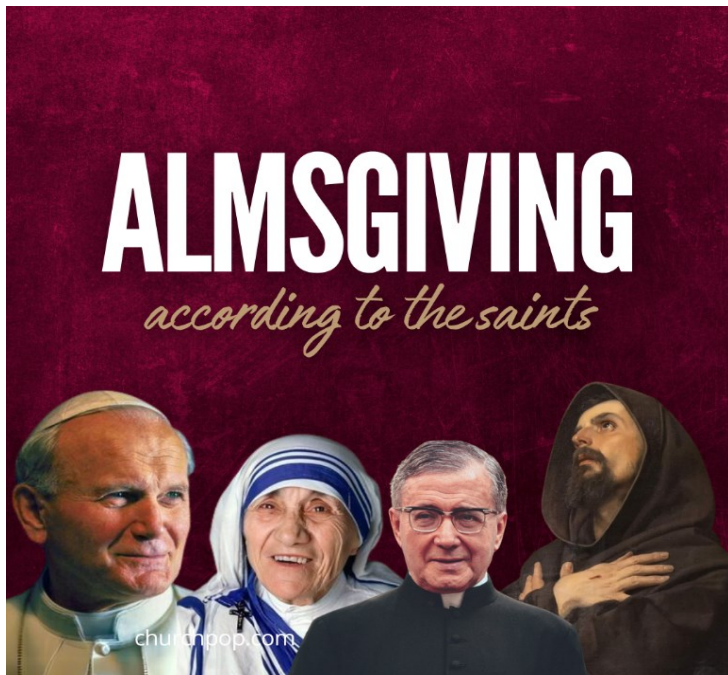
3. Arrange any other religious items you think are necessary: crucifix, statues of other saints, candles.

4. Finally, arrange the food. Most often breads are homemade and in the shapes of crosses and hearts, but do what you can. Be sure to add bread, pasta, fruit, and even wine. Avoid meat, eggs, and dairy.

How Almsgiving Benefits the Soul, According to the Saints

“Let us give alms because these cleanse our souls from the stains of sin.” - Saint Francis of Assisi

[Caroline Perkins](#) March 13, 2024, ChurchPop



Almsgiving benefits the soul!

Let's look at this third pillar of Lent and a major call in our lives as Catholics.

What is Almsgiving?

The root of the word "alms" comes from ancient Latin and Greek words meaning "mercy". The root of the word "charity" comes from the Latin word for love, which is *caritas*.

According to the *Catechism of the Catholic Church*, "Giving alms to the poor is a witness to fraternal charity: it is also a work of justice pleasing to God." ([2462](#))

The [USCCB explains](#), "The foundational call of Christians to charity is a frequent theme of the Gospels. During Lent, we are asked to focus more intently on 'almsgiving,' which means donating money or goods to the poor and performing other acts of charity."

Almsgiving helps us practice detachment from earthly things. It is not limited to the giving of material possessions; instead, it is the gift of oneself to another.

Here are some examples of almsgiving:

Donate money to your favorite charity.

Give your time to a food bank or soup kitchen.

Give your time, talent, or treasure to a local pregnancy center.

Offer free babysitting or help members of your community.

Be fully present with your family, friends, or children.

Perform spiritual or temporal works of mercy.

The practice of almsgiving is rooted in scripture (in both the Old and New Testaments):

“Water extinguishes a blazing fire: so almsgiving atones for sin.” (Sir. 3:30)

“Whoever cares for the poor lends to the Lord, who will pay back the sum in full.” (Prov. 19:17)

“A man who is righteous will be remembered forever” (Ps. 112:5-9)

“Give to those who ask, and do not turn your back on anyone who wants to borrow” (Matt. 5:42)


“Almsgiving delivers from death, and it will purge away every sin.” (Tob. 12:9)

“If you satisfy the afflicted, your light shall rise in the darkness” (Isa. 58:10)

“Sell all that you have and distribute it to the poor, and you will have a treasure in heaven” (Lk. 18:22)

“If someone who has worldly means sees a brother in need and refuses him compassion, the love of God cannot remain in him” (1 Jn. 3:17)

Here's what the saints said about giving alms:




“There is no more profitable practice as a companion to holy and spiritual fasting than that of almsgiving. This embraces under the single name of mercy many excellent works of devotion, so that the good intentions of the faithful may be of equal value, even where their means are not.

Saint Leo the Great

churchpop.com

“Almsgiving, far from being reduced to an occasional offering of money, means assuming an attitude of sharing and acceptance. We only need to ‘open our eyes’ to see beside us so many brothers and sisters who are suffering materially and spiritually. Thus Lent is a forceful invitation to solidarity.” – Saint John Paul II




“The acts of charity you do not perform are the injustices you commit.”

Saint Basil the Great

churchpop.com

“Let us give alms because these cleanse our souls from the stains of sin. Men lose all the material things they leave behind them in this world, but they carry with them the reward of their charity and the alms they give. For these they will receive from the Lord the reward and recompense they deserve.”

– Saint Francis of Assisi



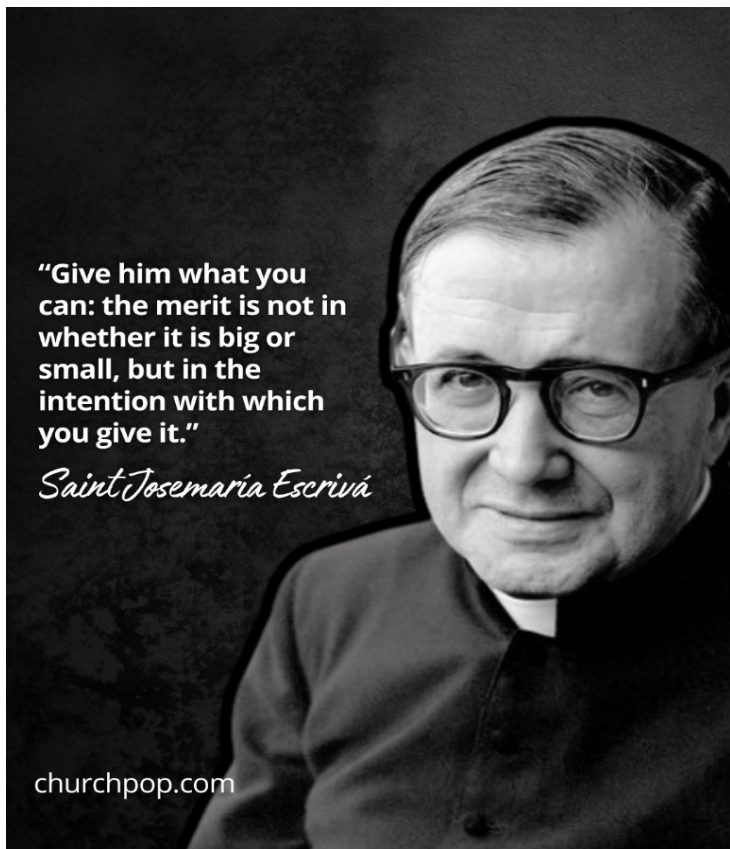
“When you can do good, defer it not, because ‘alms delivers from death.’”

Saint Polycarp

churchpop.com

“Let us touch the dying, the poor, the lonely and the unwanted according to the graces we have received and let us not be ashamed or slow to do the humble work.” –Saint Teresa of Calcutta

“Almsgiving above all else requires money, but even this shines with a brighter luster when the alms are given from our poverty. The widow who paid in the two mites was poorer than any human, but she outdid them all.” – Saint John Chrysostom



"Give him what you can: the merit is not in whether it is big or small, but in the intention with which you give it."

Saint Josemaria Escrivá

churchpop.com

"Give him what you can: the merit is not in whether it is big or small, but in the intention with which you give it." – Saint Josemaría Escrivá



"Sins are purged by alms and acts of faith."

Saint Clement of Alexandria

churchpop.com

When considering how to incorporate almsgiving into Lent, ask yourself these three questions:

- 1) How can I use my time to serve others this Lent?**
- 2) How can I use my talents to serve others this Lent?**
- 3) How can I use my treasure to serve others this Lent?**

How will you practice almsgiving this Lent?



Archdiocese of Vancouver

MASS WEDDING

FOR CIVILLY MARRIED COUPLES



**REGISTRATION DEADLINE
JULY 21, 2024**



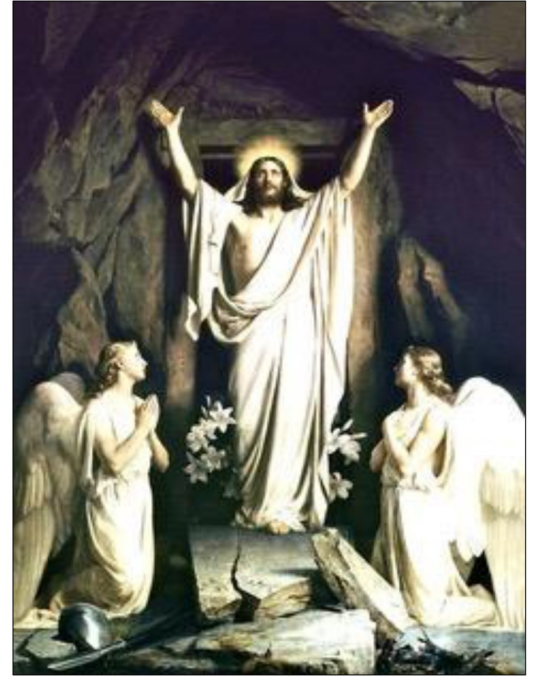
Saturday, SEPTEMBER 21, 2024 at 1:30pm
SAINT PAUL PARISH, RICHMOND
8251 St Albans Rd, Richmond, BC V6Y 2L2

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



Corpus Christi Holy Week

Palm Sunday, March 24	5:00 PM	Saturday Vigil Mass
	9:00 AM, 11:00 AM	Sunday Mass
	3:00 PM	Cantonese Mass
Mon to Wed	8:00 AM	Weekday Mass
Wednesday, March 27	9:00 AM	School Mass
Holy Thursday, March 28	7:00 PM	Mass of the Lord's Supper
	~ 8:00 PM	Confessions and Adoration of the Blessed Sacrament after Mass
	11:00 PM	Reposition of the Blessed Sacrament
Good Friday, March 29	11:00 AM	The Way of the Cross, followed by the Divine Mercy Novena
	3:00 PM	Commemoration of the Passion & Death of Our Lord Jesus Christ
Holy Saturday, March 30	9:30 AM - 11:00 AM	Confession
	9:00 PM	Easter Vigil Mass
Easter Sunday, March 31	9:00 AM, 11:00 AM	Sunday Mass
	3:00 PM	Cantonese Mass
Easter Monday, April 01	9:00 AM	Weekday Mass